

GLUTEN FREE DINNERS

My favorite Tried and tested meal recipes



BONNIE VAN ESCH

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A note from me

Thank you for purchasing my recipe book. I hope you enjoy making these easy and yummy dinner recipes. Cooking gluten free can seem quite overwhelming in the beginning, but over time, it becomes a way of life.

Gluten Free food can be healthy, delicious and nutritious. I hope this inspires you to try make your own gluten free recipes!

Love Bonnie



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SWEET POTATO LENTIL CURRY

Perfect for meatless Monday.

A plant based curry that is perfect for those cold nights.



PREP TIME: 10 MIN

COOK TIME: 35 MIN

SERVES: 4



INGREDIENTS

- 1 tbsp olive oil
- 500g sweet potato chunks
- 3/4 cup lentils soaked
- 1 onion diced
- 3 cloves garlic
- 1 tbsp curry powder
- 2 tsp cumin
- 2 tsp salt
- black pepper
- 1 sachet 50g tomato paste
- 300ml water with 2 tsp vegetable stock
- 500ml plant based milk (gluten free)
- 1 tbsp coconut sugar
- 1 tsp oreganum

METHOD

1. In a small pot heat the oil and fry the onion and garlic until fragrant. Add the curry powder, spices and seasonings and stir for about a minute to release the flavor.
2. Add the lentils, tomato paste, and stock.
3. Cover and simmer for 15 minutes.
4. Add the sweet potatoes and milk and simmer for an additional 15 minutes until the sweet potato is soft.
5. serve with torn coriander.

MUSHROOM BOURGUIGNON

Plant based, comforting and full of flavor!



PREP TIME: 10 MIN

COOK TIME: 20 MIN

SERVES: 4



INGREDIENTS

- 1 onion chopped
- 4 garlic cloves minced
- 250g portobello mushrooms, sliced
- 250ml water with 1 tsp veg stock
- 1 tsp thyme
- 1 tsp parsley
- 2 tsp nutritional yeast
- 1/2 tsp paprika
- 1 tbsp tomato paste
- 1 tbsp corn starch with 45ml water

MASHED POTATO

- 6 potatoes, peeled and diced
- 3 tbsp non dairy milk
- salt and pepper to taste
- 2 tbsp vegan butter (like flora vegan)

METHOD

1. In a small saucepan, saute the onion and garlic with a bit of water to prevent from sticking.
2. Add the remaining ingredients apart from the corn starch.
3. cook on medium heat for about 10 minutes
4. Mix the corn starch with the water to make a watery paste.
5. Add the corn starch mixture to the mixture and stir on a low heat for a few minutes until it thickens.
6. In another pot, boil the potatoes until fork tender, drain and then add the milk and seasoning and butter and mash until smooth.
7. Serve the mushroom bourguignon over the mash.

KEEMA CURRY

A delicious Indian curry that you can easily turn into a plant based meal if you so wish.



PREP TIME: 5 MIN

COOK TIME: 10 MIN

SERVES: 4



INGREDIENTS

- 1 tsp olive oil
- 1 onion chopped
- 1 tbsp curry powder
- 1 tbsp crushed garlic
- 1 tsp ginger
- 500g beef mince (or plant based)
- 1 tsp tomato paste
- 1 cup frozen peas
- Half can coconut cream

METHOD

1. In a small saucepan heat the olive oil and cook the onion and garlic until soft.
2. Add the curry powder, garlic and ginger and cook until fragrant.
3. Add the beef and cook until browned.
4. Add the coconut cream and tomato paste
5. Bring to a simmer and then reduce to medium heat and cook for 5 minutes.
6. Lastly, add the frozen peas and cook for a few minutes until cooked through.

TERIYAKI CHICKEN

Asian inspired flavors of Sweet, sour and savory



PREP TIME: 5 MIN

COOK TIME: 15 MIN

SERVES: 4



INGREDIENTS

- 1 tsp olive oil
- 1/4 cup Gluten free Teriyaki sauce
- 1/4 cup water
- 2 tbsp coconut sugar
- 1 tbsp rice vinegar
- 1/4 cup sesame oil or tahini paste
- 2 tsp ginger
- 2 tsp fresh garlic
- 2 tsp cornstarch
- 2 skinless chicken breast fillets cut into 1 inch pieces
- 1 head of broccoli

METHOD

1. In a small mixing bowl, mix together the Teriyaki sauce, water, coconut sugar, rice vinegar, sesame oil, ginger and garlic.
2. Heat the olive oil in a small saucepan and cook the chicken until brown.
3. Add the broccoli florets and stir
4. Add the sauce and cook for a few more minutes.
5. Mix the cornstarch with a bit of water to make a paste and add to the chicken mixture, cook while stirring until it thickens.
6. Cook until broccoli is to your liking.
7. serve with coriander.

