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**A Selection of Tasty,
Low FODMAP & Gluten Free
Snacks & Meals
Recipes**

Sonia Fox



A Selection of Tasty, Low FODMAP & Gluten Free Snacks & Meals Recipes

By Sonia Fox

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About Slightly Different Foods

Sonia Fox-Founder

As an irritable bowel syndrome (IBS) sufferer I know what it's like to live with gut issues and how hard it can be to find low FODMAP food products that make delicious food – that's why Slightly Different Foods was born.

I wanted to share some of the amazing recipes that have been created using some of our products, and hope you enjoy them as much as we do!

An innovative solution

Slightly Different Foods sees the demand and explosion in the vegan consumer market, the increased focus on gluten and allergen free products, the issues facing individuals suffering from IBS and certain other food intolerances and we can satisfy all of these and more!

Our promise

We deliver high quality food products with a clean deck of ingredients with no artificial preservatives, flavourings or colouring, lower in sugar and salt than variants, free from animal-based ingredients, Gluten Free certified, we exclude all 14 of the major allergens in all our ingredients. This enables customers to buy products that they could not consume before due to certain added ingredients.



Introduction

As an irritable bowel syndrome (IBS) sufferer I know what it's like to live with gut issues and how hard it can be to find low FODMAP food products that make food.

I first realised something was wrong after eating out with my father and ten minutes or so after my meal my tummy looked like I was six months pregnant. This started to happen frequently, and I knew I had to do something about it.

I have always been conscious of my weight and not being able to eat certain food didn't help. I was gaining weight which affected how I was feeling as a person so at times I just didn't bother to eat.

After visiting my doctor and being prescribed medication to ease my symptoms I was still not happy. I knew there must be a better way to manage my symptoms without having to rely on daily medication, so I started to research IBS and this is when I stumbled upon the low FODMAP diet. I didn't know where to start with changing my diet, so I decided to eat bland food, meat with no sauce and salad.

As I started to research the low FODMAP diet I began to create my own sauces which helped satisfy my food cravings. Two years later I launched my first Low FODMAP products and took them to the 2016 London Free From Show.

Back then the Low FODMAP diet was still a bit of an alien concept in the UK and there were only four small businesses, like myself, that had found a niche in the market for Low FODMAP food products. None of which had been certified as Low FODMAP and they were all selling jars of pasta sauce. Little did I know that one of the families visited my small stand that weekend would be one of my biggest online stockists 'FODMARKET' to date stocking the whole 19 of my products!

After winning awards I knew my products were good but I couldn't take my new business any further due to funding constraints so I ceased trading but that wasn't the end of our story. . .

In 2017 I met my husband and together we re-launched Slightly Different Foods. My husband funded the business and brought his wealth management and investment skills to the table, and I handled the product development. The perfect team had been built and our individual expertise allowed us to build a solid foundation to grow the business.



Sonia Fox

I was diagnosed with IBS in 2014. My symptoms were that not only was my digestive system totally upside down I was suffering back pain, headaches and severe stomach cramps. I felt it was totally uncontrollable and I was determined to do something about it!

I had always felt that I was in control of my body, but IBS changed that. I knew I had to find out as much as I could to manage my IBS.

My research led me to the Low FODMAP diet. I started the illumination diet by cutting out all dairy, wheat and processed foods that contained sulphites.

The reintroduction was the hardest part, finding out which foods my stomach could tolerate. I am still finding out now.

I initially found that the low FODMAP diet was so complex, but I persevered, and I believe that anyone can eventually find out how the diet works best for them.

One thing is certain, by eating Low FODMAP foods, my suffering is now manageable and the discomfort I previously experienced is to a large degree a thing of the past.



Menu

Meat & Fishy Meals

Beef Bourguignon

Hunters Chicken

Thai Red Curry, Thai Vegetables & Rice

Tacos & Chilli

Sweet & Sour Special Fried rice with Prawns & Bacon

Fajitas

Doner Kebab

Cod, Chips & Mushy Peas

Tuna Pasta Bake

Spaghetti Bolognese

Chilli Beef Pizza

Lamb Kebabs

Smoky Fish & Grilled Pepper Arrabbiata Pasta

Tikka Masala, (suitable for vegetarians)

Aubergine Bolognese

Tropical Curry, (suitable for vegetarians)

Spicy Meatballs

Enchiladas

Fakeaway Meals

Slow Cooked BBQ Pork Ribs with Chunky Wedges

Tikka Masala with Garlic Bread & Cucumber Mint Salad, (Suitable for Vegans)

Spicy Red Thai Laksa

Vegetarian & Vegan Meals

Vegan Spinach & Chickpea Tropical Curry

Vegan Tofu Thai Red Curry with Thai Vegetables & Rice

Vegan Pizza

Vegetarian Moussaka

Vegan Tofu Thai Red Curry



Sue Todd Photography

Continued

Menu

Lunch2Go

Vegetarian BLT Club Sandwich

Smoky Paprika Chicken Salad with Orange Ginger Chilli Dressing

Chicken Tikka Masala Wrap

Vegetarian Halloumi Toastie

Tomato & Basil Pasta, (Suitable for Vegans)

Vegan Mexican Fajita Tacos

Hunters Chicken Toastie

BLT Club Sandwich

Vegan Raspberry Summer Salad

Vegetarian Oyster Mushroom & Halloumi Pitta

Vegan Tofu & Oyster Mushroom Salad

Sides & Dips

Beer Battered Sausages

Raspberry & Mint Summer Salad, (Suitable for Vegans)

Cucumber Mint Salad, (Suitable for Vegans)

Garlic Bread, (Suitable for Vegans)

Sag Aloo, (Suitable for Vegans)

Potato Wedges, (Suitable for Vegans)

Guacamole, (Suitable for Vegans)

Raita Dip, (Suitable for Vegans)



Meat & Fishy Meals

A Selection of Classic Around The World Favourites.

