

PERFECT PASTA

Glutafin

GLUTEN FREE

with Glutafin



Introducing..
NEW & IMPROVED
Glutafin Pasta!

With a better taste and texture, our new recipe Glutafin pasta is low in fat, lactose free and has no added sugar.

It's pasta...made perfect.

Welcome

Our Glutafin Pastas are made with high quality gluten free ingredients to create a delicious taste and texture.

They are low in fat, lactose free and have no added sugar making them the perfect option for an easy, midweek dinner. We have a wide range of pasta available on prescription and offer many recipes, like the ones in this book, to inspire you in the kitchen.

If we've missed one of your favourites or you're looking for more inspiration, find our full recipe collection at www.glutafin.co.uk

As always, our Careline are happy to help with any questions about baking or gluten free living. Supported by our Dietitians and gluten free baking experts, they've got the answers you need to help you make a masterpiece every time.

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Introducing Glutafin Pasta

GLUTAFIN GLUTEN FREE PASTA SPIRALS (FUSILLI) (500g)

Ideal with your favourite sauce or as a refreshing salad with chopped vegetables and vinaigrette.



PIP: 211-5178 UNITS: 2

GLUTAFIN GLUTEN FREE PASTA PENNE (500g)

Enjoy with a simple pesto sauce, a sprinkling of parmesan and toasted pine nuts. Or, why not make a classic, tasty macaroni cheese?



PIP: 211-5152 UNITS: 2

GLUTAFIN GLUTEN FREE PASTA LONG CUT SPAGHETTI (500g)

Top with a meaty bolognese or a medley of chunky vegetables.



PIP: 211-5160 UNITS: 2

GLUTAFIN GLUTEN FREE PASTA FIBRE FUSILLI (500g)

This fibre rich alternative to our regular fusilli is a great base for any pasta sauce.



PIP: 386-2646 UNITS: 2

GLUTAFIN GLUTEN FREE PASTA SHELLS (500g)

Mix with tuna and tomato sauce, top with cheese and brown under the grill for a hearty pasta bake.



PIP: 250-0676 UNITS: 2





CHEESE AND PROSCIUTTO BAKE



Preparation time

5 minutes



Cooking time

35 minutes



Makes

4 servings



You will need

Glutafin Gluten Free Penne Pasta
Glutafin Gluten Free Select Multipurpose White Mix
Glutafin Gluten Free Select White Loaf

Ingredients

- 200g Glutafin Gluten Free Penne Pasta
- 3 tbsp Glutafin Gluten Free Select Multipurpose White Mix
- 3 slices Glutafin Gluten Free Select White Loaf (made into breadcrumbs)
- 1 cauliflower
- 40g butter
- 2 garlic cloves (crushed)
- 500ml whole milk
- 250g cheese
- 1 tsp mustard
- 5 slices prosciutto ham
- salt & pepper



CREAMY MUSHROOM PENNE



Preparation time

5 minutes



Cooking time

20 minutes



Makes

4 servings



You will need

Glutafin Gluten Free Penne Pasta

Ingredients

- 300g Glutafin Gluten Free Penne Pasta
- 120g shiitake mushrooms
- 200g button mushrooms (sliced)
- 2 garlic cloves (crushed)
- 1 red onion (sliced)
- 40g butter
- 2 tbsp parmesan
- white wine (to taste)
- 200ml double cream
- 1 tbsp fresh parsley, thyme and chives
- salt and pepper



CREAMY AVOCADO AND PESTO SPAGHETTI



Preparation time

5 minutes



Cooking time

20 minutes



Makes

4 servings



You will need

Glutafin Gluten Free Long Cut Spaghetti

Ingredients

- 400g Glutafin Gluten Free Long Cut Spaghetti
- 3 ripe avocados
- 2 tbsp olive oil
- 2 tbsp parmesan cheese
- small handful of fresh basil
- 2 garlic cloves (crushed)
- juice of 2 lemons
- 2 tbsp pesto
- 2 tbsp pine nuts
- 50ml double cream



SPICY PRAWN AND CHORIZO SPAGHETTI



Preparation time

5 minutes



Cooking time

20 minutes



Makes

4 servings



You will need

Glutafin Gluten Free Long Cut Spaghetti

Ingredients

- 300g Glutafin Gluten Free Long Cut Spaghetti
- 120g chorizo (diced)
- 1 tsp olive oil
- 200g raw king prawns
- 350ml cherry tomato pasta sauce
- 1 red chilli pepper (deseeded and finely diced)
- small handful parsley (chopped)
- salt and pepper

SALMON AND GREEN VEGETABLE FUSILLI



Preparation time

5 minutes



Cooking time

20 minutes



Makes

4 servings



You will need

Glutafin Gluten Free Pasta Spirals (Fusilli)

