

A HOME FREEZER COOKBOOK



BatchJoy

50 slow-cooked recipes, frozen in little 70g blocks



CHICKEN & TURKEY · PORK, BEEF & LAMB · PLANT-BASED

cook once, eat all month

Contents

This is general guidance, not medical advice. IBS triggers vary from person to person, so talk to your GP or a registered dietitian before changing your diet.

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How the IBS recipes work

Fifty slow-cooked dishes made to be gentle on your gut, each cooked in one big batch and frozen in little 70g blocks.

This is general guidance, not medical advice. IBS triggers vary from person to person, so talk to your GP or a registered dietitian before changing your diet.

They work just like the other freezer recipes, but each one is built to avoid the most common IBS and reflux triggers: no chilli, no tomato base and only a little garlic and onion. Gentle on your gut explains the rules.

Every recipe makes 15 to 28 blocks. Two blocks make a light lunch; three make a proper dinner with rice, quinoa, a wrap or a jacket potato. Batches cost about £2 to £11 to make, so a three-block meal usually comes in under a pound and a half, and the plant-based ones well under a pound.

The recipes, all in the IBS-friendly collection, cover chicken and turkey, pork and beef, and plant-based dishes. Each one tells you how long it takes, how many blocks it makes, what a block costs, and roughly what is in it, including the fibre.

Making your blocks

- 1 Get a tray. A silicone "soup cube" or large ice-cube tray with cells of about 70ml. Three 8-cell trays hold most batches.
- 2 Cool fast. Spread the cooked dish out in a wide, shallow dish so it cools within 1–2 hours.
- 3 Portion. Spoon about 70g into each cell. Weigh the first few until you know what 70g looks like.
- 4 Freeze. Freeze flat overnight, pop the blocks out and bag them, labelled with the dish and date. They keep for 3 months.
- 5 Reheat from frozen. Microwave about 1 minute per block plus 1 minute, covered, stirring halfway, or warm them in a pan with a splash of water. Heat until piping hot and never refreeze once thawed.

Cooking notes

Soften means a medium heat, brown means medium-high, and simmer means small, steady bubbles. A large, heavy pan or casserole suits every recipe.

Where a recipe says season, start with ½ tsp salt for the whole batch, taste, and add more a pinch at a time. Freezing dulls salt and spice a little, so season slightly more boldly than you would for eating straight away.

Good first batches

Times are prep plus cooking.

- Ginger-Soy Turkey & Green Beans (p. 28): the quickest of the fifty. 35 min, 19 blocks.
- Carrot & Red Lentil Dal (p. 66): mild and creamy, at 15p a block. 45 min, 15 blocks.
- Chicken, Potato & Sweetcorn Stew (p. 39): a chowder-style stew the whole table can share. 45 min, 23 blocks.

- Mild Turkey Taco Mince (p. 30): taco night with cumin and smoked paprika, and no chilli. 45 min, 20 blocks.
- Miso Butter Beans (p. 56): plant-based, with ginger, spinach and light coconut. 40 min, 22 blocks.
- Gentle Chicken Korma (p. 25): sweet potato and carrot blended in for body and fibre. 1 hr, 25 blocks.
- Turkey & Sweet Potato Shepherd's Mince (p. 27): top with mash, or eat it as it is. 1 hr 10 min, 23 blocks.

To cook four in one go, try the IBS-friendly batch-cook day, Turkey mince day or Plant-based day.

cook once, eat gently all month

Gentle on your gut

Every IBS recipe follows the same few rules, so you can mix and match blocks without second-guessing.

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Each rule below steers round a common trigger for IBS or reflux. They are also handy when you cook your own food, or choose what to serve alongside the blocks.

No chilli, no heat

Warmth comes from ginger, cumin, cinnamon, allspice and sweet paprika rather than chilli, cayenne or hot paprika.

Go easy on tomato

Tomato, vinegar and citrus are common reflux triggers, so sauces are built on carrot, sweet potato, spinach, light coconut or milk instead.

Go easy on onion and garlic

Both are high in fructans, a common IBS trigger, so each batch uses just a couple of garlic cloves and spring onions or leek, never a big onion base.

Lean and lighter

Fatty meals can make reflux worse. The meat is lean, the coconut milk is light and the oil is kept to a spoonful or two.

Fibre in every block

Beans, lentils, chickpeas, oats, quinoa and plenty of veg give 0.7–3.0g of fibre per 70g block, much of it the gentle, soluble kind.

Gut-friendly portions

Tinned beans and lentils are rinsed and kept to one or two tins per batch, and sweet potato to under about 75g a meal, so each portion stays in the range most people with IBS tolerate.

Easy on dairy

Milk in the recipes is lactose-free. Hard cheese and a spoon of yoghurt at the table are fine for most people.

Watch the hidden extras

Stock cubes, gravy granules and spice blends can add a lot of onion and garlic on top of the recipe. If you're sensitive, low-FODMAP stock keeps it in check.

Everyone's gut is different

These recipes avoid the most common triggers, but they aren't a medical diet. If you're following a low-FODMAP plan or have frequent symptoms, talk to your GP or a registered dietitian, and add fibre gradually with plenty of water.

The rules in action

Times are prep plus cooking.

- Beef & Black Bean No-Chilli (p. 47): all the cumin and sweet smoked paprika of a chilli, with no heat and no tomato. 1 hr, 20 blocks.
- Turkey Ragu Bianco (p. 26): a tomato-free ragu simmered with lactose-free milk and herbs. 1 hr 15 min, 22 blocks.

- Mild Kidney Bean Masala (p. 69): a masala with no tomato and no chilli. 50 min, 18 blocks.
- Chicken, Leek & Butter Bean Pie Filling (p. 36): leek in place of onion, with rinsed butter beans. 50 min, 25 blocks.
- Turkey, Butternut & Sage Stew (p. 37): lean turkey mince in a light stew. 55 min, 23 blocks.
- Mild Black Bean & Sweet Potato Stew (p. 65): 3g of fibre a block, the most of any IBS recipe alongside the kidney bean masala. 45 min, 19 blocks.
- Tarragon Chicken & Courgette (p. 32): a creamy sauce made with lactose-free milk. 50 min, 24 blocks.

go slow with fibre, and drink plenty of water

IBS-friendly batch-cook day

One 2¼-hour session, four pans, 81 blocks: about 27 gut-friendly dinners for roughly £24.72.

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Four dishes from the IBS-friendly collection: a turkey shepherd's mince, a chicken tagine, a plant-based dal and a quick ginger-soy turkey. Batch costs are estimates.

DISH	BLOCKS	BATCH COST	HOB TIME
Turkey & Sweet Potato Shepherd's Mince	23	£7.27	1 hr 10 min
Chicken, Carrot & Sweet Potato Tagine	20	£6.56	1 hr 5 min
Golden Sweet Potato & Lentil Dal	19	£3.23	45 min
Ginger-Soy Turkey & Green Beans	19	£7.67	35 min
Total	81	£24.72	

It runs like the Batch-cook day: one prep run for the shared sweet potato, carrot, leek, garlic and ginger, then four pans (or two, in two rounds). This one makes more blocks, so have four or five 16-cell trays ready.

Shopping list

AMOUNT	ITEM
1kg	Turkey mince
500g	Chicken thighs
1kg	Sweet potato
850g	Carrots
200g	Swede
60g	Leek
80g	Spring onions
40g	Garlic
55g	Fresh ginger
250g	Green beans
200g	Courgettes
150g	Frozen spinach
150g	Frozen edamame
2 tins	Green lentils
1 tin	Chickpeas
250ml	Light coconut milk
60g	Quinoa
30g	Porridge oats
From the cupboard	Oil, stock cubes, tamari, maple syrup, cornflour, spices and herbs

Timeline

TIME	STEP
0:00	Prep everything. Dice the sweet potato, carrot and swede, slice the leek and spring onions, crush the garlic, grate the ginger. Split into four labelled bowls. (25 min)
0:25	Start the Shepherd's Mince. Brown the turkey, add the veg, then the stock; simmer, lid ajar, for 25 min.
0:35	Start the Tagine. Soften the carrot, add the spices and chicken, then the sweet potato, chickpeas and stock. Cover for 25 min.
0:50	Start the Dal in a third pan: spices, veg, quinoa and stock. Simmer 20 min.
1:00	Finish the Shepherd's Mince with the lentils, oats and cornflour. Uncover the Tagine for 10 min, then finish it with the greens. Spread both out to cool.
1:10	Finish the Dal with the lentils, coconut and spinach. Cool.
1:15	Cook the Ginger-Soy Turkey in the freed pan, about 20 min start to finish.
1:35–2:15	Cool, portion, freeze. Fill the trays as each dish cools. Wash up while the last one cools.

The pantry

The cupboard staples behind the freezer recipes, with a separate list for the IBS-friendly ones. Buy them once and each batch needs only fresh veg, the protein and a tin or two.

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Stocking up from an empty cupboard costs roughly £15–20. After that, most shops are just the fresh veg, the protein and a tin or two, and the jars last for many batches.

What to stock

The counts are out of the 100 recipes outside the IBS-friendly collection. Buy the top of the list first; the bottom rows are for one or two styles of cooking only.

ITEM	USED IN (OF 100)	WHAT TO BUY
Rapeseed or olive oil	98	1L bottle, ~£2
Chopped tomatoes	54	Stock 6–8 tins; own-brand ~43–47p each
Smoked paprika	36	Largest jar you can find; it goes fastest
Turmeric	28	Own-brand jar, ~£1.10
Coconut milk (full-fat)	20	4 tins, ~75p each; light works with a thinner sauce
Ground cumin	34	Own-brand jar
Tomato purée	41	200g tube or tin, ~59p
Soy sauce or tamari	34	Tamari if you need gluten-free
Frozen leaf spinach	14	900g bag, ~£1.65; cheaper than fresh and goes straight in
Chilli flakes	20	Own-brand jar
Ground coriander	23	Own-brand jar
Stock cubes	42	Chicken and veg, 10-packs
Garam masala	17	Own-brand jar
Cinnamon, bay, thyme, oregano, black pepper	6–14 each	Own-brand jars
White miso	6	100g tub, ~£1.80; keeps for months in the fridge
Dried lime leaves	5	Small jar, ~£1.50–2; or use lime zest
Lemongrass and galangal paste	5–6 each	Fresh lemongrass stems freeze well; galangal paste ~£1.80
Red split lentils and tinned pulses	Many	1kg lentils ~£2.60; chickpeas, black, kidney, butter and cannellini beans ~40–50p a tin

For the IBS-friendly recipes

The IBS-friendly recipes skip chilli and tomato and go easy on onion, so they lean on a slightly different cupboard. These counts are out of those 50 recipes.

ITEM	USED IN (OF 50)	WHAT TO BUY
Garlic	49	A bulb or two. Swap in garlic-infused oil if garlic bothers you
Stock cubes	40	Chicken and veg. Low-FODMAP ones if onion bothers you
Ground cumin, turmeric, garam masala	30	Own-brand jars; check blends have no chilli or garlic
Spring onions	25	A bunch, ~70p. They freeze well, chopped
Fresh ginger	24	Freeze a knob and grate it from frozen
Leeks	22	Gentler than onion
Tamari or soy sauce	22	Tamari if you need gluten-free
Cornflour	20	For thickening without wheat
Dried thyme, sage, rosemary	17	Own-brand jars
Tinned beans	15	Butter, cannellini, kidney and black, ~45p a tin. Rinse well
Light coconut milk	13	400ml tins, ~85p each
Maple syrup	13	Use instead of honey, which is high in FODMAPs
Sweet smoked paprika	12	Make sure it says sweet (dulce), not hot
Tinned green lentils	11	~45p a tin. Rinse well
Porridge oats	9	1kg bag, ~£1.20
Tinned chickpeas	6	~45p a tin. Rinse well
Smooth peanut butter	5	100% peanuts, no palm oil
Quinoa	4	500g bag, ~£2.25
Ground linseed (optional)	3	250g bag, ~£2.50. A spoonful adds fibre to any block

Buying spices for less

World-food aisles and Asian grocers sell spices in 100g bags at about half supermarket-jar prices, which cuts the spice cost of every batch. If you cook for IBS, check the ingredients of any blend for chilli, garlic and onion.

Making sauce cubes too? The sauce pantry lists the staples behind the 50 sauces.

Tips & tricks

Small habits that make the blocks taste better, freeze better and go further, plus a few extra ones for cooking the IBS-friendly recipes.

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None of these takes more than a minute, and they work for every recipe on the site. If you cook from the IBS-friendly collection, the last section has a few extra habits for gentler blocks.

Brown it properly

Give mince and chicken time in a hot pan without stirring. The deep colour is where most of the flavour comes from, and it survives freezing.

Season at the end

Taste once the dish has cooled slightly, then adjust. Salt, acid, herbs and heat all dull a little in the freezer, so be bold.

Add brightness last

A squeeze of lime or lemon, a splash of vinegar or a spoon of yoghurt stirred in after reheating wakes a block right up. If acid bothers you, a handful of fresh coriander, parsley or chives does the same job.

Freeze flat, then bag

Fill the tray level, freeze solid, then pop the blocks into a freezer bag. Press the air out so they stay separate and avoid freezer burn.

Label everything

Write the dish and the date on the bag. Blocks look surprisingly alike once frozen, and they are best eaten within three months.

Use whole tins

Plan batches around whole tins and jars so nothing is left half-used. Leftover coconut milk or tomatoes can go into the next block day.

Mix two blocks

A block of curry and a block of dal make a richer sauce. Chicken Tagine plus a block of tomato beans is a quick stew. Try pairs and note your favourites; Build a dinner and Build an IBS-friendly dinner have some to start with.

Swap freely

Thighs and breast are interchangeable, as are beef and lamb mince, or one tinned bean for another. Keep the weights and the timings stay right.

Stretch the meal

Three blocks go further with rice, pasta, couscous, a jacket potato or a wrap. A handful of frozen peas or spinach added while reheating bulks it up. For more fibre, choose brown rice, quinoa, a jacket potato with its skin or a wholegrain wrap.

Reheat gently

From frozen, cover and microwave about 1 minute per block plus 1 minute, stirring halfway. Always heat until piping hot, and never refreeze once thawed.

Cooking for IBS

These are general guidance only. Gentle on your gut explains the rules every IBS-friendly recipe already follows.

A little garlic

Two cloves flavour a whole batch. If garlic bothers you, use garlic-infused oil instead: the flavour carries into the oil but the fructans don't.

Go slow with fibre

If you're not used to it, start with two blocks a meal and build up over a week or two, with plenty of water.

Eat smaller

Two blocks with a jacket potato can be plenty. If reflux is a problem, a smaller dinner eaten well before bed helps many people; Feeling better with IBS has more everyday habits.

Check the extras

Stock cubes and spice blends can bring in onion, garlic or chilli the recipe doesn't list. Low-FODMAP stock cubes keep it in check.

when in doubt, add fresh herbs

Eating well with IBS

How you eat matters as much as what you eat. These are the habits UK health guidance recommends most often.

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None of these needs special food, and most cost nothing. Trying one or two at a time makes it easier to tell what helps you.

Eat regularly Have three meals a day at roughly the same times, and try not to skip meals or leave long gaps between them.	Slow down Sit down to eat, chew well and take your time. Eating quickly means swallowing air, which adds to bloating.
Cook from fresh Ready meals and processed food often hide onion, garlic and a lot of fat. Homemade food, like these blocks, lets you control what goes in.	Go easy on fat and spice Fatty, fried and spicy food are among the most common triggers for both IBS and reflux. Foods to watch with IBS lists other common triggers with a gentler swap for each.
Fruit: spread it out Keep to about three portions of fruit a day (a portion is roughly 80g) and spread them through the day.	Choose the right fibre For constipation, soluble fibre such as oats and linseed usually helps. For diarrhoea, cut back on bran and wholegrain fibre. Change fibre slowly.
Drink plenty of water Aim for 6 to 8 glasses of fluid a day, mostly water or caffeine-free drinks. Fibre works best with plenty of fluid.	Go easy on caffeine, alcohol and fizz Keep to no more than three cups of tea or coffee a day. Alcohol and fizzy drinks can both bring on symptoms, so keep them small or leave them out.
Keep a food diary For 2 to 4 weeks, note what you eat, when, and how you feel afterwards. Patterns are much easier to spot on paper.	

Blocks with oats or linseed

If soluble fibre suits you, these IBS-friendly blocks include porridge oats or ground linseed. Times are prep plus cooking.

- Shepherd's Lentil & Root Veg Mix (p. 60): oats and lentils with carrot, swede and parsnip. 1 hr, 19 blocks.
- Sweet Potato, Lentil & Kale Stew (p. 63): oats in a thick, warming stew. 55 min, 21 blocks.
- Turkey Ragu Bianco (p. 26): oats thicken a tomato-free ragu. 1 hr 15 min, 22 blocks.
- Mild Chickpea & Spinach Curry (p. 54): ground linseed stirred into a mild curry. 45 min, 19 blocks.

- Gentle Saag Tempeh (p. 57): linseed in a spinach and light coconut sauce. 45 min, 17 blocks.
- Turkey, Leek & Parsnip Hotpot Mince (p. 31): linseed with parsnip, swede and leek in a sage and thyme gravy. 1 hr, 20 blocks.

small changes, one at a time

Foods to watch with IBS

The foods most often linked to IBS and reflux symptoms, with gentler swaps. Not everyone reacts to all of them, so treat this as a guide.

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Use the table as a starting point rather than a ban list: not everyone reacts to all of these foods, and portion size matters too. A food diary, as in *Eating well with IBS*, helps you spot your own triggers.

OFTEN A TRIGGER	GENTLER SWAPS
Lots of onion and garlic	A clove or two, spring onions or leek, garlic-infused oil, chives, a pinch of asafoetida
Beans and lentils in big portions	Tinned, rinsed beans and lentils in moderate portions, firm tofu, tempeh
Lots of wheat bread, pasta and cereal	Oats, rice, quinoa, potatoes, spelt sourdough, gluten-free pasta
Milk, soft cheese and ice cream	Lactose-free milk and yoghurt, hard cheeses such as cheddar and parmesan
Apples, pears, mango, watermelon, stone fruit, dried fruit	Firm bananas, blueberries, strawberries, kiwi, grapes, in small portions
Mushrooms, cauliflower, asparagus	Carrot, courgette, green beans, spinach, parsnip, aubergine
Honey, agave and high-fructose syrups	Maple syrup or a little ordinary sugar
Sugar-free sweets and gum (sorbitol, mannitol, xylitol)	Small amounts of the ordinary kind; check labels marked sugar-free
Fizzy drinks, alcohol, lots of coffee	Water, and ginger, fennel or chamomile tea
For reflux: tomato, citrus, chilli, chocolate, mint, very fatty food	Fresh herbs, ginger, sweet spices, lean meat and fish

The swaps in the recipes

Every IBS-friendly recipe uses swaps from the right-hand column. A few examples, with prep plus cooking time:

- Pork, Leek & Cannellini Casserole (p. 50): leek instead of onion, one rinsed tin of beans and lactose-free milk. 1 hr, 22 blocks.
- Paprika Pork Stroganoff (p. 52): sweet paprika, courgette and no mushrooms. 40 min, 22 blocks.
- Ginger Tofu & Vegetable Braise (p. 62): firm tofu for protein, and maple syrup rather than honey. 40 min, 24 blocks.
- Ginger Beef & Pak Choi (p. 45): ginger and tamari in place of chilli and tomato. 2 hr, 24 blocks.
- Turkey, Spinach & Quinoa Stew (p. 29): quinoa instead of wheat. 50 min, 26 blocks.
- Tarragon Chicken & Courgette (p. 32): courgette, green beans and carrot with a lactose-free creamy sauce. 50 min, 24 blocks.