Think of spiced tender juicy Lamb & fresh crunchy salad packed in a pitta bread or presented as a dish with rice and dips.

An all-time British classic, succulent cod fillet in beer batter served with chunky chips & mushy peas.

These are sure to be a hit for those Friday night ins.



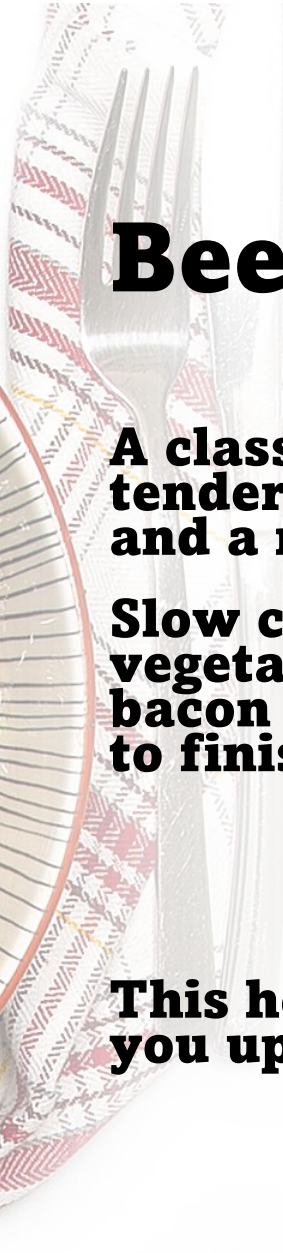


Beef Bourguignon

A classic French beef stew with tender beef, braised in red wine and a rich stock.

Slow cooked with chunky vegetables, oyster mushrooms & bacon with spring onion green tops to finish.

This hearty meal is sure to warm you up on a cold winters' day.



Beef Bourguignon

Prep time: 20 mins

Cook time: 3 hours

Total Time: 3 Hours 20 mins

INGREDIENTS, (SERVES 4)

400g Lean beef chuck cut into 1-1/2-inch pieces

260g, (1 jar) Slightly Different Tomato & Basil Sauce

Salt & pepper to season the beef

75g Oyster mushrooms

70g Chopped Bacon

1-2Tbsp Garlic infused olive oil

15g Green tops of spring onion chopped

12g Cornflour mixed with 24ml water

150ml cups dry red wine

1 large carrots, peeled and cut into chunks

18g Yeast extract mixed with 100ml cold water

1 bay leaf

1g teaspoon dried thyme

250g Small new potatoes

Fresh chopped parsley, for serving (optional)



Beef Bourguignon

METHOD

Preheat the oven to 170oc and set a rack in the lower middle position

Rinse and chop the mushrooms

Chop the Bacon, spring onions and parsley

Pat the beef dry and season with the salt and pepper

In a large frying pan, heat 1 tablespoon of garlic infused olive oil over medium-high heat until hot. Brown the meat in batches, turning with tongs, (add one tablespoon more oil for each batch if needed). (To sear the meat properly, do not crowd the pan and let the meat develop a nice brown crust)

Once cooked on all sides, transfer the beef and juices into a large saucepan.

In the remaining oil, fry the bacon and mushrooms for about three minutes or until crisp and browned.

Add the bacon, mushrooms, wine, cornflour mix, yeast extract mix, Tomato & Basil Sauce, half the spring onion tops, bay leaf and thyme and stir with a wooden spoon to loosen any brown bits from the bottom of the pan and bring to a boil.

Transfer into an ovenproof dish and cover the pot with a lid, and place in a preheated oven. Braise for 2 hours

Peel the carrots and chop into chunks and slice the potatoes in half leaving the skins on

Remove the pot from the oven and add the carrots and potatoes and stir. Cover and place back in oven for 1 hour or until the vegetables are tender

Remove the bay leaf then taste and adjust seasoning, if necessary

Garnish with the remaining spring onion tops and fresh parsley, if desired and serve

This recipe has been reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.



Hunters Chicken

Prep time: 5 mins

Cook time: 35 mins

Total time: 40 mins

INGREDIENTS, (SERVES 2)

120g (1/2 Jar) Slightly Different Foods Hunters Kickin BBQ Sauce

250g (2) Chicken Breasts

50g (2 pieces) Smoked Back Bacon, (check ingredients)

25g Cheddar Cheese

1/2Tbsp Oil

METHOD

Pre-heat fan oven 180oc/350oF

Wrap one piece of bacon around each of the chicken breasts and place in an oven proof dish and drizzle with oil

Loosely cover the chicken with foil, place in the oven on a baking tray and cook for 20 minutes

Remove the tray from oven and discard the foil cover

Pour the sauce evenly over the top of the chicken breasts and place back in the oven for a further 10 minutes.

Remove the tray from the oven and sprinkle the cheese evenly over the chicken breasts.

Place in the oven for 5 minutes or until the cheese has melted

Serve with vegetables

This recipe has been reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.

Thai Red Curry, Thai Vegetables & Rice



This meal is an all-round favourite, served as an authentic Thai meal or as sides with BBQ food.

Tender chicken marinated in our aromatic authentic Thai Red Curry Sauce and dipped in our Sweet Chilli Sauce. Served with jasmine red chilli & coriander rice, a side salad or fresh crunchy stir fry vegetables.