Ingredients

- 250g Glutafin Gluten Free Pasta Spirals (Fusilli)
- 100g broccoli
- 50g sugarsnap peas
- 2 salmon fillets
- 1 tsp olive oil
- 4 spring onions
- 270g light soft cheese with chives
- milk (to loosen)
- salt and pepper

Method

1. Add the pasta to a pan of boiling water and cook for 16-18 minutes, adding broccoli and sugarsnap peas half way through.
2. Meanwhile, add olive oil to a frying pan and heat the salmon and spring onions.
3. Cook the salmon for 2-3 minutes on each side (or until pink and flaky). Stir in the soft cheese and seasoning, add a splash of milk to loosen.
4. Drain the pasta, broccoli and peas before adding this to the Philadelphia sauce, stir until all the pasta is coated.
5. Add black pepper to taste before serving.

MEDITERRANEAN TOMATO BAKE



Preparation time

5 minutes



Cooking time

30 minutes



Makes

4 servings



You will need

Glutafin Gluten Free Pasta Spirals (Fusilli)
Glutafin Gluten Free Select White Loaf

Ingredients

- 300g Glutafin Gluten Free Pasta Spirals (Fusilli)
- 3 Slices Glutafin Gluten Free Select White Loaf (breadcrumbs)
- 100g sundried tomatoes (chopped)
- 1 red onion (sliced)
- 150g passata with basil
- 6 tbsp red pesto
- 100g feta (crumbled)
- 100g walnuts (crushed)

Method

1. Add pasta to boiling water and cook for 16-18 minutes.
2. Saute the red onion, sundried tomatoes and 50g walnuts until the onion becomes brown and stir in the red pesto and passata.
3. Once cooked, mix the drained pasta into the red pesto mix and transfer into an ovenproof dish.
4. Top with breadcrumbs, crumbled feta and remaining crushed walnuts.
5. Place under the grill and brown for 5-10 minutes.



RED PEPPER AND CHICKEN FUSILLI



Preparation time

5 minutes



Cooking time

35 minutes



Makes

4 servings



You will need

Glutafin Gluten Free Fibre Fusilli

Ingredients

- 250g Glutafin Gluten Free Fibre Fusilli
- 3 chicken breasts (diced)
- 1 tsp olive oil
- 4 red peppers
- 1 onion
- 2 cloves garlic
- 1-2 tbsp Worcester sauce
- 1 tsp chilli powder
- 1 tsp paprika
- 150g passata with basil
- salt and pepper

Method

1. Place chicken, red peppers, onion and garlic cloves on a baking tray and drizzle with oil. Cook in the oven for 25 – 30 minutes on 180°C.
2. Add the pasta to boiling water and cook for 6-8 minutes.
3. Once the chicken and vegetables have cooked, put the chicken to one side and transfer the red pepper, onion, garlic and passata into a blender with Worcester sauce, paprika, chilli powder, salt and pepper before blending into a smooth sauce.
4. Mix the drained pasta, sauce and chopped chicken breast together and serve.



SALSA PASTA SALAD



Preparation time

5 minutes



Cooking time

10 minutes



Makes

4 servings



You will need

Glutafin Gluten Free Fibre Fusilli

Ingredients

- 250g Glutafin Gluten Free Fibre Fusilli
- 1 tbsp olive oil
- 1-2 limes (juice)
- 1 red onion
- 6 ripe tomatoes (deseeded)
- ½ cucumber
- 2 spring onions
- handful of fresh coriander

Method

1. Place the Fibre Fusilli into a pan of boiling water and cook for 6-8 minutes.
2. Meanwhile, finely chop the spring onions, cucumber, tomatoes, red onion and coriander together as if making a salsa and stir in the lime juice.
3. Once the pasta is cooked, rinse with cold water and stir through the olive oil to stop it from sticking together.
4. Stir the cooked pasta into the tomato salsa and serve.

The Glutafin logo is located in the top right corner. It consists of the word "Glutafin" in a white, serif font, set against a dark red rectangular background. Above the text is a yellow horizontal bar, and below it is a yellow banner with the words "GLUTEN FREE" in white, sans-serif capital letters.

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WE'RE HERE TO HELP

Every day the Glutafin Careline handles calls, emails and online requests from people all over the country. If you have a question about Glutafin or gluten free living, whether it's cooking tips, recipe ideas or information on our products, just get in touch. Our dedicated team of gluten free experts will be happy to help.



Call us freephone

0800 988 2470*

*UK freephone only. As an alternative UK rate number for use from a mobile call us on 01925 865100.



Chat to us online

www.glutafin.co.uk



Write to us

Glutafin, 401 Faraday Street,
Birchwood Park, Warrington,
WA3 6AE



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facebook.com/glutafin



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glutenfree@glutafin.co.uk



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