About the low-FODMAP diet

FODMAPs are a group of carbohydrates that some guts find hard to absorb; most of the foods in the left-hand column are high in them. A low-FODMAP diet cuts them right down for a few weeks, then brings them back one group at a time to find your own triggers.

It helps many people, but it is restrictive, so it is best done with a dietitian. Ask your GP for a referral. The IBS-friendly recipes here are low-FODMAP-friendly, but they have not been lab-tested.

Feeling better with IBS

Food is only part of the picture. These everyday habits help many people with IBS and reflux.

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Stress, sleep and movement all affect the gut. These habits sit alongside the food guides, such as Eating well with IBS, and none of them costs much to try.

Move every day Regular walking, cycling, swimming or yoga keeps your gut moving and helps with stress.	Look after stress Your gut and your mood are closely linked. Breathing exercises, mindfulness or talking therapies such as CBT can all ease symptoms.
Sleep well Keep a regular bedtime. Poor sleep can make gut symptoms worse.	Try a probiotic Some people find a probiotic helps. Take it for at least four weeks, and stop if nothing changes.
Ease the cramps A warm hot-water bottle on your tummy can help. Peppermint oil capsules ease IBS cramps for many people, but they can make reflux worse.	Help your reflux Eat smaller meals, finish eating 3 to 4 hours before bed, raise the head of your bed by 10 to 20cm and wear clothes that are loose around the waist.

Lighter blocks for reflux evenings

If you're keeping dinner small and lean, these IBS-friendly blocks have about 1g of fat or less per block. Two with a jacket potato or some rice makes a light meal. Times are prep plus cooking.

- Mild Black Bean & Sweet Potato Stew (p. 65): plant-based, with black beans, sweet potato and red pepper. 45 min, 19 blocks.
- Butter Bean, Leek & Sweet Potato Stew (p. 71): a light, creamy thyme sauce. 40 min, 22 blocks.
- Mild Kidney Bean Masala (p. 69): gently spiced, with no tomato. 50 min, 18 blocks.
- Turkey, Butternut & Sage Stew (p. 37): lean turkey mince with squash. 55 min, 23 blocks.
- Chicken, Potato & Sweetcorn Stew (p. 39): mild and chowder-style. 45 min, 23 blocks.
- Turkey, Spinach & Quinoa Stew (p. 29): turkey with quinoa for a filling bowl. 50 min, 26 blocks.

When to see your GP

Get any new or changing bowel symptoms checked by a GP. Speak to one soon if you notice:

- blood in your poo or bleeding from your bottom
- weight loss you can't explain, or a lump or swelling in your tummy

- symptoms that wake you up at night
- difficulty swallowing, or food getting stuck
- heartburn most days for 3 weeks or more, or pharmacy remedies not helping

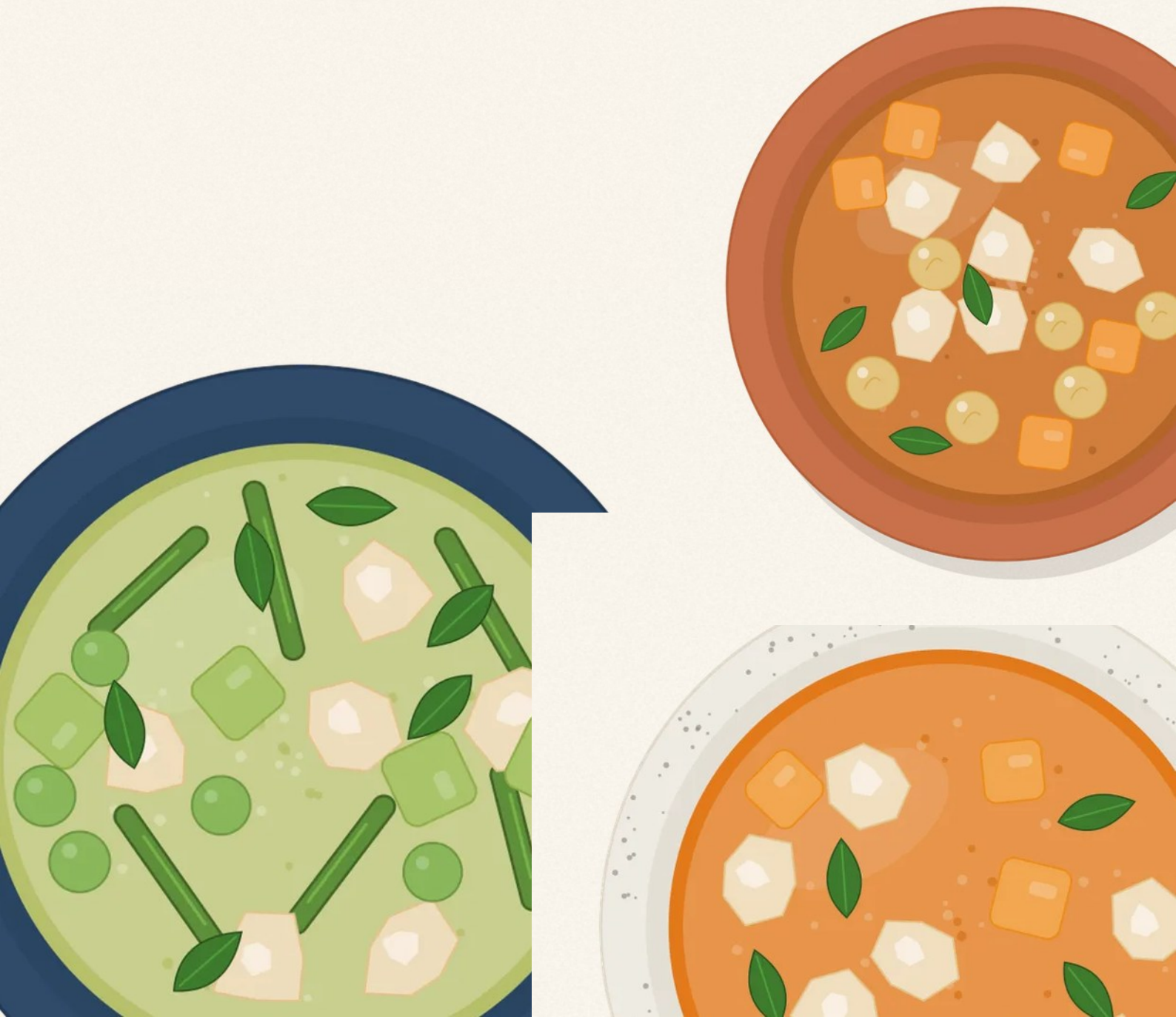
This section is general information, not medical advice. Your GP, a pharmacist or a dietitian can help you find what works for you.

be kind to yourself, every gut is different

TWENTY RECIPES

Chicken & turkey

*lean, light and gently spiced
– turkey mince is your friend*





NO. 01 · CHICKEN & TURKEY GF DF

Gentle Green Coconut Chicken

A soft, fragrant green coconut curry with no chilli and only a little garlic: lemongrass, ginger and herbs do the work.

*makes 24 blocks,
about 37p each*

TIME
about 45 min

MAKES
24 blocks

COST PER BLOCK
37p

CALORIES PER BLOCK
58 kcal

FIBRE PER BLOCK
1.0g

You'll need

450g	chicken thigh fillets, 2cm pieces
1 × 400ml tin	light coconut milk
300g	courgette, 1cm dice
250g	green beans, 2cm lengths
100g	baby spinach
150g	frozen edamame
20g	fresh coriander, stalks and leaves
10ml	rapeseed oil
15ml	tamari or soy sauce
4	dried lime leaves
1 cube	stock cube
150ml	water

FOR THE PASTE

30g (2 stems)	lemongrass, outer layers removed
20g	fresh ginger
40g	spring onions, sliced
2 cloves	garlic, crushed
3g	ground coriander + turmeric

or 50g ready-made Thai green curry paste, but most contain chilli, so pick a mild one

Method

- 1 Blitz the lemongrass, garlic, ginger, coriander stalks and spring onions with 3 tbsp of the coconut milk to a smooth green paste.
- 2 Fry the paste in the oil over a low-medium heat for 3 minutes, then stir in the ground spices for 30 seconds.
- 3 Add the chicken and turn it in the paste. Pour in the rest of the coconut milk, the stock, tamari and lime leaves. Simmer gently for 15 minutes.
- 4 Add the courgette and green beans for 6 minutes, the edamame for 3, then wilt in the spinach.
- 5 Off the heat, stir in the chopped coriander leaves and remove the lime leaves. Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	58	5.2g	3.1g	3.0g	1.0g
Per 3-block meal	174	15.6g	9.3g	9.0g	3.0g

Serve it

Jasmine or brown rice

Rice noodles with beansprouts

Quinoa and steamed pak choi

Cook's notes

- Two cloves of garlic flavour the whole batch; use garlic-infused oil instead if you're very sensitive.
- Thighs stay juicy after freezing; breast works but cook it 3 minutes less.
- No lime juice here, so it stays kind to reflux. Add fresh coriander when reheating instead.

Mild Chicken & Sweet Potato Tikka

A creamy, mild tikka with a sauce built on sweet potato and carrot instead of tomato, so it is gentle on reflux.

*makes 19 blocks,
about 31p each*



TIME
about 50 min

MAKES
19 blocks

COST PER BLOCK
31p

CALORIES PER BLOCK
70 kcal

FIBRE PER BLOCK
1.3g

You'll need

450g	chicken breast, 2cm pieces
300g	sweet potato, 1cm dice
200g	carrot, finely grated
200ml (½ tin)	light coconut milk
150g	frozen leaf spinach
30g	spring onions, sliced
20g	ground almonds
15g	fresh ginger, grated
10ml	rapeseed oil
2 cloves	garlic, crushed
16g	garam masala, cumin, coriander, turmeric, sweet paprika
1 cube	stock cube
250ml	water

Method

- 1 Warm the oil and soften the carrot and half the sweet potato for 8 minutes. Add the garlic, ginger and spices for 1 minute.
- 2 Add the coconut milk, stock and almonds. Simmer 10 minutes, then blend smooth. This sweet, orange sauce replaces the tomato.
- 3 Add the chicken and the rest of the sweet potato. Simmer, lid on, for 15 minutes until the potato is just tender.
- 4 Stir in the spinach from frozen and the spring onions; cook 4 minutes until thick.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	70	6.8g	5.5g	2.3g	1.3g
Per 3-block meal	210	20.4g	16.5g	6.9g	3.9g

Serve it

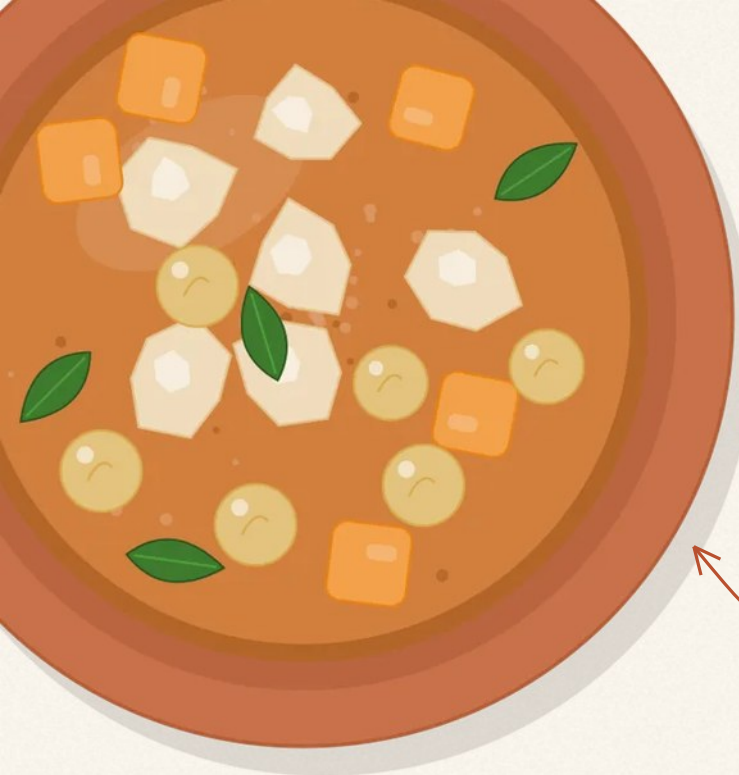
Basmati rice and a warm chapati

Wrapped in a flatbread with lactose-free yoghurt

With quinoa and steamed green beans

Cook's notes

- Mild enough for children: the warmth comes from garam masala, not chilli.
- Stir a spoon of lactose-free yoghurt through at serving if you like it creamier. Don't freeze it in.
- Thighs give a richer result for about 3p more a block.



NO. 03 · CHICKEN & TURKEY GF DF

Chicken, Carrot & Sweet Potato Tagine

Warm cinnamon and cumin chicken with chickpeas and sweet potato. No tomato, no dried fruit and no chilli.

*makes 20 blocks,
about 33p each*

TIME
about 1 hr 5 min

MAKES
20 blocks

COST PER BLOCK
33p

CALORIES PER BLOCK
78 kcal

FIBRE PER BLOCK
1.8g

You'll need

500g	chicken thigh fillets, 2cm pieces
300g	sweet potato, 1.5cm dice
250g	carrot, small cubes
1 tin (240g drained)	chickpeas, rinsed well
30g	spring onions, sliced
15g	fresh ginger, grated
15ml	rapeseed oil
2 cloves	garlic, crushed
10ml (2 tsp)	maple syrup
14g	cumin, coriander, cinnamon, turmeric, sweet paprika
15g	fresh coriander
1 cube	stock cube
350ml	water

Method

- 1 Soften the carrot in the oil over a medium heat for 8 minutes. Add the garlic, ginger and spices for 1 minute.
- 2 Add the chicken and turn it in the spices until sealed, about 3 minutes.
- 3 Add the sweet potato, chickpeas, stock and maple syrup. Cover and simmer gently for 25 minutes.
- 4 Uncover and simmer for 10 minutes until thick, lightly crushing some sweet potato into the sauce.
- 5 Stir in the spring onions and chopped coriander. Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	78	6.3g	7.4g	2.5g	1.8g
Per 3-block meal	234	18.9g	22.2g	7.5g	5.4g

Serve it

Couscous or quinoa with parsley

A jacket sweet potato

Flatbread and lactose-free yoghurt

Cook's notes

- Rinsing tinned chickpeas well washes away some of the compounds that cause wind.
- One tin across the batch keeps each meal to about 40g of chickpeas, a gut-friendly portion.
- Turkey thigh works just as well as chicken.

NO. 04 · CHICKEN & TURKEY GF DF

Allspice Chicken & Sweet Potato Stew

All the warm allspice and thyme of a jerk stew without the scotch bonnet, thickened with mashed sweet potato.

*makes 23 blocks,
about 33p each*



TIME
about 1 hr 20 min

MAKES
23 blocks

COST PER BLOCK
33p

CALORIES PER BLOCK
78 kcal

FIBRE PER BLOCK
1.7g

You'll need

650g	chicken thigh fillets, trimmed
450g	sweet potato, diced
200g	carrot, diced
1 tin (240g drained)	red kidney beans, rinsed
40g	spring onions, sliced
15ml	rapeseed oil
8g	light brown sugar
1 cube	stock cube
400ml	water

FOR THE PASTE

20g	fresh ginger
2 cloves	garlic, crushed
20ml	soy sauce
12g	ground allspice, dried thyme, sweet paprika

or 3 tbsp (about 45g) jerk paste, but most contain chilli, so pick a mild one

Method

- 1 Blitz the garlic, ginger, half the spring onions, the allspice, thyme, paprika and soy to a paste. Toss with the chicken.
- 2 Sear the chicken in the oil in a casserole until browned. Lift out.
- 3 Add the sweet potato, carrot, sugar and stock. Return the chicken, cover and simmer for 35 minutes until the sweet potato collapses.
- 4 Shred the chicken in the pot, mash the sweet potato into the sauce, add the beans and simmer uncovered for 15 minutes until thick.
- 5 Stir in the rest of the spring onions, cool and freeze in 70g blocks.

NUTRITION

	calories	protein	carbs	fat	estimated fibre
Per block (70g)	78	6.9g	7.3g	2.3g	1.7g
Per 3-block meal	234	20.7g	21.9g	6.9g	5.1g

Serve it

Rice with steamed greens

A jacket potato

A wrap with crunchy carrot slaw

Cook's notes

- One tin of kidney beans across the batch keeps each meal to a gut-friendly portion.
- Allspice gives warmth without heat. Add a little more if you like it fragrant.
- Breast works but shred it after 25 minutes.



NO. 05 · CHICKEN & TURKEY GF DF

Turkey Verde

Lean turkey mince in a fresh green base of courgette, spinach and herbs, with beans and oats for fibre. No chilli.

*makes 20 blocks,
about 41p each*

TIME
about 55 min

MAKES
20 blocks

COST PER BLOCK
41p

CALORIES PER BLOCK
60 kcal

FIBRE PER BLOCK
1.6g

You'll need

500g	turkey mince (2% fat)
300g	courgette
1 tin (240g drained)	cannellini beans, rinsed
150g	frozen leaf spinach
120g (1 small)	green pepper, finely diced
40g	spring onions, sliced
30g	fresh coriander
15g	fresh parsley
30g	porridge oats
10ml	rapeseed oil
2 cloves	garlic, crushed
8g	ground cumin, dried oregano
1 cube	stock cube
300ml	water

Method

- 1 Blitz half the courgette with the spinach, spring onions, garlic, coriander and parsley stalks to a coarse green base. Dice the rest of the courgette.
- 2 Brown the turkey in the oil, breaking it up fine, for 8–10 minutes until no pink remains.
- 3 Add the pepper, diced courgette and spices for 2 minutes, then the green base and stock. Simmer 20 minutes.
- 4 Add the beans and oats and simmer uncovered for 10 minutes until thick enough to coat a spoon.
- 5 Stir in the chopped herb leaves, season, cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	60	7.2g	4.2g	1.3g	1.6g
Per 3-block meal	180	21.6g	12.6g	3.9g	4.8g

Serve it

Tortillas with avocado and lettuce
Rice with a spoon of lactose-free yoghurt
A jacket potato with grated hard cheese

Cook's notes

- The oats disappear into the sauce and add soluble fibre.
- Hard cheeses like cheddar are naturally low in lactose.
- Leave out the green pepper if peppers bother you.