Thai Red Curry, Thai Vegetables & Rice

Prep time: 40 mins

Cook time: 30 mins

Total time: 1hr 10mins

INGREDIENTS (SERVES 4)

500g Chicken Breast
260g, (1 Jar) Slightly Different Foods Thai Red Curry Sauce
50g Slightly Different Foods Sweet Chilli Sauce (additional)
200g Thai Jasmine Rice
100g Sliced Green Beans (sliced)
100g Bell Red Pepper (sliced)
100g Cabbage
100g Carrot (sliced)
100g Broccoli (heads)
2 Tbsp Garlic infused oil
2 Tbsp Vegan Fish Sauce
20g Red Chilli (sliced)
Coriander (to garnish)
Skewers

METHOD

Slice the chicken breast into thin strips, transfer into a bowl and pour over the Thai Curry Sauce.

Mix and cover. Place in the fridge overnight for the flavours to infuse.

Weigh and chop ingredients.

Skewer the marinated chicken slices and place in a foiled lined deep baking tray. Drizzle with garlic infused oil and cover loosely with foil.

Rinse the rice under cold water. Bring a pan of water to the boil and add rice. Boil for 10 minutes or until tender.

Place the kebabs in the oven and cook for 10 minutes.

Once rice is cooked drain and leave to one side.

Remove kebabs from the oven and place on a griddle until browned and cooked through. Leave to one side to cool.

Heat 1 tbsp of garlic infused oil in a pan and heat. Fry all the vegetables except the cabbage for 2-3 minutes.

Add the cabbage & Fish Sauce and fry for 2-3 minutes (adjust time for tenderness of vegetables). Once cooked leave to one side.

Serve the Kebabs, Thai vegetables and rice with a side serving of Sweet Chilli Sauce and garnish with coriander to finish.

A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.



Tacos & Chilli



Tacos & Chilli

Prep time: 5 mins

Cook time: 25 mins

Total time: 30 mins

INGREDIENTS (SERVES 4-6)

520g, (2 Jars) of Slightly Different Foods Chilli Non Carni Sauce

500g Lean Beef mince (Quorn for a vegetarian option)

8-12 Low FODMAP Taco shells

GARNISH

Lettuce

Tomato

Cheddar cheese

METHOD

In a pan cook the beef mince for 10 minutes or until browned.

Add both jars of Chilli sauce and heat for 5 minutes.

Simmer sauce for a further 5 minutes.

Place 6 tacos standing upright in the microwave and heat for one minute,

(Adjust time for fewer tacos).

Fill tacos with the beef mix.

Serve with salad and cheddar cheese to finish.

**A Low FODMAP recipe reviewed and approved
by Everyday Nutrition Founder and Accredited
Practising Dietitian, Joanna Baker.**



Sweet & Sour Special Fried Rice with Prawns & Bacon

Sweet & Sour Special Fried rice with Prawns & Bacon

Prep time: 10 mins

Cook time: 35 mins

Total time: 45 mins

INGREDIENTS (SERVES 4)

260g, (1 Jar) of Slightly Different Foods Sweet & Sour Sauce

150g Cold water Prawns

3 Eggs

50g Bell red pepper sliced

125g Rice

100g Bean sprouts

50g Cooked chicken or bacon chunks

20g Frozen Peas

2 Tbsp Garlic infused oil

1 Tbsp Coconut Aminos

METHOD

Soak peas in boiling water to soften.

Slice peppers.

Rinse rice in cold water.

Bring a pan of water to the boil and add rice. Boil for 10 minutes or until tender.

Drain. Once cooked leave to one side

Drain peas and add to rice.

Heat half the oil in a wok. Pour in the egg and fry until scrambled. Tip onto a plate and set aside.

Heat the remaining oil and add the peppers. Fry until they start to soften and leave to one side.

Add the rice, peas, bacon, prawns and Aminos. Fry for 5 minutes.

Add the bean sprouts, egg and red peppers and cook until warmed through.

Place stir fry in a bowl.

Heat the Sweet & Sour sauce in a pan for 2 minutes and pour over your dish.

Fajitas Recipe



Fajitas Recipe

Prep time: 10 mins

Cook time: 30 mins

Total time: 40 mins

INGREDIENTS, (SERVES 4)

500g Sliced chicken breast

260g, (1 jar) SDF Mexican Fajita Sauce

50g Green bell pepper sliced

50g Red bell pepper sliced

8 Low FODMAP rice tortillas wraps

1 Red chilli

½ Lime

Black pepper to garnish

METHOD

Pre-heat oven 180 degrees F

Slice the chicken and peppers. Place evenly in an oven proof dish.

Addition to add extra heat: Slice in half the red chilli and de-seed.

Place on top of the chicken.

Slice the lime and squeeze half of the juice over the chicken.

Place the other half on the chicken.

Drizzle garlic infused oil over the chicken.

Cover dish loosely with foil.

Place in the oven for 15 minutes.

Remove dish from the oven and discard the foil toss the chicken and peppers.

Pour the Fajita sauce evenly over the chicken and garnish with black pepper.

Place back in the oven for a further 15 minutes.

Remove dish from the oven.

Remove the lime and chopped chilli from the dish.

Serve with Gluten Free tortillas and salad.

Additional: Homemade Low FODMAP Guacamole and sour cream dip.



Doner Kebab

Prep time: 1-24hrs Cook time: 1hr 35mins Total time: 1-24hrs.

INGREDIENTS, (SERVES 6)

500g Lamb mince

50g Gluten Free Low FODMAP breadcrumbs

18g Garlic infused oil.

4g Oregano

4g Cumin

2g Asafoetida

2g Coriander

1g Smoked Paprika.

2g Salt

1g Black pepper

60g SDF Spicy Red Pepper Tomato Ketchup

60g SDF Kebab Shop Chilli Sauce

Extra Garlic infused oil to baste & fry.