CREAMY SUNDRIED TOMATO, SPINACH AND CHICKEN

This creamy Tuscan inspired dish is a must!



PREP TIME: 10 MIN

COOK TIME: 15 MIN

SERVES: 4



INGREDIENTS

- 1 tsp olive oil
- 1 pack chicken strip fillets or 2 chicken breast fillets sliced horizontally
- 2 tsp butter
- 2 tbsp fresh garlic
- 1 onion diced
- 80ml chicken stock
- 1 sachet sundried tomatoes
- 250ml cream
- salt and pepper
- 3 cups spinach
- 2 tbsp parsley

METHOD

1. Heat the oil in large saucepan. Season the chicken and cook for 5 minutes until just cooked through. Remove from the pan and set aside.
2. In the same pan, melt the butter add the garlic and fry until fragrant.
3. Add the onion and saute.
4. Add the sundried tomato and fry for 2 minutes to release the flavor.
5. Pour in the chicken stock and reduce slightly.
6. Reduce the heat and add the cream. Let it simmer
7. Add the spinach and wilt in the sauce.
8. Serve on rice.

CREAMY GARLIC AND MUSHROOM PASTA

Quick and Easy !



PREP TIME: 5 MIN
COOK TIME: 15 MIN
SERVES: 4



INGREDIENTS

- 1 tsp olive oil
- 250g mushrooms sliced
- 250ml cream (can use coconut cream also for dairy free)
- 2 tbsp fresh minced garlic
- 1 tsp thyme
- 1 tsp parsley
- 2 tsp cornstarch with 3 tbsp water
- gluten free spaghetti according to serving size.

METHOD

1. Cook the spaghetti according to packet instructions.
2. In a saucepan, heat the oil and saute the onion and garlic until fragrant and onion translucent.
3. Add the sliced mushrooms and cook until nicely browned.
4. Add the thyme and parsley.
5. Turn the heat to medium and add the cream while stirring.
6. Mix the cornstarch with the water to form a paste and add to the cream. Continue to stir until the sauce thickens.
7. Serve on top of the pasta.

LENTIL AND AUBERGINE MOUSSAKA

Meatless alternative that is flavorful and just as delicious!



PREP TIME: 30 MIN

COOK TIME: 35 MIN

SERVES: 4



INGREDIENTS

- 3 cups cooked lentils
- 1 can chopped and diced tomato
- 1 can tomato puree
- 1 tbsp olive oil
- 1 onion diced
- 2 tsp fresh garlic
- 1 tsp thyme
- 1 tsp oregano
- 1 tsp paprika
- 1 tsp coconut sugar
- pinch cinnamon
- salt and pepper
- 3 large aubergines sliced into 1 inch thickness
- 6 potatoes thinly sliced

Bechamel sauce

- 3 tbsp corn starch
- 3 tbsp vegan butter
- 500ml plant based milk
- 2 tbsp nutritional yeast
- 1/4 tsp nutmeg

METHOD

1. Preheat the oven to 200 c. Line two baking trays with baking paper.
2. On one sheet, arrange the aubergine, brush with olive oil and season with salt and pepper. On the other baking sheet, arrange the sliced potato and brush with olive oil and season with salt. Cook for 20 minutes until brown.
3. In a saucepan add the oil and saute the onion and garlic for a few minutes, add the tomato puree, tomato, salt and pepper and herbs.
4. Add the cooked lentils and simmer for 5 minutes.
5. For the sauce, add the butter to a saucepan and melt, then add the corn starch and whisk until it forms a paste and add the milk while whisking continuously until it thickens. Add the yeast and nutmeg.
6. Grease a baking dish and layer potato, aubergine, lentil mixture and repeat until everything is finished. Then top with white sauce. Bake for 30 minutes.

THAI CHICKEN CURRY

A warm and spicy thai chicken curry for those chilly evenings!



PREP TIME: 10 MIN

COOK TIME: 40 MIN

SERVES: 4



INGREDIENTS

- 4 chicken breast fillets
- salt and pepper
- tbsp coconut oil
- 2 bell peppers, thinly sliced
- 2 leeks
- 4 cloves garlic minced
- 1 tsp ginger
- 4 tbsp red curry paste (gluten free)
- 2 can coconut cream
- fresh coriander
- rice to serve

METHOD

1. Preheat the oven to 200. c
2. In a large saucepan, melt the coconut oil then add the chicken and sear on both sides until golden brown. Remove and set aside.
3. Add the bell pepper, leek, garlic and ginger and stir to combine. Cook for 2 minutes until slightly soft.
4. Add the curry paste and cook for 5 min.
5. Pour in the coconut cream and stir until combined.
6. Return the chicken to the sauce.
7. Place the oven proof saucepan in the oven and cook for 15-20 minutes or until cooked through.
8. Serve with rice and fresh coriander.