Gentle Chicken Korma

A mild, creamy korma of light coconut and almonds, with sweet potato and carrot blended in for body and fibre.

*makes 25 blocks,
about 33p each*



TIME
about 1 hr

MAKES
25 blocks

COST PER BLOCK
33p

CALORIES PER BLOCK
83 kcal

FIBRE PER BLOCK
1.5g

You'll need

650g	chicken breast, trimmed
1 × 400ml tin	light coconut milk
250g	sweet potato, diced
150g	carrot, grated
1 tin (240g drained)	chickpeas, rinsed well
80g	leek, finely sliced
40g	ground almonds
20g	fresh ginger
10ml	rapeseed oil
2 cloves	garlic, crushed
8g (2 tsp)	maple syrup
15g	coriander, cumin, garam masala, turmeric, cardamom
1 cube	stock cube
250ml	water

Method

- 1 Cook the leek and carrot in the oil over a low heat until soft, 10 minutes, adding the garlic for the last minute.
- 2 Add the ginger and spices for 1 minute, then the sweet potato, almonds, coconut milk, stock and maple syrup.
- 3 Add the whole chicken breasts. Cover and simmer gently for 25 minutes until cooked through.
- 4 Lift out the chicken and blend the sauce smooth. Shred the chicken back in with the chickpeas and simmer uncovered for 10 minutes until thick.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	83	7.8g	5.7g	3.1g	1.5g
Per 3-block meal	249	23.4g	17.1g	9.3g	4.5g

Serve it

Basmati rice and a flatbread

A jacket potato

A wrap with cucumber

Cook's notes

- Leek gives a softer, gentler onion flavour than onion itself.
- Keep to 1 tbsp of almonds per portion if you're sensitive to nuts.
- Thigh fillets make it richer but add fat.



NO. 07 · CHICKEN & TURKEY GF

Turkey Ragu Bianco

A tomato-free white ragu of turkey, carrot, fennel and courgette, slow-simmered with milk and herbs.

*makes 22 blocks,
about 32p each*

TIME
about 1 hr 15 min

MAKES
22 blocks

COST PER BLOCK
32p

CALORIES PER BLOCK
63 kcal

FIBRE PER BLOCK
1.6g

You'll need

500g	turkey mince (2% fat)
200g	carrot, finely diced
200g	courgette, grated
120g	fennel bulb, finely diced
1 tin (240g drained)	green lentils, rinsed
200ml	lactose-free milk
40g	porridge oats
60g	leek, sliced
15ml	rapeseed oil
2 cloves	garlic, crushed
3g	rosemary, thyme, 2 bay leaves
1 cube	stock cube
300ml	water

Method

- 1 Brown the turkey in the oil over a high heat for 8 minutes, breaking it up finely, adding the garlic for the last minute.
- 2 Lower the heat. Add the carrot, fennel and leek and cook for 10 minutes until soft.
- 3 Add the courgette, herbs, stock and milk. Simmer very gently, partly covered, for 35 minutes.
- 4 Add the lentils and oats and cook for 10 minutes until thick and creamy.
- 5 Remove the bay, season, cool and freeze in 70g blocks.

Serve it

*Tagliatelle or gluten-free pasta
Layered into a white lasagne
Over a jacket sweet potato*

Cook's notes

- No tomato and no wine, so it's one of the gentlest IBS-friendly recipes for reflux.
- A little grated parmesan at the table works; it's naturally low in lactose.
- Pork mince (5%) works too.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	63	6.9g	5.8g	1.5g	1.6g
Per 3-block meal	189	20.7g	17.4g	4.5g	4.8g

Turkey & Sweet Potato Shepherd's Mince

Savoury turkey mince with sweet potato, carrot and swede in a thyme gravy. Top it with mash or eat it as it is.

*makes 23 blocks,
about 32p each*



TIME
about 1 hr 10 min

MAKES
23 blocks

COST PER BLOCK
32p

CALORIES PER BLOCK
68 kcal

FIBRE PER BLOCK
1.9g

You'll need

500g	turkey mince (2% fat)
300g	sweet potato, 1cm dice
200g	carrot, small dice
200g	swede, small dice
1 tin (240g drained)	green lentils, rinsed
60g	leek, sliced
30g	porridge oats
10ml	rapeseed oil
2 cloves	garlic, crushed
8g	yeast extract
15ml	soy sauce
10g	cornflour
4g	dried thyme and rosemary
2 cubes	stock cube
500ml	water

Method

- 1 Brown the turkey in the oil, breaking it up, for 8 minutes, adding the garlic for the last minute.
- 2 Add the carrot, swede and leek and cook for 8 minutes until starting to soften.
- 3 Add the sweet potato, herbs, yeast extract, soy and stock. Simmer, lid ajar, for 25 minutes.
- 4 Stir in the lentils and oats, then the cornflour mixed with 2 tbsp cold water. Simmer 5 minutes until thick.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

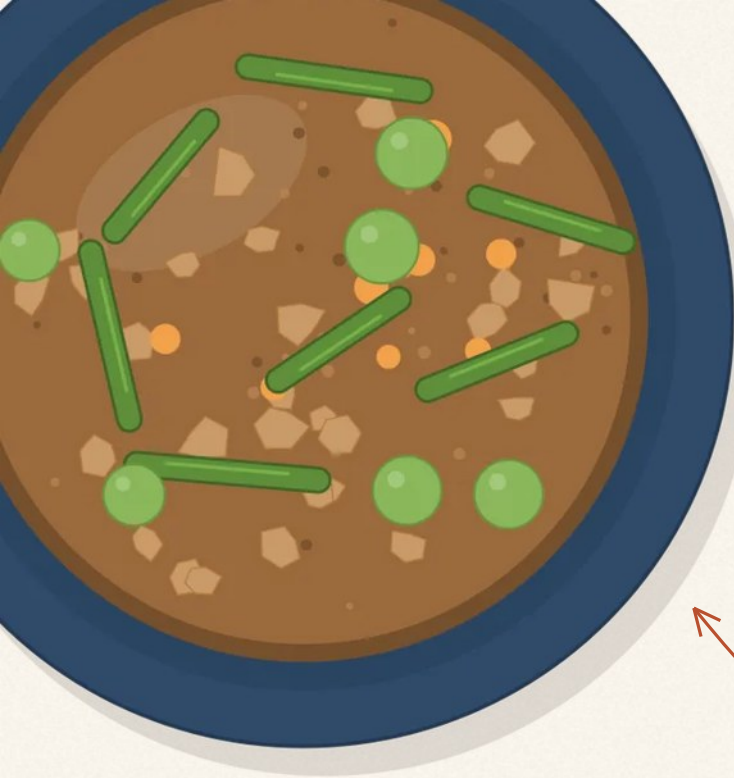
	calories	protein	carbs	fat	fibre
Per block (70g)	68	6.6g	8.2g	1.1g	1.9g
Per 3-block meal	204	19.8g	24.6g	3.3g	5.7g

Serve it

*Under mashed potato as a quick shepherd's pie
With steamed green beans and broccoli
Spoon over a jacket potato*

Cook's notes

- If onion bothers you, use a low-FODMAP stock cube.
- For a pie, defrost 6 blocks in a dish, top with mash and bake 25 minutes at 190°C.
- Swap the swede for parsnip for a sweeter result.



NO. 09 · CHICKEN & TURKEY GF DF

Ginger-Soy Turkey & Green Beans

Quick, savoury turkey mince with lots of ginger, green beans, edamame and carrot in a light soy glaze.

*makes 19 blocks,
about 40p each*

TIME
about 35 min

MAKES
19 blocks

COST PER BLOCK
40p

CALORIES PER BLOCK
60 kcal

FIBRE PER BLOCK
1.4g

You'll need

500g	turkey mince (2% fat)
250g	green beans, 2cm lengths
200g	courgette, 1cm dice
200g	carrot, grated
150g	frozen edamame
50g	spring onions, sliced
25g	fresh ginger, grated
30ml	tamari or soy sauce
15ml	maple syrup
10g	cornflour
10ml	rapeseed oil
2 cloves	garlic, crushed
150ml	water

Method

- 1 Brown the turkey in the oil over a high heat for 8 minutes until golden in places.
- 2 Add the garlic, ginger and carrot for 2 minutes, then the green beans and courgette for 5 minutes.
- 3 Mix the tamari, maple syrup, cornflour and water and pour in. Add the edamame and simmer 4 minutes until glossy.
- 4 Off the heat, stir in the spring onions.
- 5 Cool quickly and freeze in 70g blocks.

GUT GUIDE

One of the gentlest IBS-friendly recipes: no beans, no onion and very little fat. A good choice on a bad gut day.

Serve it

Jasmine rice

Rice noodles

Lettuce cups with grated carrot

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	60	7.4g	4.8g	1.5g	1.4g
Per 3-block meal	180	22.2g	14.4g	4.5g	4.2g

Cook's notes

- Ginger is one of the most reflux-friendly flavours there is.
- Keep the beans just tender; they soften more on reheating.
- Use tamari if you need it gluten-free.

Turkey, Spinach & Quinoa Stew

A light, herby stew of turkey mince, quinoa, sweet potato and lots of spinach.

*makes 26 blocks,
about 29p each*



TIME
about 50 min

MAKES
26 blocks

COST PER BLOCK
29p

CALORIES PER BLOCK
63 kcal

FIBRE PER BLOCK
1.9g

You'll need

450g	turkey mince (2% fat)
250g	frozen leaf spinach
200g	sweet potato, 1cm dice
200g	carrot, diced
200g	courgette, diced
100g	quinoa, rinsed
1 tin (240g drained)	green lentils, rinsed
60g	leek, sliced
10ml	rapeseed oil
2 cloves	garlic, crushed
8g	cumin, sweet paprika, oregano
2 cubes	stock cube
700ml	water

Method

- 1 Brown the turkey in the oil for 8 minutes, breaking it up, adding the garlic for the last minute.
- 2 Add the carrot and leek for 5 minutes, then the spices for 1 minute.
- 3 Add the quinoa, sweet potato and stock. Simmer, lid ajar, for 15 minutes.
- 4 Add the courgette, spinach and lentils and simmer uncovered for 10 minutes until the quinoa is tender and the stew is thick.
- 5 Season, cool and freeze in 70g blocks.

NUTRITION

	calories	protein	carbs	fat	estimated fibre
Per block (70g)	63	5.9g	7.5g	1.1g	1.9g
Per 3-block meal	189	17.7g	22.5g	3.3g	5.7g

Serve it

On its own as a hearty bowl

With a jacket potato

Over rice with a little grated cheddar

Cook's notes

- Rinse the quinoa well to remove its bitter coating.
- The quinoa keeps absorbing liquid, so add a splash of water when reheating.
- Chicken mince works too.



NO. 11 · CHICKEN & TURKEY GF DF

Mild Turkey Taco Mince

All the cumin and smoked paprika of taco night, with sweet potato and black beans and none of the chilli.

*makes 20 blocks,
about 37p each*

TIME
about 45 min

MAKES
20 blocks

COST PER BLOCK
37p

CALORIES PER BLOCK
72 kcal

FIBRE PER BLOCK
2.1g

You'll need

500g	turkey mince (2% fat)
350g	sweet potato, 1cm dice
1 tin (240g drained)	black beans, rinsed
150g	carrot, grated
120g (1 small)	red pepper, finely diced
40g	spring onions, sliced
20g	porridge oats
10ml	rapeseed oil
2 cloves	garlic, crushed
17g	cumin, sweet smoked paprika, coriander, oregano, cinnamon
1 cube	stock cube
250ml	water

Method

- 1 Brown the turkey in the oil for 8 minutes, breaking it up, adding the garlic for the last minute.
- 2 Add the carrot, pepper and spices for 3 minutes.
- 3 Add the sweet potato and stock; cover and simmer for 15 minutes until the potato is just tender.
- 4 Stir in the black beans and oats and simmer uncovered for 8 minutes, lightly crushing some sweet potato to thicken.
- 5 Stir in the spring onions, cool and freeze in 70g blocks.

Serve it

Soft tortillas with lettuce and grated cheddar
A burrito bowl with rice and avocado
A jacket sweet potato

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	72	7.1g	7.7g	1.2g	2.1g
Per 3-block meal	216	21.3g	23.1g	3.6g	6.3g

Cook's notes

- Sweet smoked paprika gives smokiness without heat. Check the label says sweet (dulce), not hot.
- Skip salsa and lime on top if they set off your reflux.
- A spoon of lactose-free yoghurt cools it further.

Turkey, Leek & Parsnip Hotpot Mince

A cosy, Lancashire-style turkey mince with parsnip, swede and leek in a sage and thyme gravy.

*makes 20 blocks,
about 34p each*



TIME
about 1 hr

MAKES
20 blocks

COST PER BLOCK
34p

CALORIES PER BLOCK
60 kcal

FIBRE PER BLOCK
1.6g

You'll need

500g	turkey mince (2% fat)
300g	parsnip, 1cm dice
200g	carrot, 1cm dice
150g	swede, 1cm dice
120g	leek, sliced
15g (1 tbsp)	ground linseed
10ml	rapeseed oil
2 cloves	garlic, crushed
5g	yeast extract
10g	cornflour
4g	dried sage and thyme
2 cubes	stock cube
500ml	water

Method

- 1 Brown the turkey in the oil for 8 minutes.
- 2 Add the leek, carrot, parsnip and swede and cook for 8 minutes, adding the garlic for the last minute.
- 3 Add the herbs, yeast extract and stock. Simmer, lid ajar, for 25 minutes until the veg are tender.
- 4 Thicken with the cornflour mixed into 2 tbsp cold water, simmer 2 minutes, then stir in the linseed.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

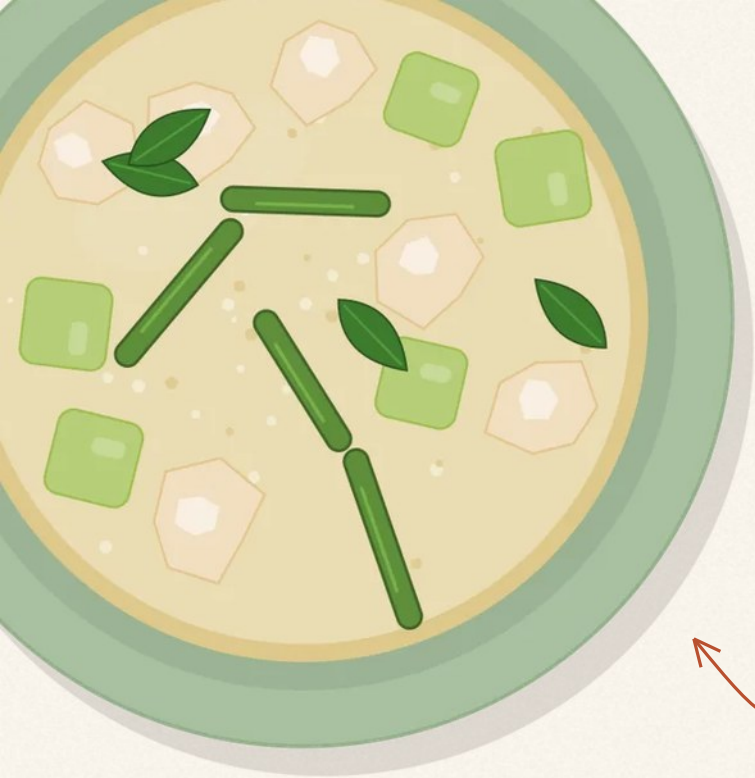
	calories	protein	carbs	fat	fibre
Per block (70g)	60	6.3g	5.8g	1.4g	1.6g
Per 3-block meal	180	18.9g	17.4g	4.2g	4.8g

Serve it

*Topped with sliced potato and baked, hotpot-style
With mash and green beans
Over a jacket potato*

Cook's notes

- Parsnip is one of the most fibre-rich roots and is low in FODMAPs.
- Leek is gentler on the gut than onion, so it's the only allium here apart from a little garlic.
- Chicken mince works too.



NO. 13 · CHICKEN & TURKEY **GF**

Tarragon Chicken & Courgette

Chicken thighs in a light, creamy tarragon sauce with courgette, green beans and carrot.

*makes 24 blocks,
about 29p each*

TIME
about 50 min

MAKES
24 blocks

COST PER BLOCK
29p

CALORIES PER BLOCK
60 kcal

FIBRE PER BLOCK
1.5g

You'll need

550g	chicken thigh fillets, 2cm pieces
350g	courgette, 1cm dice
200g	carrot, small dice
150g	green beans, 2cm lengths
1 tin (240g drained)	green lentils, rinsed
200ml	lactose-free milk
80g	leek, sliced
15g	cornflour
10ml	rapeseed oil
2 cloves	garlic, crushed
3g	dried tarragon
10g	fresh tarragon
1 cube	stock cube
250ml	water

Method

- 1 Brown the chicken in the oil, then lift out.
- 2 Soften the leek and carrot in the pan for 8 minutes, adding the garlic for the last minute.
- 3 Return the chicken with the stock and dried tarragon. Simmer, covered, for 15 minutes.
- 4 Add the courgette, green beans and lentils for 6 minutes. Stir in the milk mixed with the cornflour and simmer 2 minutes to thicken.
- 5 Off the heat, add the chopped fresh tarragon. Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	60	6.1g	5.2g	1.9g	1.5g
Per 3-block meal	180	18.3g	15.6g	5.7g	4.5g

Serve it

New potatoes and peas-free greens

Rice or orzo

A jacket potato

Cook's notes

- Lactose-free milk freezes well in a cornflour-thickened sauce.
- Tarragon has a mild aniseed flavour; parsley and chives work if you prefer.
- Breast works but take it off the heat sooner.

Chicken & Sweet Potato Coconut Stew

Tender chicken, sweet potato and spinach in a gently spiced, light coconut and ginger broth.