6 Low FODMAP pitta breads

GARNISH

Iceberg lettuce

White cabbage

Tomato

Cucumber

Doner Kebab

METHOD

Place the mince, breadcrumbs and garlic infused oil in a blender & mix into a smooth paste.

Using a bowl mix all the dried ingredients into the meat paste making sure it is mixed in evenly, (alternatively add all ingredients to the mixer and mix in with the mince & oil). For a more intense flavour double up the herbs and spices!

Wrap the mixture in clingfilm and refrigerate for 1-24hours.

Preheat the oven to 200C/180C fan/gas 6.

Remove the mixture from the clingfilm and mould the mixture into a cylinder shape.

Baste with garlic infused oil.

Wrap in foil and slide two skewers through the mixture from one end.

Place in a baking tray with the skewers resting on the edge of the tray so the mixture is not touching the base of the tray.

Heat for approximately 1 ½ hours or cooked through.

Remove from foil and set aside to cool slightly.

Once cooled slice and fry until slightly toasted/browned in a small amount of garlic infused oil

Mix SDF Spicy Ketchup and SDF Kebab Chilli sauce

Serve with gluten free pitta bread, salad garnish & SDF chilli ketchup mix.

(additional):

SIDE: Cucumber Mint Salad

INGREDIENTS

120g cucumber

4 tbsp mint (finely sliced)

4 tbsp yogurt or coconut yoghurt

½ tbsp Lemon juice

Pinch of sugar

Season with black pepper

Preparation: In a small bowl mix together the cucumber, yoghurt, lemon juice, mint, and a pinch of sugar.

Mix well and season with black pepper.

A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.



Beer Battered Cod, Chips & Mushy Peas

Prep time: 15-20 Cooking time: 20-25 mins Total time: 45 mins

INGREDIENTS, (SERVES 2)

Battered Cod

- 2 x 100g Cod fillet without skin
- 100g Gluten Free Low FODMAP flour
- 150g Gluten Free beer or sparkling water, (less water may be needed if using sparkling water)
- 2g Baking powder

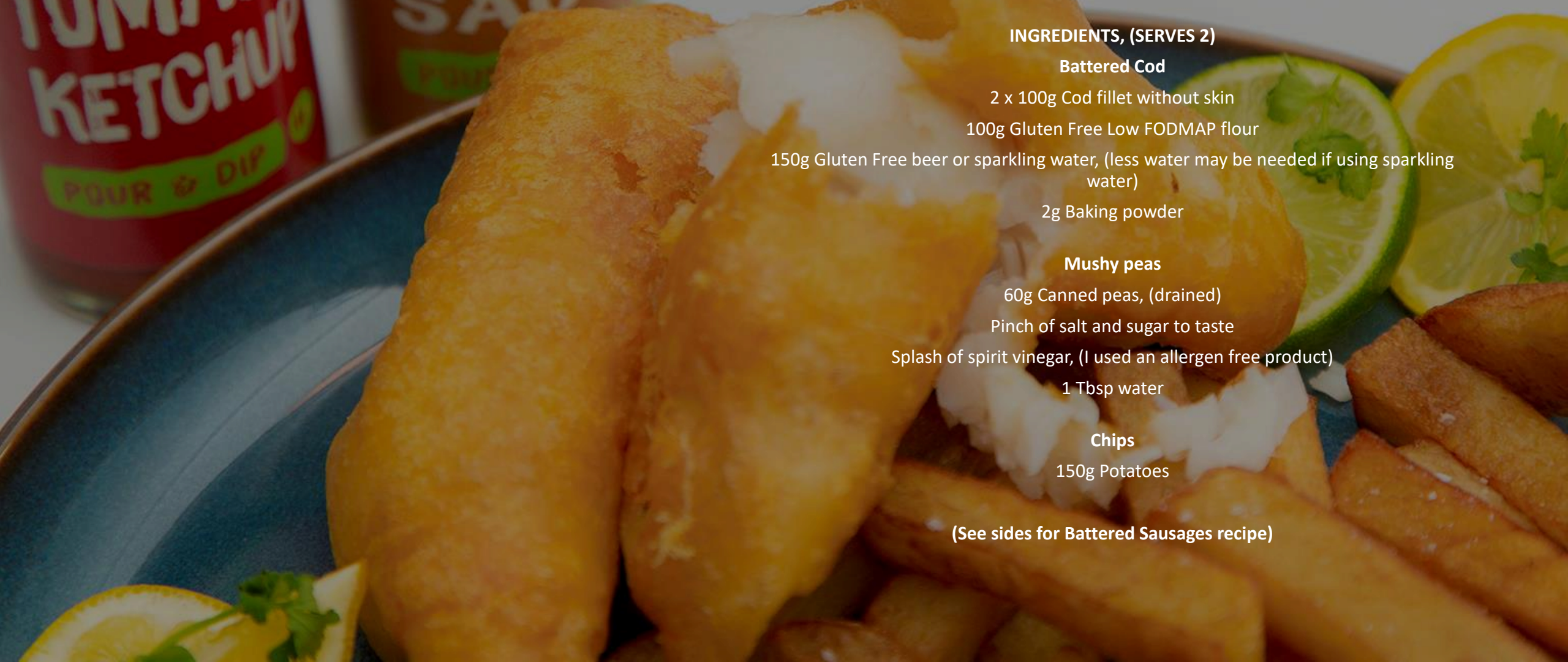
Mushy peas

- 60g Canned peas, (drained)
- Pinch of salt and sugar to taste
- Splash of spirit vinegar, (I used an allergen free product)
- 1 Tbsp water

Chips

- 150g Potatoes

(See sides for Battered Sausages recipe)



Beer Battered Cod, Chips & Mushy Peas

METHOD

Pre heat fryer to 180-200oC

Peel and cut potatoes, (approx. 1-1 1/2cm thick or thinner if preferred)

Place in a saucepan and pour on enough cold water to just cover. Bring to the boil and simmer for 5-10 minutes, (pending thickness) until tender but still firm.

Drain carefully and leave to dry.

Drain the canned peas and place in a bowl.

Using a mini blender, (potato masher if preferred) mix until a smooth consistency starts to appear.

Add salt, sugar, and spirit vinegar to taste and leave to one side.

Sift the flour into a large bowl and whisk the beer/water in gradually until the mixture is smooth and slowly drips off the whisk, (the thickness of the batter is personal preference however if it is too thick, once cooked it may be soggy inside and if too thin the mixture will not stick properly to the cod).

For fish nuggets: cut each cod fillet into even sized chunks, (approx 5 to each fillet)

Dip the nuggets in some flour, (this will help the batter mixture stick).

Place the pre-cooked potatoes into the wire frying basket and cook in the heated oil for five minutes or until golden.

Frying the cod: Dip the cod in some flour, (this will help the batter mixture stick).

Holding the cod/nuggets slide into the bowl of batter mixture until covered evenly and carefully place into the fryer being careful not to touch the oil with your fingers, (you may need to use a spatula to make sure the batter doesn't stick to the metal basket).

Fry for five minutes turning the cod over several times, to make sure it is cooked through properly and the batter is crispy all round.

A small tip: when the cod is golden after five minutes of cooking, keep frying for several seconds when the oil is bubbling for that extra crispy finish.

Carefully with some tongs, lift the cod out of the oil and carefully shake to extract excess oil. Set aside to cool.

Add a tablespoon of water to the mushy peas and stir.

Place the mushy peas in a microwavable dish and cook for 10 seconds, stir, return to microwave, and cook for a further 10 seconds.

Serve with Slightly Different Foods Chip Shop curry sauce, (cold or heated through for a few minutes), Hunters Kickin BBQ sauce or Salsa style Spicy Red Pepper Tomato sauce.

A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.



Tuna Pasta Bake

Prep time: 10 mins Cook time: 40 mins Total time: 50 mins.

INGREDIENTS, (SERVES 2)

- 1 Jar/260g Slightly Different Tomato & Basil sauce, (Arrabbiata for a spicy Tuna pasta)
- 145g Gluten free Low FODMAP pasta pieces
- 190g Tuna in oil, (drained)
- 80g Grated cheddar cheese
- ½ Tbsp. Garlic infused oil.
- Salt & cracked black pepper to garnish.

METHOD

Pre heat the oven to 200oC/gas mark 6.

Bring a saucepan of water to the boil, add pasta and the infused oil, (the oil helps the pasta to not stick). See cooking time instructions on packet.

Once cooked drain the pasta and mix in the tuna.

Transfer to an over proof dish and pour SDF sauce evenly over the top.

Sprinkle the grated cheese evenly over the top and garnish with salt and cracked black pepper.

Cook for 30 minutes until crisp and golden.

A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.

A close-up photograph of a bowl of spaghetti bolognese. The spaghetti is long and thin, coated in a rich, dark brown meat sauce. The dish is garnished with finely chopped green herbs and a dusting of white cheese. A portion of the spaghetti is being lifted from the bowl, showing the texture of the sauce. The bowl is light-colored with a dark rim.

Spaghetti Bolognese



Spaghetti Bolognese

Prep time: 5 mins

Cook time: 20mins

Total time: 25mins

INGREDIENTS, (SERVES 4)

520g (2 Jars of Slightly Different Bolognese Sauce

400g Beef mince

300g Gluten Free Low FODMAP Pasta

1-2 Tbsp Garlic Infused oil

Splash of red wine, (optional)

GARNISH

25g Grated cheddar cheese

Chopped parsley

Salt & Pepper

Spaghetti Bolognese

METHOD

Bring a large saucepan of water to the boil. Add the pasta and 1 tbsp of oil, (this helps the pasta not to stick)
(Follow the cooking instructions on the pasta packet for the cooking time and adjust to your preference).

Whilst the pasta is cooking, (to add a hint of garlic to the mince), heat 1 tbsp of garlic infused oil in a large frying pan and add the mince. Cook for 5 minutes or until browned

Add the red wine and Bolognese Sauce, season with salt and pepper and simmer for 5-10 minutes stirring occasionally, (add water to thin if needed)

Once the pasta is cooked, drain and transfer to a large bowl

Add the meat sauce to the pasta and mix

Garnish with grated cheddar cheese and parsley to finish and serve

This recipe has been reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.



Chilli Beef Pizza

Chilli Beef Pizza

Prep time: 5 mins Cooking time: 20 mins Total time: 25 mins

INGREDIENTS (SERVES 1-2)

130g (1 serving) Slightly Different Foods low fodmap Chilli Non Carni Sauce

100g Beef mince

75g, (one roll) Low FODMAP gluten free Panini

20g Tomato paste

1 Small tomato

10-20g Cheddar cheese

Cracked pepper

METHOD

Cook beef mince in a frying pan until browned.

Add the chilli sauce and simmer until piping hot stirring occasionally.

Once cooked leave to one side.

Cut roll into two pieces and place on a baking tray upside down.

Place the tray in a pre-heated oven on a moderate heat approx. 150c and cook until lightly toasted.

Turn rolls over and spread the tomato paste over the top dividing the quantity evenly.

Divide the chilli sauce quantity evenly and spread over the top of the two rolls.

Using a small grater, grate the cheese dividing the quantity evenly over the top of the chilli.

Slice the tomato and place on top of the cheese.