*makes 24 blocks,
about 29p each*



TIME
about 45 min

MAKES
24 blocks

COST PER BLOCK
29p

CALORIES PER BLOCK
77 kcal

FIBRE PER BLOCK
1.5g

You'll need

500g	chicken breast, 2cm pieces
400g	sweet potato, 1.5cm dice
1 × 400ml tin	light coconut milk
200g	frozen leaf spinach
1 tin (240g drained)	chickpeas, rinsed
40g	spring onions, sliced
20g	fresh ginger
20g	smooth peanut butter
10ml	rapeseed oil
2 cloves	garlic, crushed
8g	turmeric, coriander, cumin
1 cube	stock cube
200ml	water

Method

- 1 Fry the garlic, ginger and spices in the oil for 1 minute.
- 2 Add the chicken and stir to coat, then the sweet potato, coconut milk, stock and peanut butter.
- 3 Cover and simmer for 15 minutes until the sweet potato is tender.
- 4 Add the chickpeas and spinach and simmer uncovered for 8 minutes, crushing a little sweet potato to thicken.
- 5 Stir in the spring onions. Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	77	6.7g	6.2g	2.6g	1.5g
Per 3-block meal	231	20.1g	18.6g	7.8g	4.5g

Serve it

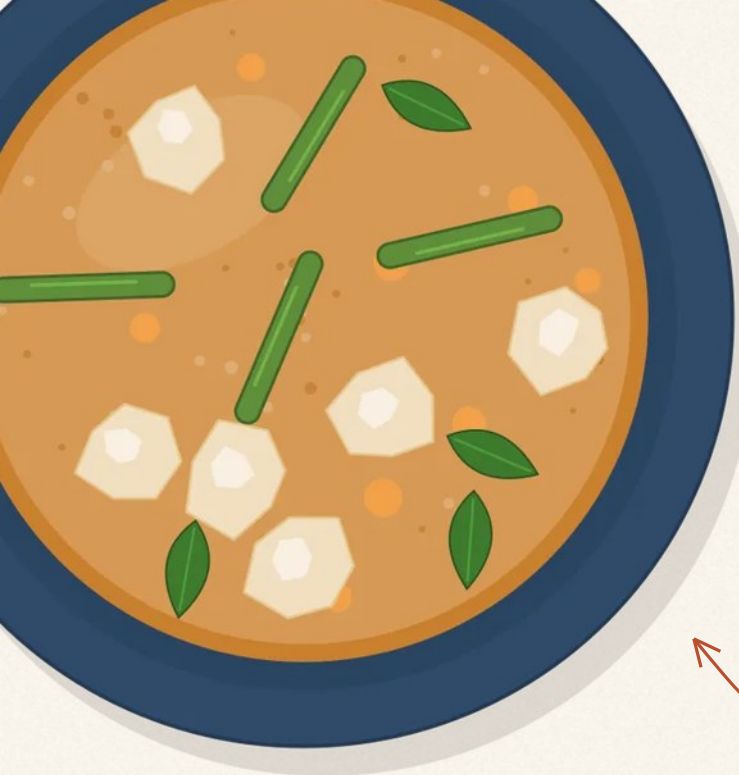
Jasmine rice

Quinoa with steamed pak choi

Flatbread

Cook's notes

- The peanut butter adds body; leave it out for a lighter, lower-fat block.
- Rinse the chickpeas well; it washes away some of what causes wind.
- Thighs make a richer stew.



NO. 15 · CHICKEN & TURKEY GF DF NUTS

Mild Peanut Chicken

A creamy, gently spiced peanut and coconut chicken with green beans and carrot: all the richness of a panang, none of the heat.

*makes 21 blocks,
about 38p each*

TIME
about 45 min

MAKES
21 blocks

COST PER BLOCK
38p

CALORIES PER BLOCK
79 kcal

FIBRE PER BLOCK
0.9g

You'll need

600g	chicken thigh fillets, 2cm pieces
1 × 400ml tin	light coconut milk
220g	green beans, 3cm lengths
200g	carrot, sliced
40g	smooth peanut butter
40g	spring onions, sliced
20ml	tamari or soy sauce
10ml	maple syrup
20g	basil and coriander
10ml	rapeseed oil
100ml	water

FOR THE PASTE

15g (1 stem)	lemongrass
20g	fresh ginger
2 cloves	garlic, crushed
6g	ground coriander, cumin, turmeric

or 2 tbsp (about 30g) mild yellow curry paste; most contain some chilli, so check the label

GUT GUIDE

The peanut sauce makes this the richest of the chicken recipes. If you get reflux, have it earlier in the evening rather than late.

Serve it

Jasmine rice

Rice noodles with beansprouts

Steamed pak choi

Method

- 1 Blitz the lemongrass, ginger, garlic, half the spring onions and the spices with a splash of water to a paste.
- 2 Fry the paste in the oil for 2 minutes until fragrant.
- 3 Add the chicken and coat it for 3 minutes, then the coconut milk, water, peanut butter, tamari and maple syrup. Simmer gently for 15 minutes.
- 4 Add the carrot and green beans and simmer 6 minutes until just tender.
- 5 Off the heat, stir in the rest of the spring onions and the torn herbs. Cool and freeze in 70g blocks.

NUTRITION

	calories	protein	carbs	fat	fibre
Per block (70g)	79	6.7g	3.6g	4.3g	0.9g
Per 3-block meal	237	20.1g	10.8g	12.9g	2.7g

estimated

Cook's notes

- There's less peanut butter than in most recipes, to keep the fat friendly to reflux.
- Breast works too; cook it 3 minutes less.
- Thai basil gives a more authentic flavour.

NO. 16 · CHICKEN & TURKEY GF DF

Turkey & Butter Bean Casserole

Turkey mince, butter beans, sweet potato, carrot and leek in a savoury thyme and rosemary gravy.

*makes 20 blocks,
about 34p each* →



TIME
about 50 min

MAKES
20 blocks

COST PER BLOCK
34p

CALORIES PER BLOCK
65 kcal

FIBRE PER BLOCK
1.5g

You'll need

500g	turkey mince (2% fat)
1 tin (240g drained)	butter beans, rinsed
250g	carrot, diced
250g	sweet potato, 1cm dice
150g	leek, sliced
2 cloves	garlic, crushed
10ml	rapeseed oil
15ml	soy sauce
10g	cornflour
3g	dried thyme and rosemary
1 cube	stock cube
400ml	water

Method

- 1 Brown the turkey in the oil for 8 minutes, breaking it up.
- 2 Add the carrot and leek for 6 minutes, and the garlic for the last minute.
- 3 Add the sweet potato, herbs, stock and soy. Simmer, lid ajar, for 20 minutes.
- 4 Add the butter beans, then the cornflour mixed with 2 tbsp cold water. Simmer 5 minutes until thick.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	65	6.9g	6.7g	1.1g	1.5g
Per 3-block meal	195	20.7g	20.1g	3.3g	4.5g

Serve it

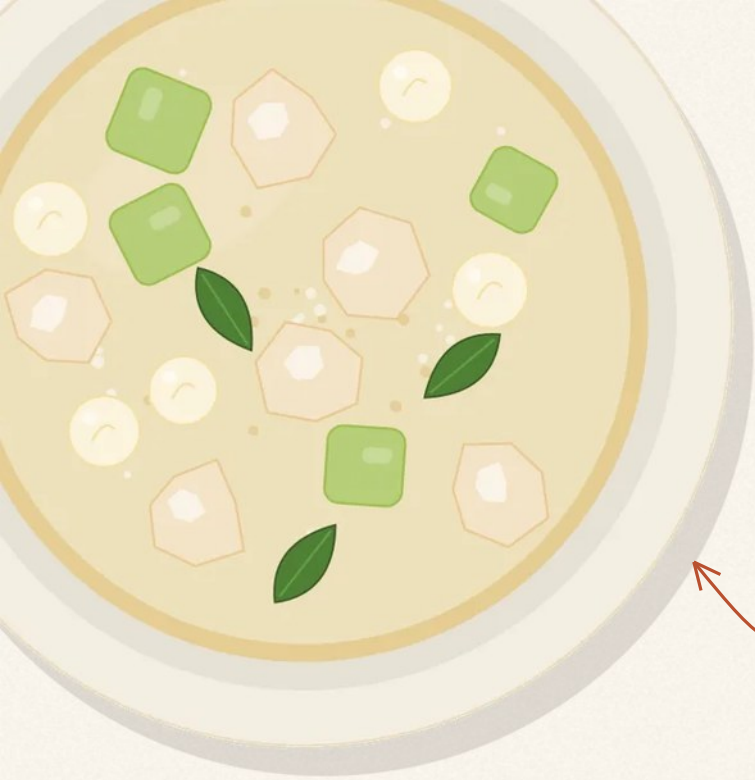
Mash and steamed greens

A jacket potato

Crusty sourdough

Cook's notes

- Rinse the butter beans well under the tap.
- A splash of lactose-free milk at the end makes it creamier.
- Chicken mince works too.



NO. 17 · CHICKEN & TURKEY GF

Chicken, Leek & Butter Bean Pie Filling

A creamy, thyme-scented chicken and leek filling with butter beans and carrot. Top it with pastry or mash, or eat it as it is.

*makes 25 blocks,
about 27p each*

TIME
about 50 min

MAKES
25 blocks

COST PER BLOCK
27p

CALORIES PER BLOCK
64 kcal

FIBRE PER BLOCK
1.0g

You'll need

600g	chicken breast, 2cm pieces
250g	leek, sliced
200g	carrot, small dice
1 tin (240g drained)	butter beans, rinsed
200g	potato, 1cm dice
300ml	lactose-free milk
25g	cornflour
2 cloves	garlic, crushed
10ml	rapeseed oil
2g	dried thyme
15g	fresh parsley
1 cube	stock cube
250ml	water

Method

- 1 Soften the leek and carrot in the oil for 8 minutes, adding the garlic for the last minute.
- 2 Add the chicken, potato, stock and thyme. Cover and simmer for 15 minutes.
- 3 Mix the milk with the cornflour and stir it in with the butter beans. Simmer 4 minutes until thick.
- 4 Stir in the chopped parsley.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	64	7.3g	5.9g	1.1g	1.0g
Per 3-block meal	192	21.9g	17.7g	3.3g	3.0g

Serve it

Under a puff pastry lid

With mash and green beans

Over a jacket potato

Cook's notes

- For a pie, defrost 8 blocks in a dish, top with puff pastry and bake 30 minutes at 200°C.
- Lactose-free milk thickened with cornflour freezes without splitting.
- Thighs make a richer filling.

Turkey, Butternut & Sage Stew

Turkey mince with butternut squash, sweet potato, cannellini and sage in a light, savoury stew.

*makes 23 blocks,
about 31p each*



TIME
about 55 min

MAKES
23 blocks

COST PER BLOCK
31p

CALORIES PER BLOCK
58 kcal

FIBRE PER BLOCK
1.6g

You'll need

500g	turkey mince (2% fat)
250g	butternut squash, 1.5cm dice
200g	sweet potato, 1.5cm dice
150g	carrot, diced
1 tin (240g drained)	cannellini beans, rinsed
150g	frozen leaf spinach
100g	leek, sliced
2 cloves	garlic, crushed
10ml	rapeseed oil
10ml	soy sauce
3g	dried sage
1 cube	stock cube
400ml	water

Method

- 1 Brown the turkey in the oil for 8 minutes.
- 2 Add the leek and carrot for 6 minutes, and the garlic for the last minute.
- 3 Add the squash, sweet potato, sage, stock and soy. Simmer for 20 minutes.
- 4 Add the cannellini and spinach and simmer 6 minutes, crushing some squash into the sauce.
- 5 Cool and freeze in 70g blocks.

GUT GUIDE

Butternut squash can cause symptoms in larger portions. If it does for you, use carrot or more sweet potato instead.

Serve it

Rice

A jacket potato

Quinoa

NUTRITION

	calories	protein	carbs	fat	fibre
Per block (70g)	58	6.2g	5.8g	1.0g	1.6g
Per 3-block meal	174	18.6g	17.4g	3.0g	4.8g

estimated

Cook's notes

- Butternut is kept to a moderate amount, as big portions can upset sensitive guts.
- Frozen butternut chunks save the peeling.
- Fresh sage, finely chopped, is lovely stirred in at the end.



NO. 19 · CHICKEN & TURKEY GF DF

Mild Turkey & Pea Keema

A gently spiced turkey mince curry with peas, carrot and potato. Warm, not hot.

*makes 17 blocks,
about 39p each*

TIME
about 40 min

MAKES
17 blocks

COST PER BLOCK
39p

CALORIES PER BLOCK
64 kcal

FIBRE PER BLOCK
1.3g

You'll need

500g	turkey mince (2% fat)
250g	potato, 1cm dice
200g	carrot, diced
150g	frozen peas
40g	spring onions, sliced
2 cloves	garlic, crushed
20g	fresh ginger
10ml	rapeseed oil
12g	garam masala, cumin, coriander, turmeric
15g	fresh coriander
1 cube	stock cube
250ml	water

Method

- 1 Brown the turkey in the oil for 8 minutes, breaking it up.
- 2 Add the garlic, ginger and spices for 1 minute.
- 3 Add the potato, carrot and stock. Cover and simmer for 15 minutes until the potato is tender.
- 4 Add the peas for 4 minutes.
- 5 Stir in the spring onions and coriander. Cool and freeze in 70g blocks.

GUT GUIDE

Peas are kept to about 25g a meal. If they're a trigger for you, use green beans instead.

Serve it

Basmati rice

Wrapped in a chapati

A jacket potato

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	64	7.6g	5.5g	1.3g	1.3g
Per 3-block meal	192	22.8g	16.5g	3.9g	3.9g

Cook's notes

- Peas are kept to a small amount per meal, which most people tolerate.
- Add a spoon of lactose-free yoghurt when serving.
- Chicken mince works too.

NO. 20 · CHICKEN & TURKEY **GF**

Chicken, Potato & Sweetcorn Stew

A mild, creamy chowder-style stew of chicken, potato, sweetcorn, carrot and leek.

*makes 23 blocks,
about 25p each*



TIME
about 45 min

MAKES
23 blocks

COST PER BLOCK
25p

CALORIES PER BLOCK
61 kcal

FIBRE PER BLOCK
0.8g

You'll need

500g	chicken breast, 2cm pieces
350g	potato, 1cm dice
200g	carrot, small dice
150g	tinned sweetcorn, drained
120g	leek, sliced
300ml	lactose-free milk
20g	cornflour
2 cloves	garlic, crushed
10ml	rapeseed oil
2g	dried thyme
15g	fresh parsley
1 cube	stock cube
300ml	water

Method

- 1 Soften the leek and carrot in the oil for 8 minutes, adding the garlic for the last minute.
- 2 Add the chicken, potato, stock and thyme. Cover and simmer for 15 minutes.
- 3 Add the sweetcorn, then the milk mixed with the cornflour. Simmer 4 minutes until thick.
- 4 Stir in the parsley.
- 5 Cool and freeze in 70g blocks.

GUT GUIDE

Sweetcorn can be a trigger in bigger portions. This works out at about 20g a meal; leave it out and add more potato if it bothers you.

Serve it

*Crusty sourdough
A jacket potato
Rice*

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	61	6.4g	6.5g	1.1g	0.8g
Per 3-block meal	183	19.2g	19.5g	3.3g	2.4g

Cook's notes

- Sweetcorn is kept to a small amount per meal.
- A pinch of sweet smoked paprika on top adds a smoky note.
- Thin with milk for a quick chowder.

TWELVE RECIPES

Pork, beef & lamb

*lean cuts, low and slow,
then into the freezer*



Ginger Pork & Aubergine

Shredded lean pork in a fragrant lemongrass and ginger broth with roasted aubergine and broccoli. No chilli.

*makes 22 blocks,
about 38p each*



TIME
about 1 hr 30 min

MAKES
22 blocks

COST PER BLOCK
38p

CALORIES PER BLOCK
60 kcal

FIBRE PER BLOCK
1.5g

You'll need

500g	lean pork loin steaks, diced
1 (~280g)	aubergine, 2cm cubes
200g	broccoli, small florets (heads only)
150g	carrot, diced
120g	green beans, 3cm lengths
150g	frozen edamame
15ml	rapeseed oil
30ml	tamari
8g	light brown sugar
10g	cornflour
20g	basil and coriander
300ml	water

FOR THE PASTE

30g (2 stems)	lemongrass
25g	fresh ginger
40g	spring onions, sliced
2 cloves	garlic, crushed
3g	turmeric, coriander, lime leaves

or 3 tbsp (about 50g) Thai yellow curry paste, but most contain chilli, so pick a mild one

Method

- 1 Roast the aubergine tossed in half the oil at 200°C fan for 25 minutes until golden.
- 2 Meanwhile blitz the lemongrass, garlic, ginger, spring onions and spices to a paste and fry in the rest of the oil for 2 minutes.
- 3 Add the pork, tamari, sugar and water. Cover and simmer gently for 45 minutes until the pork shreds.
- 4 Shred the pork. Add the carrot, green beans, edamame, broccoli and aubergine and simmer 6 minutes.
- 5 Thicken with the cornflour mixed into 2 tbsp cold water. Off the heat, add the torn herbs. Cool and freeze.

NUTRITION

	calories	protein	carbs	fat	estimated fibre
Per block (70g)	60	6.6g	4.8g	1.9g	1.5g
Per 3-block meal	180	19.8g	14.4g	5.7g	4.5g

Serve it

Jasmine rice

Rice noodles in extra broth

Quinoa

Cook's notes

- Pork loin is lean, which matters for reflux: fatty meals relax the valve at the top of the stomach.
- Use broccoli heads rather than stalks; the stalks are higher in FODMAPs.
- Roasting the aubergine stops it going watery in the freezer.



NO. 22 · PORK, BEEF & LAMB DF

Beef & Root Veg Stew

Lean braising steak slow-cooked with carrot, parsnip and swede into a thick, savoury gravy. No ale.

*makes 28 blocks,
about 38p each*

TIME
about 2 hr 45 min

MAKES
28 blocks

COST PER BLOCK
38p

CALORIES PER BLOCK
74 kcal

FIBRE PER BLOCK
1.9g

You'll need

650g	lean beef braising steak, fat trimmed
300g	carrot, diced
250g	parsnip, diced
250g	swede, diced
1 tin (240g drained)	green lentils, rinsed
100g	leek, sliced
50g	porridge oats
20g	cornflour
15ml	rapeseed oil
2 cloves	garlic, crushed
8g	yeast extract
15ml	soy sauce
3g	dried thyme, 2 bay leaves
2 cubes	stock cube
600ml	water

Method

- 1 Cut the beef into 3cm pieces, toss in the cornflour and brown in the oil in two batches. Lift out.
- 2 Cook the leek, carrot, parsnip and swede in the pan for 10 minutes, scraping up the bits, adding the garlic for the last minute.
- 3 Return the beef with the stock, yeast extract, soy, thyme and bay. Cover and braise at 150°C fan for 2 hours.
- 4 Shred the beef, stir in the lentils and oats and simmer uncovered for 15 minutes, mashing some veg into the gravy.
- 5 Remove the bay, cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	74	6.7g	7.5g	2.0g	1.9g
Per 3-block meal	222	20.1g	22.5g	6.0g	5.7g

Serve it

Mash with green beans

A pie filling under a pastry lid

Over a jacket potato

Cook's notes

- Trim every bit of visible fat; a lean stew is easier on reflux.
- No alcohol: the yeast extract and soy give the malty depth instead.
- Slow cooker: 7 hours on Low, then reduce uncovered.

Pork & Fennel Ragu Bianco

Lean pork mince with fennel seed, fennel bulb, carrot and courgette, simmered in milk instead of tomato and wine.

*makes 22 blocks,
about 29p each*



TIME
about 1 hr 20 min

MAKES
22 blocks

COST PER BLOCK
29p

CALORIES PER BLOCK
65 kcal

FIBRE PER BLOCK
1.7g

You'll need

500g	pork mince (5% fat)
250g	courgette, grated
200g	carrot, finely diced
150g	fennel bulb, finely diced
1 tin (240g drained)	green lentils, rinsed
150ml	lactose-free milk
60g	leek, sliced
25g	porridge oats
15ml	rapeseed oil
2 cloves	garlic, crushed
5g	fennel seeds (crushed), rosemary
1 cube	stock cube
300ml	water

Method

- 1 Brown the pork in the oil over a high heat, breaking it up finely, for 10 minutes, adding the garlic for the last minute.
- 2 Add the carrot, fennel and leek and cook until very soft, 10 minutes.
- 3 Stir in the fennel seeds and rosemary for 1 minute, then the courgette, stock and milk.
- 4 Simmer gently, partly covered, for 35 minutes. Add the lentils and oats for the last 10 minutes.
- 5 Season, cool and freeze in 70g blocks.

GUT GUIDE

Fennel is kept to a small amount per meal. If it bothers you, leave out the bulb and use extra courgette; keep the seeds, which are usually fine.

Serve it

Rigatoni or gluten-free pasta

Soft polenta

A jacket potato with greens

NUTRITION

	calories	protein	carbs	fat	fibre
Per block (70g)	65	6.5g	5.5g	2.1g	1.7g
Per 3-block meal	195	19.5g	16.5g	6.3g	5.1g

estimated

Cook's notes

- Fennel seed is traditionally used to settle the stomach.
- Keep the fennel bulb to this amount: in larger portions it can trigger symptoms.
- Turkey mince makes it even leaner.



NO. 24 · PORK, BEEF & LAMB DF

Beef & Sweet Potato Cottage Mince

Lean beef mince with sweet potato, carrot, swede and lentils in a rich gravy.

*makes 22 blocks,
about 35p each*

TIME
about 1 hr 10 min

MAKES
22 blocks

COST PER BLOCK
35p

CALORIES PER BLOCK
75 kcal

FIBRE PER BLOCK
1.9g

You'll need

500g	beef mince (5% fat)
300g	sweet potato, 1cm dice
200g	carrot, small dice
150g	swede, small dice
1 tin (240g drained)	green lentils, rinsed
60g	leek, sliced
30g	porridge oats
10ml	rapeseed oil
2 cloves	garlic, crushed
8g	yeast extract
15ml	soy sauce
10g	cornflour
2g	dried thyme
2 cubes	stock cube
500ml	water

Method

- 1 Brown the beef in the oil over a high heat for 8 minutes until properly brown, adding the garlic for the last minute.
- 2 Add the carrot, swede and leek for 8 minutes.
- 3 Add the sweet potato, thyme, yeast extract, soy and stock. Simmer, lid ajar, for 25 minutes.
- 4 Stir in the lentils and oats, then the cornflour mixed with 2 tbsp cold water. Simmer 5 minutes.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	75	6.6g	8.3g	1.9g	1.9g
Per 3-block meal	225	19.8g	24.9g	5.7g	5.7g

Serve it

Under mash as a cottage pie

With steamed greens

Over a jacket potato

Cook's notes

- 5% mince keeps the fat low; drain off any fat that pools.
- Mix with a block of the Turkey Shepherd's Mince for a bigger pie.
- Use tamari if you need it gluten-free.

Ginger Beef & Pak Choi

Slow-braised beef in a ginger and tamari broth, finished with pak choi, broccoli and carrot.

*makes 24 blocks,
about 46p each*



TIME
about 2 hr

MAKES
24 blocks

COST PER BLOCK
46p

CALORIES PER BLOCK
63 kcal

FIBRE PER BLOCK
1.3g

You'll need

500g	lean beef braising steak, 3cm pieces
250g	pak choi, sliced
200g	broccoli, small florets (heads only)
300g	carrot, sliced
250g	frozen edamame
30g	fresh ginger, sliced
50g	spring onions, sliced
40ml	tamari
15ml	maple syrup
15g	cornflour
15ml	rapeseed oil
2 cloves	garlic, crushed
2g	Chinese five-spice
500ml	water

Method

- 1 Brown the beef in the oil in two batches. Return it all to the pan.
- 2 Add the garlic and ginger, five-spice, tamari, maple syrup and water. Cover and simmer gently for 1 hour 30 minutes until tender.
- 3 Shred the beef a little with two forks. Add the carrot for 5 minutes, then the broccoli and edamame for 3.
- 4 Stir in the pak choi and the cornflour mixed with 2 tbsp cold water; simmer 2 minutes until glossy.
- 5 Off the heat, add the spring onions. Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	63	6.6g	4.7g	2.3g	1.3g
Per 3-block meal	189	19.8g	14.1g	6.9g	3.9g

Serve it

Jasmine rice

Udon or rice noodles

Quinoa

Cook's notes

- Five-spice is warm, not hot. Leave it out if you prefer.
- Pak choi wilts down a lot; it looks like too much at first.
- Slow cooker: 6 hours on Low before adding the veg.



NO. 26 · PORK, BEEF & LAMB GF DF

Sage Pork & Sweet Potato Stew

Lean pork loin braised with sweet potato, carrot and parsnip, with sage, thyme and a touch of maple.

*makes 22 blocks,
about 31p each*

TIME
about 1 hr 20 min

MAKES
22 blocks

COST PER BLOCK
31p

CALORIES PER BLOCK
73 kcal

FIBRE PER BLOCK
1.7g

You'll need

550g	lean pork loin steaks, 2cm pieces
400g	sweet potato, 1.5cm dice
200g	carrot, diced
150g	parsnip, diced
½ tin (120g drained)	green lentils, rinsed
80g	leek, sliced
15ml	rapeseed oil
2 cloves	garlic, crushed
10ml	maple syrup
10g	cornflour
5g	dried sage and thyme
1 cube	stock cube
400ml	water

Method

- 1 Toss the pork in the cornflour and brown in the oil. Lift out.
- 2 Soften the leek and carrot in the pan for 6 minutes, adding the garlic for the last minute.
- 3 Return the pork with the parsnip, herbs, maple syrup and stock. Cover and simmer 30 minutes.
- 4 Add the sweet potato and simmer, partly covered, for 20 minutes, then the lentils for 5. Crush a little sweet potato to thicken.
- 5 Cool and freeze in 70g blocks.

Serve it

Mash and steamed greens

A jacket potato

Rice

Cook's notes

- Loin steaks are the leanest pork cut; trim any fat edge.
- Freeze the other half tin of lentils for your next batch.
- Chicken thigh works too.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	73	6.6g	8.3g	1.7g	1.7g
Per 3-block meal	219	19.8g	24.9g	5.1g	5.1g

NO. 27 · PORK, BEEF & LAMB GF DF

Beef & Black Bean No-Chilli

All the cumin, oregano and sweet smoked paprika of a chilli, built on sweet potato instead of tomato, with no heat.

*makes 20 blocks,
about 39p each*



TIME
about 1 hr

MAKES
20 blocks

COST PER BLOCK
39p

CALORIES PER BLOCK
72 kcal

FIBRE PER BLOCK
1.9g

You'll need

500g	beef mince (5% fat)
1 tin (240g drained)	black beans, rinsed
300g	sweet potato, 1cm dice
200g	carrot, grated
120g	red pepper, diced
40g	spring onions, sliced
2 cloves	garlic, crushed
10ml	rapeseed oil
15ml	soy sauce
14g	cumin, sweet smoked paprika, oregano, cinnamon
1 cube	stock cube
300ml	water

Method

- 1 Brown the beef in the oil for 8 minutes until properly brown.
- 2 Add the carrot, pepper, garlic and spices for 3 minutes.
- 3 Add the sweet potato, stock and soy. Simmer, lid ajar, for 25 minutes.
- 4 Add the black beans and simmer 10 minutes, crushing some sweet potato to thicken.
- 5 Stir in the spring onions. Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	72	6.8g	6.9g	1.9g	1.9g
Per 3-block meal	216	20.4g	20.7g	5.7g	5.7g

Serve it

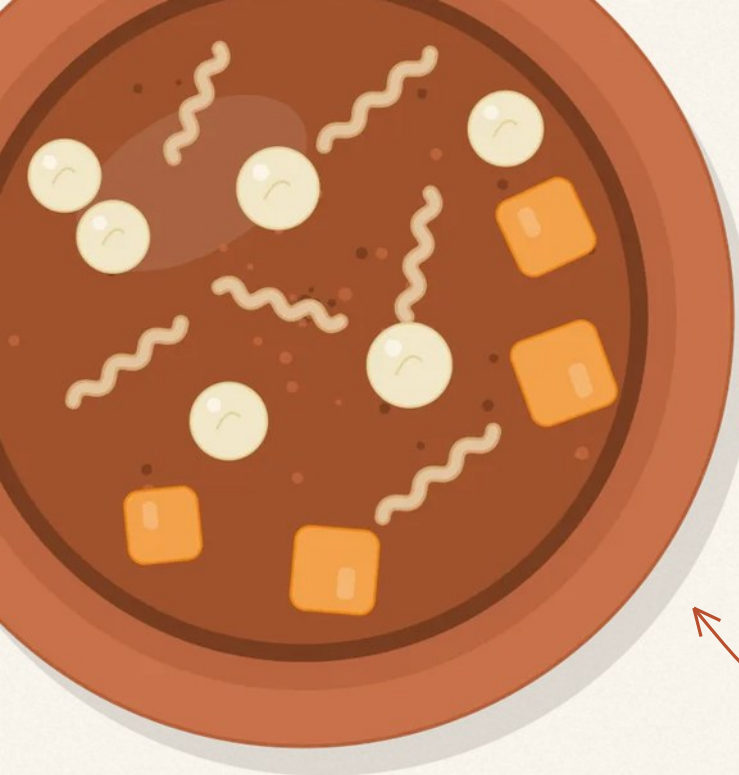
Rice

A jacket potato

Tortilla chips and grated cheddar

Cook's notes

- Crushed sweet potato gives the sauce body without tomato.
- Check the paprika says sweet (dulce), not hot.
- Lactose-free yoghurt and grated cheddar make good toppings.



NO. 28 · PORK, BEEF & LAMB GF DF

Smoky Pork & Butter Beans

Lean pork braised with butter beans, carrot and sweet smoked paprika in a rich, tomato-free gravy.

*makes 19 blocks,
about 36p each*

TIME
about 1 hr 15 min

MAKES
19 blocks

COST PER BLOCK
36p

CALORIES PER BLOCK
69 kcal

FIBRE PER BLOCK
1.3g

You'll need

550g	lean pork loin steaks, 3cm pieces
1 tin (240g drained)	butter beans, rinsed
250g	carrot, diced
120g	red pepper, diced
120g	leek, sliced
2 cloves	garlic, crushed
10ml	rapeseed oil
10ml	maple syrup
15ml	soy sauce
10g	cornflour
8g	sweet smoked paprika and thyme
1 cube	stock cube
400ml	water

Method

- 1 Toss the pork in the cornflour and brown it in the oil. Lift out.
- 2 Soften the leek, carrot and pepper for 6 minutes, adding the garlic for the last minute.
- 3 Return the pork with the paprika, thyme, maple syrup, stock and soy. Cover and simmer for 40 minutes until tender.
- 4 Shred the pork lightly, add the butter beans and simmer uncovered for 10 minutes.
- 5 Cool and freeze in 70g blocks.

Serve it

*A jacket potato
Crusty bread
Rice*

Cook's notes

- Pork loin is far leaner than the shoulder in the original.
- A little maple balances the smoke without tomato or vinegar.
- Cannellini work too.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	69	7.7g	5.2g	1.7g	1.3g
Per 3-block meal	207	23.1g	15.6g	5.1g	3.9g

NO. 29 · PORK, BEEF & LAMB GF DF

Lamb, Sweet Potato & Rosemary Stew

Lean diced lamb leg slow-cooked with sweet potato, carrot, cannellini and rosemary until tender.

*makes 23 blocks,
about 46p each*



TIME
about 2 hr

MAKES
23 blocks

COST PER BLOCK
46p

CALORIES PER BLOCK
78 kcal

FIBRE PER BLOCK
1.6g

You'll need

550g	lean lamb leg, diced, fat trimmed
400g	sweet potato, 2cm dice
250g	carrot, diced
1 tin (240g drained)	cannellini beans, rinsed
120g	leek, sliced
2 cloves	garlic, crushed
10ml	rapeseed oil
15g	cornflour
10ml	soy sauce
3g	dried rosemary and thyme
2 cubes	stock cube
500ml	water

Method

- 1 Toss the lamb in the cornflour and brown it in the oil in two batches. Lift out.
- 2 Soften the leek and carrot for 6 minutes, adding the garlic for the last minute.
- 3 Return the lamb with the herbs, stock and soy. Cover and braise at 150°C fan for 1 hour 15 minutes.
- 4 Add the sweet potato and cannellini and cook 25 minutes more, crushing some sweet potato into the gravy.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	78	6.4g	7.4g	2.3g	1.6g
Per 3-block meal	234	19.2g	22.2g	6.9g	4.8g

Serve it

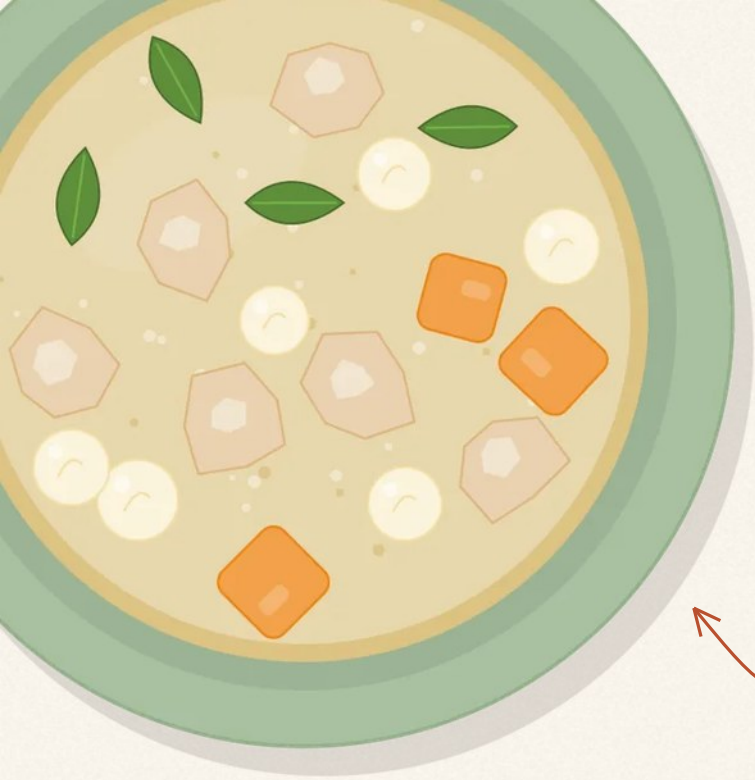
Mash and greens

Rice

Crusty bread

Cook's notes

- Leg is much leaner than shoulder; trim any visible fat.
- Lamb is richer than other meats, so two blocks with veg make a lighter meal.
- Slow cooker: 6 hours on Low.



NO. 30 · PORK, BEEF & LAMB GF

Pork, Leek & Cannellini Casserole

Lean pork, leeks, carrot, potato and cannellini beans in a light, creamy herb sauce.

*makes 22 blocks,
about 30p each*

TIME
about 1 hr

MAKES
22 blocks

COST PER BLOCK
30p

CALORIES PER BLOCK
65 kcal

FIBRE PER BLOCK
1.4g

You'll need

500g	lean pork loin steaks, 2cm pieces
1 tin (240g drained)	cannellini beans, rinsed
200g	leek, sliced
250g	carrot, diced
200g	potato, 1cm dice
150ml	lactose-free milk
10g	cornflour
2 cloves	garlic, crushed
10ml	rapeseed oil
3g	dried sage and thyme
15g	fresh parsley
1 cube	stock cube
350ml	water

Method

- 1 Brown the pork in the oil. Lift out.
- 2 Soften the leek and carrot for 6 minutes, adding the garlic for the last minute.
- 3 Return the pork with the potato, herbs and stock. Simmer for 30 minutes.
- 4 Add the cannellini, then the milk mixed with the cornflour. Simmer 5 minutes and stir in the parsley.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	65	6.6g	6.0g	1.5g	1.4g
Per 3-block meal	195	19.8g	18.0g	4.5g	4.2g

Serve it

Mash and steamed greens

Crusty bread

A jacket potato

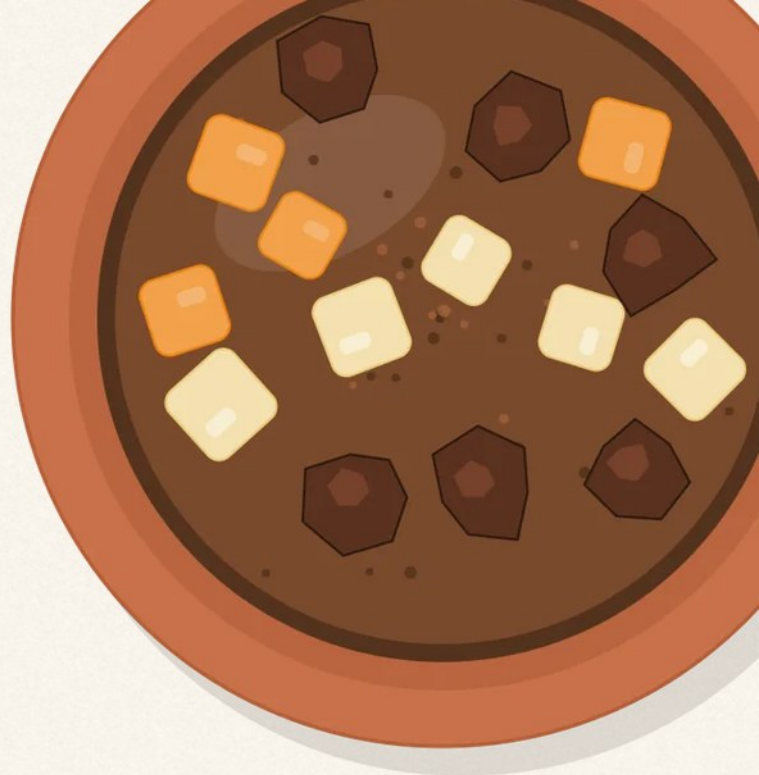
Cook's notes

- A teaspoon of wholegrain mustard is lovely if it agrees with you.
- Chicken thighs work too.
- Rinse the beans well.

Beef & Swede Scouse

Liverpool-style lean beef stew with potato, swede and carrot, cooked until the potato melts into the gravy.

*makes 24 blocks,
about 35p each*



TIME
about 2 hr

MAKES
24 blocks

COST PER BLOCK
35p

CALORIES PER BLOCK
60 kcal

FIBRE PER BLOCK
0.9g

You'll need

550g	lean beef braising steak, 2cm pieces
400g	potato, diced
250g	swede, diced
250g	carrot, diced
1 small (100g)	onion, finely chopped
10ml	rapeseed oil
15ml	soy sauce
5g	yeast extract
2g	dried thyme
2 cubes	stock cube
600ml	water

Method

- 1 Brown the beef in the oil in two batches.
- 2 Add the onion and carrot and cook for 6 minutes.
- 3 Add the swede, half the potato, the stock, thyme, soy and yeast extract. Cover and simmer for 1 hour 15 minutes.
- 4 Add the rest of the potato and cook 25 minutes more, crushing some into the gravy.
- 5 Cool and freeze in 70g blocks.