Place the baking tray with the two rolls in the oven and bake until the cheese has melted or until piping hot and toasted.

Once cooked leave to cool and garnish with cracked black pepper & serve on a bed of mixed lettuce leaves for a finishing touch.

Lamb Kebabs



Lamb Kebabs

Prep time: 15 mins,
(To infuse flavours, refrigerate overnight)
Cook Time: 10 mins
Total Time: 25 mins

INGREDIENTS, (SERVES 4)

500g Lamb mince
50g Feta cheese
50g Gherkins
40g Black Olives
18g Garlic infused oil
10g Fresh Parsley chopped
10g Fresh Mint chopped
1g Asafoetida
1g Salt, (or to taste)
0.3g Black pepper
130g Slightly Different Mexican Fajita Sauce
4 Low FODMAP Rice tortillas wraps

Mint dressing recipe: see our [Tikka Masala recipe with Alana Scott](#)

METHOD

Weigh and chop ingredients.
Mix all the ingredients with the Lamb mince in a bowl.
Cover and refrigerate overnight for the flavours to infuse.
Separate the mixture equally into eight balls.

Pour the garlic oil into a bowl, roll the balls around in the oil making sure the balls are held together well.
Shape and skewer the divided meat evenly onto 8 wooden or metal skewers.
BBQ or griddle for 5-10 minutes, (turning frequently) or until cooked through.

Heat Slightly Different Mexican Fajita Sauce for 2 minutes in a saucepan or until piping hot and then drizzle over the lamb.
Serve with Mint yogurt dressing, rice and salad.

A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.

Smoky Fish & Grilled Pepper Arrabbiata Pasta

Okay, so this easy recipe might not be quite what you are expecting. It's smoky from the smoked fish, has a deep tomato base, and little hints of sweetness from the grilled pepper. The surprise comes from the hit of heat from the Slightly Different Arrabbiata Pasta Sauce.

This feel-good pasta dish is minimum fuss with lots of tasty flavour. Get this dish on the table in less than 30 minutes.



Image by Alana Scott

Smoky Fish & Grilled Pepper Arrabbiata Pasta

Prep time: 5 mins

Cook time: 15 mins

Total time: 20 mins

INGREDIENTS, (SERVES 2)

1 large red pepper

60g (2 cups) spinach

140g gluten free pasta (made from corn, rice or quinoa)

1 tbsp garlic infused oil

1 jar of Slightly Different Spicy & Fragrant Arrabbiata Sauce

120g plain smoked white flesh fish (skin removed & flaked with a fork)

1 tsp white sugar (optional)

3 tbsp spring onion (green leaves only, finely chopped)

2 tbsp fresh parsley (finely chopped)

METHOD

Place a large saucepan of water on to boil. Season generously with salt (you want it salty like the sea).

Deseed the pepper and cut into quarters. Place on a tray skin up and brush or spray with oil. Pop the tray onto the top rack of the oven and grill on high until the pepper skin blackens.

While the pepper grills, roughly chop the spinach and finely chop the fresh parsley and green leaves of the spring onion. Place to one side.

Remove the pepper from the oven. Gently peel the blackened skin off the pepper and discard. Then dice the pepper.

Place the pasta on to cook according to packet directions.

Next place a medium sized saucepan over low heat. Add the garlic infused oil, spinach and diced grilled pepper. Cook for 2 – 3 minutes until the spinach has wilted. Stir through the Slightly Different Spicy & Fragrant Arrabbiata Sauce and flaked smoked fish. Allow to gently simmer for 5 minutes. Add a couple of tablespoons of water if needed. Taste the sauce – if it is too tart then stir through the white sugar.

Drain the cooked pasta. Toss the cooked pasta through the sauce. Transfer to bowls and garnish with chopped spring onion and parsley.

A Low FODMAP recipe reviewed & approved By 'A little Bit Yummy's' dietitian team.

Simple Tikka Masala & Rice



Simple Tikka Masala & Rice

Prep time: 5 mins

Cook time: 20 mins

Total time: 25 mins



INGREDIENTS (SERVES 2)

1 Tbsp Garlic infused oil

250g Chopped chicken breast or 250g Quorn chicken pieces, (check for onion or garlic)

1 Jar Slightly Different Foods Tikka Masala Sauce

150g Basmati rice

METHOD

Rinse rice in cold water.

Bring a pan of water to the boil and add rice.

Simmer for 15 minutes or until tender.

Whilst the rice is cooking, heat the oil in a large frying pan.

Add chicken & cook for 8 minutes or until browned.

Add Tikka Masala sauce and simmer for 5 minutes.

Drain rice and serve with the cooked Chicken Tikka.

A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.

Aubergine Bolognese

Prep time: 10 mins

Cooking time: 75 mins

Total time: 1 hr 25 mins

INGREDIENTS (SERVES 1)

130g (1 serving) SDF Bolognese sauce

100g Beef mince

75g (approx. 1/2 of a small aubergine)

1 tsp Olive oil

10-20g Cheddar cheese to garnish

Cracked pepper to garnish

Serving suggestion

Serve with lightly fried potato slices, (see recipe below) and a mixed leaf salad

INGREDIENTS

75g (3 slices) Potato with skin on

Cracked pepper

Sea salt

Olive oil to baste



Aubergine Bolognese

METHOD

Pre heat oven 180of

Rinse aubergine and slice in half.

Rub the outer side of the aubergine with a small amount of olive oil and place on a foil lined baking tray

Loosely cover the aubergine with foil and place in the oven for approx. 40 mins or until the centre has softened

Cook beef mince in a frying pan until browned.

Add the Bolognese sauce and simmer until the sauce is piping hot stirring occasionally.

Remove the aubergine from the oven and place on a plate.

Pour the Bolognese sauce over the top of the aubergine.

To garnish: Using a small grade, grate the cheese over the top of the sauce

Chop fresh coriander leaf over the top to finish.

Slice potato into 3 pieces leaving the skin on and boil on a moderate heat for 5 minutes.

Drain potatoes; baste both sides with olive oil and place onto a frying griddle cooking on a moderate heat.

Cook both sides until golden brown or until a slight griddle mark appears, (for that finishing touch) and leave to one side.

Season with cracked pepper and sea salt.

A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.



Tropical Curry & Sag Aloo



TROPICAL CURRY RECIPE

Prep time: 30 mins

Cooking time: 45mins

Total time: 1 hour 15 mins

INGREDIENTS (SERVES 4)

1 jar of Tropical curry sauce, (260g)

400g Wild rice

300g Quorn chicken pieces, or 300g chicken, (check Quorn for onion or garlic)

1 tablespoon garlic infused oil

2 tbsp water

METHOD

First rinse rice under cold water and empty into a saucepan.

Cover with water and boil until tender, (more water may need to be added during cooking).

Heat the garlic infused oil in a frying pan, add the Quorn or chicken until browned or cooked through thoroughly.

Add the Tropical curry sauce and simmer on a low heat for 5 minutes, (add water to thin sauce).

When rice is cooked, drain and leave to cool.

Serve with sag aloo as a side dish.

**A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian,
Joanna Baker.**

Sag Aloo recipe

Prep time: 20 mins cook time: 20-25 mins total time: 45mins

INGREDIENTS (SERVES 6)

2 tablespoon garlic infused olive oil

1g asafoetida

8g of korma or garam masala curry powder, (check ingredients as some have garlic or onion powder added)

6g of ginger, peeled and grated

300g of potatoes peeled and cut into cubes

A pinch of salt and pepper

100ml water

150g frozen spinach

Addition: 1g mild chilli powder, (check for onion or garlic)

METHOD

Peel, chop and boil the potatoes for ten minutes or until tender.

Heat 1 tbsp of oil in a medium pan and add the asafoetida followed by the curry powder and ginger and stir until mixed.

Add the cubes of potato and a pinch of salt and pepper and fry for a few minutes.

Add the water, and simmer until the potatoes are soft, (adding extra water if starting to stick to the bottom of pan or if the potatoes are not soft enough).

Add the spinach to the pan, mix and simmer for a few minutes .

Place the sag aloo into a dish.

Drizzle 1tbsp of garlic infused oil to finish.



A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.

Spicy Meatballs

Prep time: 15 mins

Cook time: 40 mins

Total time: 55 mins

INGREDIENTS, (SERVES 4)

520g, (2 jars) Slightly Different Arrabiatta Sauce, (use our Tomato & Basil or Bolognese for a less spicy sauce)

300g Gluten free Low FODMAP pasta

TO MAKE THE MEATBALLS

400g Minced beef

50g Gluten Free Low FODMAP breadcrumbs, (we used dried breadcrumbs)

75g Water to soak the breadcrumbs

40g Grated cheddar cheese

1 Egg

1g Chives

1g Asafoetida

1g Chilli powder, (leave out the chilli for a less spicy meal), (check for no onion or garlic)

0.3g Black pepper

1g Salt

5g Italian mixed herbs, (check for garlic and onion)

2-3 Tbsp Infused olive oil for frying

GARNISH

25g Cheddar cheese

Fresh Parsley





Spicy Meatballs

METHOD

Pre heat the oven on 180oC/350oF

Soak the breadcrumbs in water and mix with a fork until softened, (squeeze the water out if any) and transfer the soaked breadcrumbs to a blender

Add all the meatball ingredients and blend until the ingredients are mixed well

Divide the mixture into even sized balls, (makes about 28 balls)

Heat a tbsp of garlic infused oil in a frying pan and fry all sides of the meatballs until darkened and crispy on the outside but not cooked through, turning with tongs, (this may have to be done in two batches, use a tbsp oil for each batch)

Once crisp on the outside place the meatballs in an oven proof dish

Pour the Slightly Different sauce over the meatballs and cook in the oven for 15 minutes

Remove from the oven and stir the sauce, (add water to dilute if needed)

Return to the oven for a further 20 minutes

Whilst the meatballs are still cooking, bring a large saucepan of water to the boil. Add the pasta and 1 tbsp garlic infused oil, (this stops the pasta from sticking together)

(See pasta packet for cooking instructions)

Once the meatballs are cooked serve over the cooked pasta and garnish with cheddar cheese and fresh parsley (if required)

This recipe has been reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.



Enchiladas

Prep time: 10 mins

Cook time: 40 mins

Total time: 50 mins

INGREDIENTS (SERVES 4)

260g, (1 jar) Slightly Different Foods Mexican Fajita Sauce

1 Tbsp Garlic infused oil

500g Chopped chicken breast

150g Lactose free cheddar cheese

8 Low FODMAP rice Tortilla wraps

METHOD

Pre-heat the oven to 200oC

Heat the oil in a frying pan on a medium heat. Add chopped chicken and cook until browned.

Add half of the jar of sauce and mix. Simmer for 5 minutes and add half of the cheese.

Cook for a further 5 minutes or until the cheese has melted and mixed in. Spoon the mixture evenly into the centre of each tortilla. Roll them up and place in a lightly greased baking dish.

Pour the remaining sauce evenly over the tortillas and cover with the remaining cheese.

Place in the oven for twenty minutes or until browned and the cheese has melted.

A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.

Fakeaway Meals

Did someone say fakeaways?

These lush nourishing meals are simply gorgeous and will fill your craving for low FODMAP takeaways.