GUT GUIDE

The only meat recipe with real onion. If onion is a trigger, swap it for the sliced green tops of 4 spring onions.

Serve it

Crusty bread and butter

With steamed greens

On its own as a hearty bowl

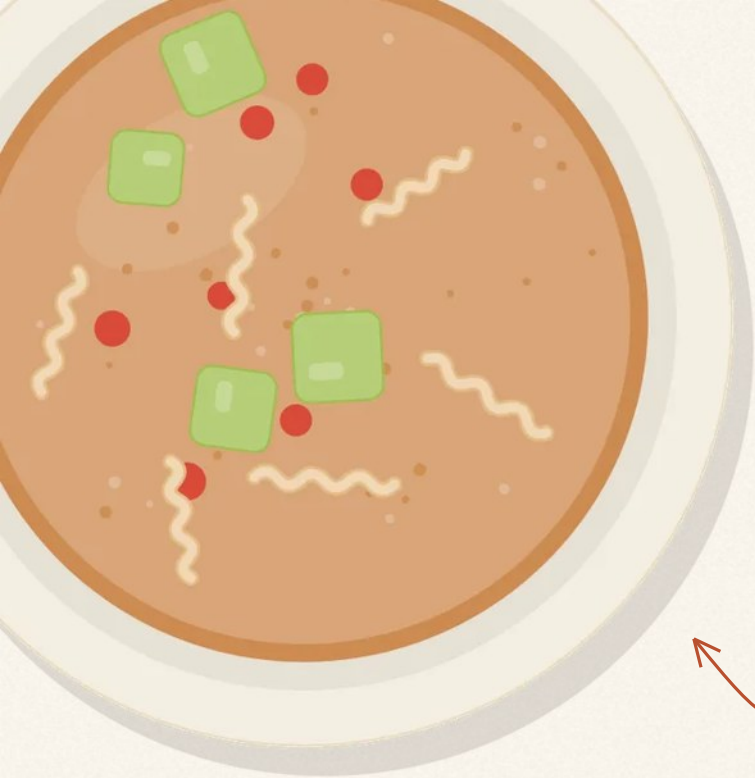
NUTRITION

	calories	protein	carbs	fat	fibre
Per block (70g)	60	5.8g	5.4g	1.7g	0.9g
Per 3-block meal	180	17.4g	16.2g	5.1g	2.7g

estimated

Cook's notes

- The potato added early breaks down and thickens the gravy, so no flour is needed.
- One small onion across the batch is a small amount per meal.
- Traditionally served with pickled red cabbage; skip it if vinegar triggers reflux.



NO. 32 · PORK, BEEF & LAMB GF

Paprika Pork Stroganoff

Strips of lean pork in a creamy, sweet paprika sauce with courgette, carrot and leek. No mushrooms.

*makes 22 blocks,
about 34p each*

TIME
about 40 min

MAKES
22 blocks

COST PER BLOCK
34p

CALORIES PER BLOCK
56 kcal

FIBRE PER BLOCK
0.7g

You'll need

550g	lean pork loin steaks, thin strips
300g	courgette, 1cm dice
150g	carrot, grated
120g	red pepper, sliced
150g	leek, sliced
300ml	lactose-free milk
20g	cornflour
2 cloves	garlic, crushed
10ml	rapeseed oil
8g (1 tbsp)	sweet paprika
10ml	soy sauce
15g	fresh parsley
1 cube	stock cube
200ml	water

Method

- 1 Brown the pork strips in the oil and lift out.
- 2 Soften the leek, carrot and pepper for 6 minutes, adding the garlic and paprika for the last minute.
- 3 Add the stock, soy, pork and courgette. Simmer 10 minutes.
- 4 Stir in the milk mixed with the cornflour and simmer 3 minutes until creamy.
- 5 Stir in the parsley. Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	56	6.5g	3.8g	1.7g	0.7g
Per 3-block meal	168	19.5g	11.4g	5.1g	2.1g

Serve it

Rice

Tagliatelle

A jacket potato

Cook's notes

- Lactose-free milk thickened with cornflour freezes better than soured cream.
- Add a spoon of lactose-free yoghurt or crème fraîche when serving.
- Chicken breast works too.

EIGHTEEN RECIPES

Plant-based

*the most fibre
in the book*





NO. 33 · PLANT-BASED VG GF DF

Mild Chickpea & Spinach Curry

Chickpeas, sweet potato and spinach in a mild, light coconut sauce built on carrot instead of tomato.

*makes 19 blocks,
about 19p each*

TIME
about 45 min

MAKES
19 blocks

COST PER BLOCK
19p

CALORIES PER BLOCK
65 kcal

FIBRE PER BLOCK
2.3g

You'll need

1 tin (240g drained)	chickpeas, rinsed well
250g	sweet potato, 1cm dice
250g	carrot, grated
250g	frozen leaf spinach
300ml	light coconut milk
40g	spring onions, sliced
15g	fresh ginger
15g (1 tbsp)	ground linseed
15ml	rapeseed oil
2 cloves	garlic, crushed
8g (2 tsp)	maple syrup
12g	garam masala, cumin, coriander, turmeric
1 cube	stock cube
150ml	water

Method

- 1 Soften the carrot in the oil for 8 minutes. Add the garlic, ginger and spices for 1 minute.
- 2 Add the sweet potato, coconut milk, stock and maple syrup. Simmer 15 minutes until the potato is tender.
- 3 Add the chickpeas and spinach from frozen and simmer 8 minutes, crushing a few chickpeas to thicken.
- 4 Off the heat, stir in the spring onions and linseed.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	65	2.0g	7.7g	2.7g	2.3g
Per 3-block meal	195	6.0g	23.1g	8.1g	6.9g

Serve it

Basmati rice

A warm chapati

Over a jacket potato

Cook's notes

- One tin across 18 or so blocks keeps each meal to a gentle portion of chickpeas.
- Rinse the chickpeas well under the tap.
- Add a little lactose-free yoghurt when serving.

NO. 34 · PLANT-BASED VG GF DF

Golden Sweet Potato & Lentil Dal

A comforting turmeric dal of tinned lentils, quinoa and sweet potato with a little light coconut.

*makes 19 blocks,
about 17p each*



TIME
about 45 min

MAKES
19 blocks

COST PER BLOCK
17p

CALORIES PER BLOCK
71 kcal

FIBRE PER BLOCK
2.5g

You'll need

400g	sweet potato, 1cm dice
1 tin (240g drained)	green lentils, rinsed
200g	carrot, grated
150g	frozen leaf spinach
250ml	light coconut milk
60g	quinoa, rinsed
15g	fresh ginger
15ml	rapeseed oil
2 cloves	garlic, crushed
11g	turmeric, cumin, garam masala, pinch asafoetida
1 cube	stock cube
400ml	water

Method

- 1 Fry the garlic, ginger and spices in the oil for 1 minute.
- 2 Add the carrot, sweet potato, quinoa and stock. Simmer, lid on, for 20 minutes.
- 3 Add the lentils, coconut milk and spinach and simmer 8 minutes, mashing some sweet potato for creaminess.
- 4 Loosen with a splash of water if it's too thick.
- 5 Cool and freeze in 70g blocks.

Serve it

*Rice and a spoon of lactose-free yoghurt
Flatbread and cucumber
Topped with a fried egg*

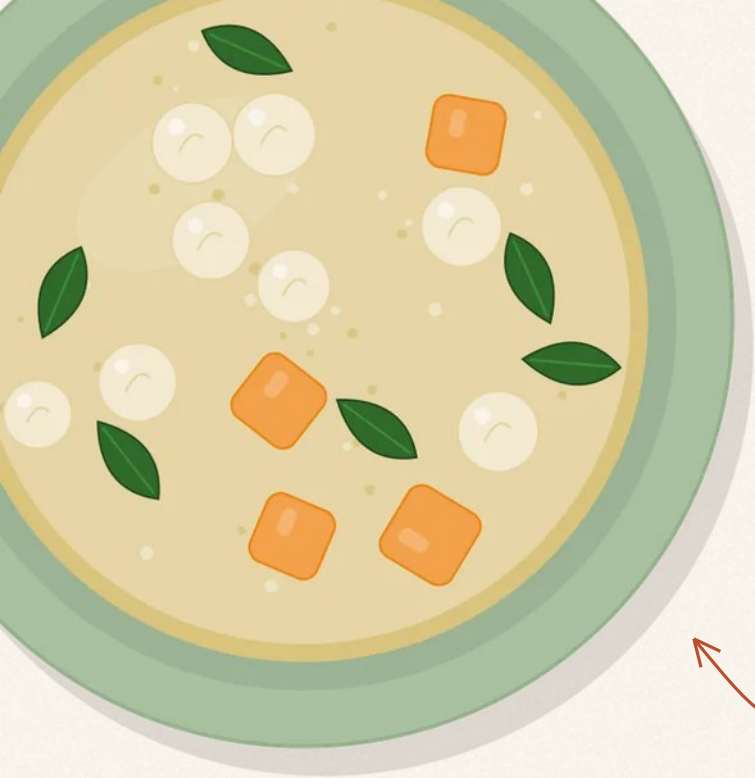
NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	71	2.5g	10.9g	2.1g	2.5g
Per 3-block meal	213	7.5g	32.7g	6.3g	7.5g

Cook's notes

- Asafoetida gives an onion-like savouriness. Buy a gluten-free one if you're sensitive to wheat.
- Tinned lentils are much gentler on the gut than dried red lentils.
- Quinoa adds protein and fibre and thickens the dal.



NO. 35 · PLANT-BASED

VG

GF

DF

Miso Butter Beans

Butter beans and cannellini in a light coconut, ginger and spinach stew with white miso and a squeeze of lime.

*makes 22 blocks,
about 21p each*

TIME
about 40 min

MAKES
22 blocks

COST PER BLOCK
21p

CALORIES PER BLOCK
53 kcal

FIBRE PER BLOCK
1.9g

You'll need

1 tin (240g drained)	butter beans, rinsed
1 tin (240g drained)	cannellini beans, rinsed
1 × 400ml tin	light coconut milk
200g	carrot, finely diced
200g	courgette, 1cm dice
200g	frozen leaf spinach
4 (60g)	spring onions, sliced
15g	fresh ginger
25g (1½ tbsp)	white miso
15g	fresh coriander, chopped
30ml (1 lime)	lime juice
10ml	rapeseed oil
2 cloves	garlic, crushed
2g	turmeric
150ml	water

Method

- 1 Soften the carrot in the oil with a pinch of salt for 8 minutes. Add the garlic, ginger and turmeric for 1 minute.
- 2 Add the coconut milk, water, courgette and both tins of beans. Simmer gently for 10 minutes.
- 3 Stir in the spinach from frozen and cook 4 minutes until the sauce is thick, crushing a few beans to thicken it.
- 4 Off the heat, whisk the miso into a ladle of the sauce and stir it back in. Add the lime juice, spring onions and coriander.
- 5 Cool and freeze in 70g blocks.

GUT GUIDE

Butter beans and cannellini are among the gentler beans, but this is a two-tin batch. Start with 2 blocks if beans affect you.

Serve it

Jasmine or brown rice

On a baked sweet potato

Thinned with stock as a quick bean soup

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	53	2.4g	5.6g	2.0g	1.9g
Per 3-block meal	159	7.2g	16.8g	6.0g	5.7g

Cook's notes

- Lime can bother reflux, so if it does, start with half the juice or leave it out.
- Don't boil the miso, or it loses its flavour.
- Two tins of beans across the batch works out at about 35g of each per meal.

Gentle Saag Tempeh

Golden tempeh and potato in a smooth spinach and light coconut sauce with green beans.

*makes 17 blocks,
about 25p each*



TIME
about 45 min

MAKES
17 blocks

COST PER BLOCK
25p

CALORIES PER BLOCK
69 kcal

FIBRE PER BLOCK
2.1g

You'll need

400g	frozen leaf spinach
200g (1 pack)	tempeh, 1cm cubes
200g	potato, 1cm dice
150g	green beans, 2cm lengths
300ml	light coconut milk
30g	spring onions, sliced
15g	fresh ginger
15g (1 tbsp)	ground linseed
15ml	rapeseed oil
2 cloves	garlic, crushed
10g	garam masala, cumin, turmeric
100ml	water

Method

- 1 Boil the potato for 6 minutes and drain. Fry the tempeh in half the oil until golden; set aside.
- 2 Fry the garlic, ginger and spices in the rest of the oil for 1 minute.
- 3 Add the spinach, coconut milk and water; simmer 8 minutes and blitz roughly.
- 4 Fold in the potato, green beans and tempeh and simmer 5 minutes. Stir in the spring onions and linseed.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	69	3.8g	5.2g	3.8g	2.1g
Per 3-block meal	207	11.4g	15.6g	11.4g	6.3g

Serve it

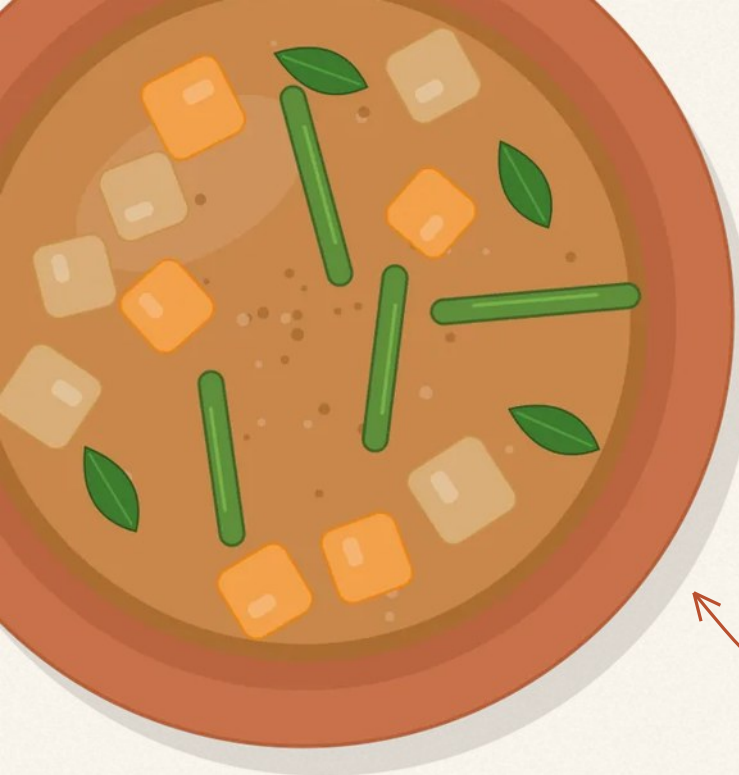
Rice and a chapati

As a side with roast chicken

Wrapped in a flatbread

Cook's notes

- Tempeh is fermented, which makes it one of the easiest soy foods to digest.
- Green beans replace the peas from the original version.
- Firm tofu works instead of tempeh.



NO. 37 · PLANT-BASED VG GF DF NUTS

Tempeh & Sweet Potato Massaman

A mild massaman of tempeh, sweet potato and green beans in light coconut with warm cinnamon and cardamom.

*makes 17 blocks,
about 27p each*

TIME
about 50 min

MAKES
17 blocks

COST PER BLOCK
27p

CALORIES PER BLOCK
85 kcal

FIBRE PER BLOCK
1.8g

You'll need

200g (1 pack)	tempeh, 1.5cm cubes
350g	sweet potato, 1.5cm dice
150g	green beans, 3cm lengths
1 × 400ml tin	light coconut milk
30g	smooth peanut butter
15ml	rapeseed oil
15ml	tamari
10ml	maple syrup
150ml	water

FOR THE PASTE

15g (1 stem)	lemongrass
15g	fresh ginger
30g	spring onions, sliced
2 cloves	garlic, crushed
7g	cinnamon, cardamom, cumin, coriander, turmeric

or 3 tbsp (about 50g) massaman curry paste, but most contain chilli, so pick a mild one

GUT GUIDE

Peanut and coconut make this one of the richest dishes here. Two blocks with plain rice is a gentler portion for reflux.

Serve it

Jasmine rice
Rice noodles
Quinoa

Method

- 1 Fry the tempeh in half the oil until golden; set aside.
- 2 Blitz the lemongrass, garlic, ginger and spring onions and fry in the rest of the oil with the spices for 2 minutes.
- 3 Add the coconut milk, water, peanut butter, tamari, maple syrup and sweet potato. Simmer 15 minutes.
- 4 Add the green beans and tempeh and simmer 5 minutes until the beans are just tender.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	85	3.6g	8.0g	4.6g	1.8g
Per 3-block meal	255	10.8g	24.0g	13.8g	5.4g

Cook's notes

- Shop-bought massaman paste usually contains chilli, so this one is made from scratch.
- Keep to the peanut butter amount: more fat can trigger reflux.
- Firm tofu works instead of tempeh.

NO. 38 · PLANT-BASED VG GF DF NUTS

Gentle Peanut & Sweet Potato Stew

A West African-style stew of sweet potato, peanut, kale and chickpeas, made mild with ginger and no chilli or tomato.

*makes 19 blocks,
about 19p each*



TIME
about 50 min

MAKES
19 blocks

COST PER BLOCK
19p

CALORIES PER BLOCK
80 kcal

FIBRE PER BLOCK
2.6g

You'll need

450g	sweet potato, 1cm dice
250g	carrot, diced
1 tin (240g drained)	chickpeas, rinsed
150g	kale, finely chopped
70g	smooth peanut butter (100% peanuts)
40g	spring onions, sliced
25g	fresh ginger
15ml	rapeseed oil
2 cloves	garlic, crushed
9g	ground coriander, sweet paprika, cumin
1 cube	stock cube
500ml	water

Method

- 1 Fry the garlic, ginger and spices in the oil for 1 minute.
- 2 Add the sweet potato, carrot and stock. Simmer, lid on, for 20 minutes until soft.
- 3 Stir in the peanut butter, kale and chickpeas. Mash some of the sweet potato into the sauce.
- 4 Simmer uncovered for 10 minutes, stirring so it doesn't catch. Stir in the spring onions.
- 5 Cool and freeze in 70g blocks.

GUT GUIDE

The most sweet potato per meal among the IBS-friendly recipes, about 70g. If sweet potato bothers you, swap half of it for carrot or potato.

Serve it

Rice or couscous

A jacket potato

Flatbread with shredded lettuce

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	80	2.8g	10.0g	3.0g	2.6g
Per 3-block meal	240	8.4g	30.0g	9.0g	7.8g

Cook's notes

- Peanut butter is less than in the original, to keep the fat friendly to reflux.
- Spinach works instead of kale.
- Crushed peanuts on top add crunch.



NO. 39 · PLANT-BASED VG DF

Shepherd's Lentil & Root Veg Mix

A thick, savoury lentil filling with carrot, swede and parsnip. No mushrooms or celery.

*makes 19 blocks,
about 16p each*

TIME
about 1 hr

MAKES
19 blocks

COST PER BLOCK
16p

CALORIES PER BLOCK
64 kcal

FIBRE PER BLOCK
2.7g

You'll need

1 tin (240g drained)	green lentils, rinsed
300g	carrot, 5mm dice
250g	swede, 5mm dice
200g	parsnip, 5mm dice
100g	leek, sliced
60g	porridge oats
20ml	rapeseed oil
2 cloves	garlic, crushed
15g	yeast extract
20ml	soy sauce
10g	cornflour
4g	dried thyme, rosemary, 2 bay leaves
2 cubes	stock cube
500ml	water

Method

- 1 Soften the leek, carrot, swede and parsnip in the oil for 12 minutes, adding the garlic for the last minute.
- 2 Add the herbs, yeast extract, soy and stock. Simmer, lid ajar, for 20 minutes until the veg are tender.
- 3 Add the lentils and oats and simmer 10 minutes.
- 4 Thicken with the cornflour mixed into 2 tbsp cold water until it holds its shape on a spoon. Remove the bay.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	64	2.5g	10.6g	1.5g	2.7g
Per 3-block meal	192	7.5g	31.8g	4.5g	8.1g

Serve it

Under mashed potato or sweet potato

Over a jacket potato with greens

Stuffed into a roasted pepper

Cook's notes

- One tin across the batch keeps each meal to a gut-friendly portion of lentils.
- The oats help it set firm enough to sit under mash.
- A splash of lactose-free milk loosens it on reheating.

NO. 40 · PLANT-BASED VG GF DF

Sweet Potato, Spinach & Tofu Curry

Golden tofu and sweet potato in a mild spinach and light coconut curry.

*makes 22 blocks,
about 26p each*



TIME
about 45 min

MAKES
22 blocks

COST PER BLOCK
26p

CALORIES PER BLOCK
64 kcal

FIBRE PER BLOCK
1.5g

You'll need

400g	firm tofu, pressed, 1.5cm cubes
400g	sweet potato, 1.5cm dice
300g	frozen leaf spinach
200g	green beans, 2cm lengths
300ml	light coconut milk
30g	spring onions, sliced
20g	fresh ginger
15ml	rapeseed oil
2 cloves	garlic, crushed
12g	garam masala, cumin, coriander, turmeric
1 cube	stock cube
200ml	water

Method

- 1 Fry the tofu in half the oil until golden on most sides; set aside.
- 2 Fry the garlic, ginger and spices in the rest of the oil for 1 minute.
- 3 Add the sweet potato, coconut milk and stock. Simmer, lid on, for 15 minutes.
- 4 Add the green beans, spinach and tofu and simmer 6 minutes. Stir in the spring onions.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	64	3.5g	5.8g	3.1g	1.5g
Per 3-block meal	192	10.5g	17.4g	9.3g	4.5g

Serve it

Basmati rice

A chapati

Quinoa and cucumber

Cook's notes

- Use firm tofu, not silken: firm tofu is low in FODMAPs.
- Press the tofu for 15 minutes so it browns and holds its shape after freezing.
- Tofu gets a slightly chewier, meatier texture once frozen.



NO. 41 · PLANT-BASED VG GF DF

Ginger Tofu & Vegetable Braise

Tofu, carrot, courgette, broccoli, pak choi and edamame in a glossy ginger and tamari sauce.

*makes 24 blocks,
about 31p each*

TIME
about 40 min

MAKES
24 blocks

COST PER BLOCK
31p

CALORIES PER BLOCK
58 kcal

FIBRE PER BLOCK
1.5g

You'll need

400g	firm tofu, pressed, 2cm cubes
300g	carrot, sliced
250g	courgette, 1cm dice
200g	pak choi, sliced
200g	broccoli, small florets (heads only)
250g	frozen edamame
40g	spring onions, sliced
30g	fresh ginger, grated
40ml	tamari
15ml	maple syrup
15g	cornflour
20ml	rapeseed oil
2 cloves	garlic, crushed
300ml	water

Method

- 1 Fry the tofu in half the oil until golden; set aside.
- 2 Fry the garlic and ginger in the rest of the oil for 1 minute, then the carrot for 4 minutes.
- 3 Add the courgette, broccoli and edamame with the water, tamari and maple syrup. Simmer 5 minutes.
- 4 Add the pak choi, tofu and the cornflour mixed with 2 tbsp cold water. Simmer 2 minutes until glossy.
- 5 Off the heat, stir in the spring onions. Cool and freeze.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	58	4.2g	5.1g	2.6g	1.5g
Per 3-block meal	174	12.6g	15.3g	7.8g	4.5g

Serve it

*Jasmine rice
Noodles
Quinoa*

Cook's notes

- Keep the veg just tender; they soften on reheating.
- A drizzle of sesame oil at serving adds flavour; keep it to a teaspoon.
- Chicken breast works instead of tofu.

NO. 42 · PLANT-BASED **VG GF DF**

Sweet Potato, Lentil & Kale Stew

A thick, warming stew of sweet potato, parsnip, carrot, lentils and kale with cumin and sweet paprika.

*makes 21 blocks,
about 17p each*



TIME
about 55 min

MAKES
21 blocks

COST PER BLOCK
17p

CALORIES PER BLOCK
62 kcal

FIBRE PER BLOCK
2.8g

You'll need

450g	sweet potato, 1.5cm dice
250g	carrot, diced
1 tin (240g drained)	green lentils, rinsed
150g	parsnip, diced
150g	kale, finely chopped
60g	leek, sliced
30g	porridge oats
15ml	rapeseed oil
2 cloves	garlic, crushed
12g	cumin, sweet paprika, coriander, thyme
2 cubes	stock cube
600ml	water

Method

- 1 Soften the leek, carrot and parsnip in the oil for 8 minutes, adding the garlic for the last minute. Add the spices for 1 minute.
- 2 Add the sweet potato and stock. Simmer, lid ajar, for 20 minutes.
- 3 Add the lentils, oats and kale and simmer uncovered for 10 minutes until thick.
- 4 Crush some of the sweet potato into the sauce and season.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

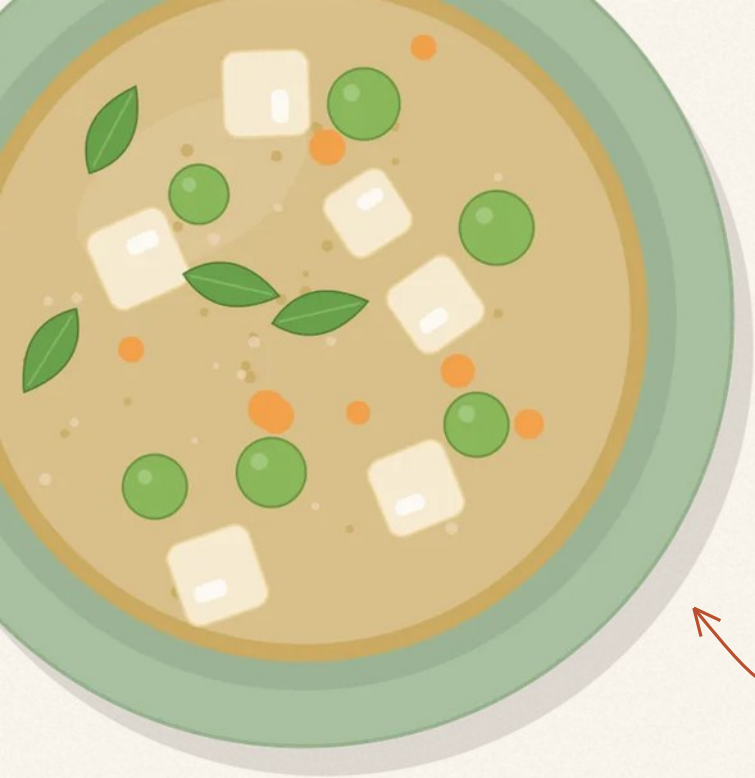
	calories	protein	carbs	fat	fibre
Per block (70g)	62	2.2g	11.3g	1.1g	2.8g
Per 3-block meal	186	6.6g	33.9g	3.3g	8.4g

Serve it

*Crusty sourdough bread
A jacket potato
Rice or quinoa*

Cook's notes

- Spelt sourdough is often tolerated better than ordinary bread.
- Spinach can replace the kale.
- Thin with stock for a quick soup.



NO. 43 · PLANT-BASED VG GF DF

Miso Tofu & Edamame Stew

A savoury, brothy stew of tofu, edamame, carrot, courgette and quinoa with white miso and ginger.

*makes 20 blocks,
about 32p each*

TIME
about 40 min

MAKES
20 blocks

COST PER BLOCK
32p

CALORIES PER BLOCK
66 kcal

FIBRE PER BLOCK
1.7g

You'll need

300g	firm tofu, pressed, 2cm cubes
250g	frozen edamame
250g	carrot, diced
250g	courgette, diced
150g	pak choi, sliced
60g	quinoa, rinsed
40g	white miso
40g	spring onions, sliced
20g	fresh ginger
15ml	tamari
15g	cornflour
10ml	rapeseed oil
2 cloves	garlic, crushed
400ml	water

Method

- 1 Fry the garlic and ginger in the oil for 1 minute, then add the carrot, quinoa and water. Simmer 12 minutes.
- 2 Add the courgette, edamame and tofu for 5 minutes.
- 3 Add the pak choi and the cornflour mixed with 2 tbsp cold water; simmer 2 minutes.
- 4 Off the heat, whisk the miso into a ladle of the liquid and stir it back in with the tamari and spring onions.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	66	4.6g	6.7g	2.5g	1.7g
Per 3-block meal	198	13.8g	20.1g	7.5g	5.1g

Serve it

Rice

Udon noodles

On its own as a hearty bowl

Cook's notes

- Don't boil the miso; add it off the heat to keep its flavour.
- Miso is salty, so taste before adding more tamari.
- Chicken breast pieces work instead of tofu.

NO. 44 · PLANT-BASED **VG GF DF**

Mild Black Bean & Sweet Potato Stew

Black beans, sweet potato, red pepper and carrot in a smoky, gently spiced stew with no chilli.

*makes 19 blocks,
about 20p each* →



TIME
about 45 min

MAKES
19 blocks

COST PER BLOCK
20p

CALORIES PER BLOCK
61 kcal

FIBRE PER BLOCK
3.0g

You'll need

2 tins (480g drained)	black beans, rinsed
400g	sweet potato, 1.5cm dice
200g	carrot, diced
150g	red pepper, diced
40g	spring onions, sliced
2 cloves	garlic, crushed
10ml	rapeseed oil
8g	sweet smoked paprika, cumin, oregano
10g	fresh coriander
1 cube	stock cube
350ml	water

Method

- 1 Soften the carrot and pepper in the oil for 8 minutes. Add the garlic and spices for 1 minute.
- 2 Add the sweet potato and stock. Simmer for 15 minutes.
- 3 Add the black beans and simmer 10 minutes, crushing some sweet potato to thicken.
- 4 Stir in the spring onions and coriander.
- 5 Cool and freeze in 70g blocks.

GUT GUIDE

Black beans and sweet potato together. If either is a trigger for you, stick to 2 blocks with plain rice.

Serve it

Rice and sautéed greens

Burritos

A jacket potato

NUTRITION

	calories	protein	carbs	fat	fibre
Per block (70g)	61	2.6g	10.1g	0.8g	3.0g
Per 3-block meal	183	7.8g	30.3g	2.4g	9.0g

estimated

Cook's notes

- A splash of orange juice gives the original's feijoada lift, if citrus agrees with you.
- Two tins across the batch is a moderate portion of beans per meal.
- Kidney beans work too.



NO. 45 · PLANT-BASED

VG

GF

DF

Carrot & Red Lentil Dal

A mild, kid-friendly dal of red lentils, carrot and a little butternut, made creamy with light coconut instead of tomato.

*makes 15 blocks,
about 15p each*

TIME
about 45 min

MAKES
15 blocks

COST PER BLOCK
15p

CALORIES PER BLOCK
67 kcal

FIBRE PER BLOCK
2.1g

You'll need

160g	red split lentils (dry), rinsed
300g	carrot, grated
150g	butternut squash, small dice
200ml	light coconut milk
30g	spring onions, sliced
2 cloves	garlic, crushed
10g	fresh ginger
10ml	rapeseed oil
7g	cumin, coriander, turmeric
700ml	water
1 cube	stock cube

Method

- 1 Soften the carrot in the oil for 6 minutes. Add the garlic, ginger and spices for 1 minute.
- 2 Add the lentils, squash, water and stock. Simmer 25 minutes, stirring often, until the lentils collapse.
- 3 Stir in the coconut milk and simmer 5 minutes, mashing for a smoother texture.
- 4 Stir in the spring onions.
- 5 Cool and freeze in 70g blocks.

GUT GUIDE

Some people find lentils cooked from dried harder to digest than tinned. If so, use 2 tins of green lentils, rinsed, and cut the water to 300ml.

Serve it

Rice or mini naan

Stirred into pasta shells

Topped with a fried egg

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	67	3.1g	9.3g	1.9g	2.1g
Per 3-block meal	201	9.3g	27.9g	5.7g	6.3g

Cook's notes

- Rinse the lentils well; it helps them cook evenly.
- Blitz it smooth as a pasta sauce for fussy eaters.
- Frozen butternut chunks save time.

NO. 46 · PLANT-BASED VG GF DF NUTS

Mild Tempeh Satay

Golden tempeh, potato and green beans in a creamy peanut and coconut sauce, mildly spiced.

*makes 16 blocks,
about 25p each*



TIME
about 45 min

MAKES
16 blocks

COST PER BLOCK
25p

CALORIES PER BLOCK
88 kcal

FIBRE PER BLOCK
1.9g

You'll need

200g (1 pack)	tempeh, 1cm cubes
250g	potato, 1cm dice
200g	green beans, 2cm lengths
150g	carrot, diced
300ml	light coconut milk
45g	smooth peanut butter
30g	spring onions, sliced
2 cloves	garlic, crushed
12g	fresh ginger
15ml	tamari or soy sauce
10ml	maple syrup
5g	turmeric, coriander, cumin
15ml	rapeseed oil
120ml	water

Method

- 1 Fry the tempeh in half the oil until golden; set aside.
- 2 Fry the garlic, ginger and spices in the rest of the oil for 1 minute.
- 3 Add the potato, carrot and water. Cover and simmer 10 minutes.
- 4 Whisk in the coconut milk, peanut butter, tamari and maple syrup, then add the green beans and tempeh. Simmer 5 minutes.
- 5 Stir in the spring onions. Cool and freeze in 70g blocks.

GUT GUIDE

The highest-fat of the IBS-friendly recipes because of the peanut butter and coconut. Halve the peanut butter for a lighter version.

Serve it

Rice and cucumber

Noodles

A wrap with crunchy slaw

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	88	4.0g	7.6g	4.9g	1.9g
Per 3-block meal	264	12.0g	22.8g	14.7g	5.7g

Cook's notes

- There's no curry powder here, as many contain chilli and mustard.
- Contains peanuts and soya; label the blocks.
- Firm tofu works instead of tempeh.



NO. 47 · PLANT-BASED V GF

White Bean & Tempeh Ragu Bianco

Crumbled tempeh and cannellini simmered with carrot, courgette, rosemary and a splash of milk instead of tomato.

*makes 18 blocks,
about 22p each*

TIME
about 50 min

MAKES
18 blocks

COST PER BLOCK
22p

CALORIES PER BLOCK
61 kcal

FIBRE PER BLOCK
2.1g

You'll need

200g (1 pack)	tempeh, crumbled
1 tin (240g drained)	cannellini beans, rinsed
250g	carrot, finely diced
250g	courgette, grated
120g	leek, sliced
200ml	lactose-free milk
2 cloves	garlic, crushed
15ml	rapeseed oil
10ml	soy sauce
3g	dried rosemary and sage
1 cube	stock cube
250ml	water

Method

- 1 Fry the crumbled tempeh in the oil until golden, 6–8 minutes; set aside.
- 2 Soften the leek and carrot for 8 minutes, adding the garlic for the last minute.
- 3 Add the herbs, courgette, stock, soy and milk. Simmer 20 minutes.
- 4 Add the cannellini and tempeh and simmer 10 minutes until thick.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	61	4.0g	6.1g	2.3g	2.1g
Per 3-block meal	183	12.0g	18.3g	6.9g	6.3g

Serve it

Pappardelle or rigatoni
Soft polenta
Toasted sourdough

Cook's notes

- Steam the tempeh for 10 minutes first to soften any bitterness.
- A little grated parmesan at the table works well; it's naturally low in lactose.
- Butter beans work instead of cannellini.

NO. 48 · PLANT-BASED VG GF DF

Mild Kidney Bean Masala

Kidney beans in a gently spiced masala of carrot, red pepper and ginger, with no tomato and no chilli.

*makes 18 blocks,
about 19p each* →



TIME
about 50 min

MAKES
18 blocks

COST PER BLOCK
19p

CALORIES PER BLOCK
59 kcal

FIBRE PER BLOCK
3.0g

You'll need

2 tins (480g drained)	red kidney beans, rinsed
250g	carrot, diced
150g	red pepper, diced
200g	sweet potato, 1cm dice
1 small (100g)	onion, finely chopped
2 cloves	garlic, crushed
20g	fresh ginger
15ml	rapeseed oil
12g	garam masala, cumin, coriander, turmeric
5ml	maple syrup
10g	fresh coriander
1 cube	stock cube
300ml	water

Method

- 1 Fry the onion in the oil slowly for 10 minutes until golden. Add the garlic, ginger and spices for 1 minute.
- 2 Add the carrot, pepper, sweet potato and stock. Simmer for 15 minutes, then blend half to make the masala.
- 3 Add the kidney beans and maple syrup and simmer 10 minutes, mashing some beans to thicken.
- 4 Stir in the coriander.
- 5 Cool and freeze in 70g blocks.

GUT GUIDE

Kidney beans are one of the harder beans to digest. Rinse them very well, and try 2 blocks first. The small onion can be left out.

Serve it

Basmati rice

Stuffed into a wrap

A jacket sweet potato

NUTRITION

	calories	protein	carbs	fat	fibre
Per block (70g)	59	2.5g	9.3g	1.1g	3.0g
Per 3-block meal	177	7.5g	27.9g	3.3g	9.0g

estimated

Cook's notes

- Blending the carrot and pepper gives the masala its colour without tomato.
- One small onion across the batch is a modest amount; skip it if onion bothers you.
- Black-eyed beans work too.



NO. 49 · PLANT-BASED VG GF DF

Chickpea & Sweet Potato Tagine

Chickpeas, sweet potato, carrot and courgette in a warm cinnamon and cumin sauce, with quinoa for body.

*makes 18 blocks,
about 20p each*

TIME
about 45 min

MAKES
18 blocks

COST PER BLOCK
20p

CALORIES PER BLOCK
68 kcal

FIBRE PER BLOCK
2.4g

You'll need

1 tin (240g drained)	chickpeas, rinsed
400g	sweet potato, 1.5cm dice
250g	carrot, diced
250g	courgette, 1cm dice
50g	quinoa, rinsed
30g	spring onions, sliced
2 cloves	garlic, crushed
10g	fresh ginger
15ml	rapeseed oil
12g	cumin, coriander, cinnamon, turmeric, sweet paprika
10ml	maple syrup
15g	fresh coriander
1 cube	stock cube
350ml	water

Method

- 1 Soften the carrot in the oil for 6 minutes. Add the garlic, ginger and spices for 1 minute.
- 2 Add the sweet potato, quinoa, stock and maple syrup. Simmer for 15 minutes.
- 3 Add the courgette and chickpeas and simmer 10 minutes, crushing a little sweet potato to thicken.
- 4 Stir in the spring onions and coriander.
- 5 Cool and freeze in 70g blocks.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	68	2.2g	11.4g	1.5g	2.4g
Per 3-block meal	204	6.6g	34.2g	4.5g	7.2g

Serve it

Couscous

Flatbread and lactose-free yoghurt

A jacket potato

Cook's notes

- Quinoa thickens the stew and adds protein.
- Serve with a spoon of lactose-free yoghurt and fresh herbs.
- Add a handful of spinach when reheating.

NO. 50 · PLANT-BASED V GF

Butter Bean, Leek & Sweet Potato Stew

Butter beans, leek, sweet potato and spinach in a light, creamy thyme sauce.

*makes 22 blocks,
about 17p each*



TIME
about 40 min

MAKES
22 blocks

COST PER BLOCK
17p

CALORIES PER BLOCK
58 kcal

FIBRE PER BLOCK
2.1g

You'll need

2 tins (480g drained)	butter beans, rinsed
350g	sweet potato, 1.5cm dice
200g	leek, sliced
150g	carrot, diced
200g	frozen leaf spinach
200ml	lactose-free milk
15g	cornflour
2 cloves	garlic, crushed
15ml	rapeseed oil
2g	dried thyme
10g	fresh parsley
1 cube	stock cube
300ml	water

Method

- 1 Soften the leek and carrot in the oil for 8 minutes, adding the garlic for the last minute.
- 2 Add the sweet potato, thyme and stock. Simmer 15 minutes.
- 3 Add the butter beans and spinach for 5 minutes.
- 4 Stir in the milk mixed with the cornflour and simmer 3 minutes. Add the parsley.
- 5 Cool and freeze in 70g blocks.

GUT GUIDE

Two tins of beans plus leek. If onion-family veg affect you, swap the leek for the green tops of spring onions.

Serve it

*Crusty sourdough
A jacket potato
Rice*

NUTRITION

estimated

	calories	protein	carbs	fat	fibre
Per block (70g)	58	2.6g	8.9g	1.0g	2.1g
Per 3-block meal	174	7.8g	26.7g	3.0g	6.3g

Cook's notes

- Two tins across the batch is a moderate portion of beans per meal.
- A little grated cheddar at the table is a good match.
- Cannellini work too.

Build an IBS-friendly dinner

Three blocks plus something simple makes a proper meal. Here's how to put one together, and which IBS blocks work best side by side.

This is general guidance, not medical advice. IBS triggers vary from person to person, so talk to your GP or a registered dietitian before changing your diet.

The plate works the same way as in Build a dinner: three blocks, a carb and something fresh. The difference is in the choices, so the meal stays as gentle as the blocks.

The plate, made gentler

- 1** Pick three blocks: one dish, or two that go together from the list below.
- 2** Choose a gentle carb: rice, quinoa, potatoes, gluten-free pasta or spelt sourdough, rather than lots of wheat bread and pasta.
- 3** Add something fresh: carrot, courgette, green beans, spinach or a small salad.
- 4** Finish it: fresh herbs, a spoon of lactose-free yoghurt or a little grated hard cheese. Skip lemon, lime and chilli if they set off your reflux.

Foods to watch with IBS has more gentle swaps.

Blocks that go together

COMBINE	TO MAKE
Golden Sweet Potato & Lentil Dal + Mild Chickpea & Spinach Curry	A two-curry dinner
Mild Turkey Taco Mince + Mild Black Bean & Sweet Potato Stew	Burrito bowls
Turkey Ragu Bianco + White Bean & Tempeh Ragu Bianco	A creamy pasta bake
Gentle Chicken Korma + Gentle Saag Tempeh	A curry-house spread
Turkey & Sweet Potato Shepherd's Mince + Shepherd's Lentil & Root Veg Mix	A family-size shepherd's pie
Ginger-Soy Turkey & Green Beans + Ginger Tofu & Vegetable Braise	A rice-bowl dinner
Miso Butter Beans + Miso Tofu & Edamame Stew	A big, savoury miso bowl
Chicken, Leek & Butter Bean Pie Filling + Turkey & Butter Bean Casserole	A pie for four

Ten-minute sides

- Microwave rice pouch or quinoa: ready in 2 to 3 minutes.
- Jacket potato: microwave 8 to 10 minutes, then crisp in a hot oven for 10. Eat the skin for extra fibre.
- Steamed greens: green beans, spinach, pak choi or kale, 3 to 4 minutes.
- Flatbreads: warm gluten-free or spelt flatbreads in a dry pan for 30 seconds a side.

Turkey mince day

One session, four pans, 85 blocks: about 28 gut-friendly turkey mince dinners for roughly £29.68.

This is general guidance, not medical advice. IBS triggers vary from person to person, so talk to your GP or a registered dietitian before changing your diet.

Four mild turkey mince dishes from the IBS-friendly collection: a taco mince, a herby verde, a tomato-free ragu and a butternut stew. Batch costs are estimates.

DISH	BLOCKS	BATCH COST	COOK TIME
Mild Turkey Taco Mince	20	£7.43	45 min
Turkey Verde	20	£8.22	55 min
Turkey Ragu Bianco	22	£6.97	1 hr 15 min
Turkey, Butternut & Sage Stew	23	£7.06	55 min
Total	85	£29.68	

You need 2kg of mince in all. Brown the mince in batches in your biggest pan first, then split it between four pans so each dish gets a head start.

Shopping list

AMOUNT	ITEM
2kg	Turkey mince (2% fat)
550g	Sweet potato
500g	Carrots
500g	Courgettes
250g	Butternut squash
240g	Peppers
160g	Leeks
120g	Fennel
80g	Spring onions
40g	Garlic
300g	Frozen spinach
1 tin	Black beans
2 tins	Cannellini beans
1 tin	Green lentils
90g	Porridge oats
200ml	Lactose-free milk
From the cupboard	Oil, stock cubes, spices and herbs

Timeline

TIME	STEP
0:00	Prep. Dice the sweet potato and butternut, grate the carrots and courgettes, chop the peppers, slice the leek and spring onions and crush the garlic. Blitz the Verde green base. (30 min)
0:30	Brown all the turkey in batches over a medium-high heat, splitting it into four labelled bowls. (25 min)
0:55	Ragu Bianco: soften the carrot, fennel and leek, then add the turkey, courgette, herbs, stock and milk. Simmer gently for 35 min.
1:05	Turkey, Butternut & Sage: leek, carrot and garlic, then the turkey, squash, sweet potato, sage and stock. Simmer for 20 min.
1:15	Turkey Verde: pepper, courgette and spices, then the turkey, green base and stock. Simmer for 20 min.
1:25	Taco mince: carrot, pepper and spices, then the turkey, sweet potato and stock. Simmer for 15 min.
1:40	Finish each in turn as its recipe says: beans, lentils, oats, spinach or herbs.
1:55–2:40	Cool, portion and freeze.

Plant-based day

One session, four pans, 74 blocks: about 24 gut-friendly plant-based dinners for roughly £14.15, the cheapest batch-cook day here.

This is general guidance, not medical advice. IBS triggers vary from person to person, so talk to your GP or a registered dietitian before changing your diet.

Four vegan dishes from the IBS-friendly collection, built on beans, lentils, chickpeas and sweet potato rather than meat. Batch costs are estimates.

DISH	BLOCKS	BATCH COST	COOK TIME
Mild Black Bean & Sweet Potato Stew	19	£3.77	45 min
Carrot & Red Lentil Dal	15	£2.19	45 min
Chickpea & Sweet Potato Tagine	18	£3.62	45 min
Miso Butter Beans	22	£4.57	40 min
Total	74	£14.15	

It is the cheapest batch-cook day here and one of the shortest. Rinse all the tinned beans, chickpeas and lentils well before you start; it makes them gentler on the gut.

Shopping list

AMOUNT	ITEM
950g	Carrots
800g	Sweet potato
450g	Courgettes
150g	Butternut squash
150g	Peppers
160g	Spring onions
40g	Garlic
35g	Fresh ginger
200g	Frozen spinach
2 tins	Black beans
1 tin	Chickpeas
1 tin	Butter beans
1 tin	Cannellini beans
160g	Red lentils
50g	Quinoa
2 tins	Light coconut milk
25g	White miso
From the cupboard	Oil, stock cubes, spices and herbs

Timeline

TIME	STEP
0:00	Prep. Dice the sweet potato, carrots, peppers, courgettes and squash, crush the garlic, grate the ginger and rinse the pulses. (25 min)
0:25	Dal: soften the carrot, add the spices, lentils, squash, water and stock. Simmer for 25 min, stirring often.
0:30	Black bean stew: soften the carrot and pepper, add the spices, sweet potato and stock. Simmer for 15 min.
0:40	Tagine: soften the carrot, add the spices, sweet potato, quinoa and stock. Simmer for 15 min.
0:50	Miso butter beans: soften the carrot, add the coconut milk, courgette and beans. Simmer for 10 min.
1:00–1:15	Finish each as its recipe says: beans, coconut, spinach, miso off the heat, herbs.
1:15–2:00	Cool, portion and freeze.

Quick finder

Short lists to help you choose, with the page number beside each recipe.

Under 30p a block (22)

Turkey, Spinach & Quinoa Stew	29	Miso Butter Beans	56	Carrot & Red Lentil Dal	66
Tarragon Chicken & Courgette	32	Gentle Saag Tempeh	57	Mild Tempeh Satay	67
Chicken & Sweet Potato Coconut St...	33	Tempeh & Sweet Potato Massaman	58	White Bean & Tempeh Ragu Bianco	68
Chicken, Leek & Butter Bean Pie Fill...	36	Gentle Peanut & Sweet Potato Stew	59	Mild Kidney Bean Masala	69
Chicken, Potato & Sweetcorn Stew	39	Shepherd's Lentil & Root Veg Mix	60	Chickpea & Sweet Potato Tagine	70
Pork & Fennel Ragu Bianco	43	Sweet Potato, Spinach & Tofu Curry	61	Butter Bean, Leek & Sweet Potato St...	71
Mild Chickpea & Spinach Curry	54	Sweet Potato, Lentil & Kale Stew	63		
Golden Sweet Potato & Lentil Dal	55	Mild Black Bean & Sweet Potato Stew	65		

Ready in 45 minutes or less (20)

Gentle Green Coconut Chicken	20	Paprika Pork Stroganoff	52	Miso Tofu & Edamame Stew	64
Ginger-Soy Turkey & Green Beans	28	Mild Chickpea & Spinach Curry	54	Mild Black Bean & Sweet Potato Stew	65
Mild Turkey Taco Mince	30	Golden Sweet Potato & Lentil Dal	55	Carrot & Red Lentil Dal	66
Chicken & Sweet Potato Coconut St...	33	Miso Butter Beans	56	Mild Tempeh Satay	67
Mild Peanut Chicken	34	Gentle Saag Tempeh	57	Chickpea & Sweet Potato Tagine	70
Mild Turkey & Pea Keema	38	Sweet Potato, Spinach & Tofu Curry	61	Butter Bean, Leek & Sweet Potato St...	71
Chicken, Potato & Sweetcorn Stew	39	Ginger Tofu & Vegetable Braise	62		

High protein (15)

Mild Chicken & Sweet Potato Tikka	21	Ginger-Soy Turkey & Green Beans	28	Chicken, Leek & Butter Bean Pie Fill...	36
Allspice Chicken & Sweet Potato Stew	23	Mild Turkey Taco Mince	30	Mild Turkey & Pea Keema	38
Turkey Verde	24	Chicken & Sweet Potato Coconut St...	33	Beef & Root Veg Stew	42
Gentle Chicken Korma	25	Mild Peanut Chicken	34	Beef & Black Bean No-Chilli	47
Turkey Ragu Bianco	26	Turkey & Butter Bean Casserole	35	Smoky Pork & Butter Beans	48

Vegan (16)

Mild Chickpea & Spinach Curry	54	Shepherd's Lentil & Root Veg Mix	60	Carrot & Red Lentil Dal	66
Golden Sweet Potato & Lentil Dal	55	Sweet Potato, Spinach & Tofu Curry	61	Mild Tempeh Satay	67
Miso Butter Beans	56	Ginger Tofu & Vegetable Braise	62	Mild Kidney Bean Masala	69
Gentle Saag Tempeh	57	Sweet Potato, Lentil & Kale Stew	63	Chickpea & Sweet Potato Tagine	70
Tempeh & Sweet Potato Massaman	58	Miso Tofu & Edamame Stew	64		
Gentle Peanut & Sweet Potato Stew	59	Mild Black Bean & Sweet Potato Stew	65		

Tags on each recipe: VG vegan, V vegetarian, GF gluten-free, DF dairy-free, NUTS contains nuts or peanuts. Gluten-free labels assume tamari in place of soy sauce, gluten-free oats and gluten-free stock cubes. Always check labels if you have an allergy.

Recipe index

RECIPE	PAGE	BLOCKS	TIME	COST	KCAL	FIBRE	PROTEIN
Gentle Green Coconut Chicken	20	24	45 min	37p	58	1.0g	5.2g
Mild Chicken & Sweet Potato Tikka	21	19	50 min	31p	70	1.3g	6.8g
Chicken, Carrot & Sweet Potato Tagine	22	20	1 hr 5 min	33p	78	1.8g	6.3g
Allspice Chicken & Sweet Potato Stew	23	23	1 hr 20 min	33p	78	1.7g	6.9g
Turkey Verde	24	20	55 min	41p	60	1.6g	7.2g
Gentle Chicken Korma	25	25	1 hr	33p	83	1.5g	7.8g
Turkey Ragu Bianco	26	22	1 hr 15 min	32p	63	1.6g	6.9g
Turkey & Sweet Potato Shepherd's Mince	27	23	1 hr 10 min	32p	68	1.9g	6.6g
Ginger-Soy Turkey & Green Beans	28	19	35 min	40p	60	1.4g	7.4g
Turkey, Spinach & Quinoa Stew	29	26	50 min	29p	63	1.9g	5.9g
Mild Turkey Taco Mince	30	20	45 min	37p	72	2.1g	7.1g
Turkey, Leek & Parsnip Hotpot Mince	31	20	1 hr	34p	60	1.6g	6.3g
Tarragon Chicken & Courgette	32	24	50 min	29p	60	1.5g	6.1g
Chicken & Sweet Potato Coconut Stew	33	24	45 min	29p	77	1.5g	6.7g
Mild Peanut Chicken	34	21	45 min	38p	79	0.9g	6.7g
Turkey & Butter Bean Casserole	35	20	50 min	34p	65	1.5g	6.9g
Chicken, Leek & Butter Bean Pie Filling	36	25	50 min	27p	64	1.0g	7.3g
Turkey, Butternut & Sage Stew	37	23	55 min	31p	58	1.6g	6.2g
Mild Turkey & Pea Keema	38	17	40 min	39p	64	1.3g	7.6g
Chicken, Potato & Sweetcorn Stew	39	23	45 min	25p	61	0.8g	6.4g
Ginger Pork & Aubergine	41	22	1 hr 30 min	38p	60	1.5g	6.6g
Beef & Root Veg Stew	42	28	2 hr 45 min	38p	74	1.9g	6.7g
Pork & Fennel Ragu Bianco	43	22	1 hr 20 min	29p	65	1.7g	6.5g
Beef & Sweet Potato Cottage Mince	44	22	1 hr 10 min	35p	75	1.9g	6.6g
Ginger Beef & Pak Choi	45	24	2 hr	46p	63	1.3g	6.6g
Sage Pork & Sweet Potato Stew	46	22	1 hr 20 min	31p	73	1.7g	6.6g
Beef & Black Bean No-Chilli	47	20	1 hr	39p	72	1.9g	6.8g
Smoky Pork & Butter Beans	48	19	1 hr 15 min	36p	69	1.3g	7.7g
Lamb, Sweet Potato & Rosemary Stew	49	23	2 hr	46p	78	1.6g	6.4g
Pork, Leek & Cannellini Casserole	50	22	1 hr	30p	65	1.4g	6.6g
Beef & Swede Scouse	51	24	2 hr	35p	60	0.9g	5.8g
Paprika Pork Stroganoff	52	22	40 min	34p	56	0.7g	6.5g
Mild Chickpea & Spinach Curry	54	19	45 min	19p	65	2.3g	2.0g
Golden Sweet Potato & Lentil Dal	55	19	45 min	17p	71	2.5g	2.5g
Miso Butter Beans	56	22	40 min	21p	53	1.9g	2.4g
Gentle Saag Tempeh	57	17	45 min	25p	69	2.1g	3.8g
Tempeh & Sweet Potato Massaman	58	17	50 min	27p	85	1.8g	3.6g
Gentle Peanut & Sweet Potato Stew	59	19	50 min	19p	80	2.6g	2.8g
Shepherd's Lentil & Root Veg Mix	60	19	1 hr	16p	64	2.7g	2.5g
Sweet Potato, Spinach & Tofu Curry	61	22	45 min	26p	64	1.5g	3.5g
Ginger Tofu & Vegetable Braise	62	24	40 min	31p	58	1.5g	4.2g

RECIPE	PAGE	BLOCKS	TIME	COST	KCAL	FIBRE	PROTEIN
Sweet Potato, Lentil & Kale Stew	63	21	55 min	17p	62	2.8g	2.2g
Miso Tofu & Edamame Stew	64	20	40 min	32p	66	1.7g	4.6g
Mild Black Bean & Sweet Potato Stew	65	19	45 min	20p	61	3.0g	2.6g
Carrot & Red Lentil Dal	66	15	45 min	15p	67	2.1g	3.1g
Mild Tempeh Satay	67	16	45 min	25p	88	1.9g	4.0g
White Bean & Tempeh Ragu Bianco	68	18	50 min	22p	61	2.1g	4.0g
Mild Kidney Bean Masala	69	18	50 min	19p	59	3.0g	2.5g
Chickpea & Sweet Potato Tagine	70	18	45 min	20p	68	2.4g	2.2g
Butter Bean, Leek & Sweet Potato Stew	71	22	40 min	17p	58	2.1g	2.6g

Cost, calories, fibre and protein are per 70g block. Nutrition, costs and yields are estimates.