Think golden garlic bread triangles (yes these are low FODMAP!), saucy tikka masala tofu, and a refreshing coconut yoghurt and mint cucumber salad.

Melt in your mouth pork ribs smothered in BBQ sauce.

Tender stir-fried veggies, gorgeous golden chicken served in a bowl with sticky rice noodles.

These feel good fakeaways that your tummy will love!

Photography by Alana Scott



Fakeaway Slow Cooked BBQ Pork Ribs with Chunky Wedges

Prep time: 20 minutes

Cook time: 4 - 8 hours

Total time: Upto 8 1/2 hours

INGREDIENTS, (SERVES 4)

BBQ PORK RIBS

1kg pork ribs

2 tbsp brown sugar

1.5 tsp smoked paprika

1/2 tsp cumin

1/2 tsp salt

1 tbsp garlic infused oil.

120g (8 tablespoons) Slightly Different Hunter's Kicking BBQ Sauce

60ml (4 tablespoons) water

SERVING GLAZE

2 tbsp Slightly Different Hunter's Kicking BBQ Sauce

2 tbsp pan juices

POTATO WEDGES

700g potato

2 tbsp oil

2 tsp dried oregano

1 tsp sweet paprika

1/2 tsp salt

1/4 tsp black pepper

50g grated cheddar or vegan cheese

GREEN SALAD

4 large handfuls salad greens

1 small cucumber, peeled & sliced

3 tomatoes, cut into wedges



Fakeaway Slow Cooked BBQ Pork Ribs with Chunky Wedges

METHOD

Remove the membrane from the pork ribs if needed and slice into individual ribs.

Pat the ribs dry using a paper towel. In a small bowl mix together the brown sugar, smoked paprika, cumin, and salt. Place the ribs in a large bowl and sprinkle over the spice mix. Gently move the ribs around the bowl until they are evenly coated. Then pour over the Slightly Different Hunter's Kicking BBQ Sauce and the garlic infused oil. Mix the pork ribs until they are well coated.

Transfer the ribs to the bowl of a slow cooker. Pour the water down the edge of the bowl (don't pour it straight over the ribs as you'll wash the flavouring off).

Cook the ribs on high for 3 - 4 hours or on low for 7 - 8 hours.

1 hour before the ribs are ready, make the potato wedges. Preheat the oven to 220°C (430°F) bake function and line a roasting tray with baking paper. Cut the potato into chunky wedges. Pat dry with paper towels. Place in a large bowl and drizzle in olive oil. Then sprinkle over the oregano, salt, paprika and black pepper. Toss the wedges until they are evenly coated.

Transfer the wedges to the lined roasting tray. Spread them out so there is a little bit of space between each wedge. Bake in the oven for 30 minutes, then turn and sprinkle with cheese. If the wedges feel a little dry you can add another drizzle of olive oil. Continue baking for another 20 to 25 minutes until golden and crispy.

Make the salad. Rinse the salad greens, peel and slice the cucumber, cut the tomatoes into wedges.

Remove the pork ribs from the slow cooker and place in a roasting pan. Mix 2 tablespoons of Slightly Different Hunter's Kicking BBQ Sauce with 2 tablespoons of the juices in the slow cooker. Brush or spoon the glaze over the ribs. Pop under the oven grill for about 2 minutes each side until the ribs are slightly caramelised.

Serve the saucy ribs with chunky wedges and the side salad. Enjoy!

A Low FODMAP recipe reviewed & approved By 'A little Bit Yummy's' dietitian team.



Fakeaway Takeaway Spicy Red Thai Laksa

If you are stuck for a mid-week meal, then look no further. This gorgeous low FODMAP Spicy Red Thai Laksa is noodle heaven and will tick all the boxes.

Think spicy red Thai broth, tender stir-fried veggies, gorgeous golden chicken served in a bowl with sticky rice noodles.

Thanks to Slightly Different Red Thai Sauce you can have this recipe on the table in 30 minutes. Enjoy!

Prep time: 10 mins

Cook time: 20 mins

Total time: 40 mins

INGREDIENTS, (SERVES 2)

230g boneless chicken thighs (skin removed)

¼ tsp each of ground cumin, ground coriander, turmeric, and paprika

½ tbsp olive oil

½ red pepper

1 medium bunch (90g) pak choi /bok choy

90g thin 5mm rice stick noodles

250ml (1 cup) hot water

1 jar Slightly Different Thai Red Curry Sauce (start with ½ jar if you don't like things spicy)

Season with salt & pepper

FOR SERVING

(1 cup) mung bean sprouts

2 tbsp fresh coriander (finely chopped)

3 tbsp spring onion (green leaves only, finely sliced)

½ red chilli (seeds removed, finely sliced, optional)



Photography by Alana Scott

Fakeaway Takeaway Spicy Red Thai Laksa

METHOD

Place a saucepan of hot water on to boil (you'll use this for your rice noodles).

Slice the chicken into small pieces and sprinkle with cumin, coriander, turmeric and paprika. Season with a few grinds of salt and pepper and then mix until well coated.

Prep the veggies. Deseed and slice the red pepper into strips and roughly chop the pak choi. Finely slice the fresh coriander and green leaves of the spring onion. If you like your food spicy then deseed and finely slice the red chilli.

Place a large frypan over medium high heat. Add a drizzle of olive oil. Once hot, add the chicken and let it sizzle for 4 to 5 minutes, stirring occasionally, until lightly golden (it's okay if it isn't quite cooked through). Then remove from the pan and place to one side.

Place the pan back on the heat and stir-fry the red pepper for 2 minutes, until it starts to soften. Add the pak choi and stir-fry for a further minute. Remove and place to one side in a separate bowl.

Reduce the heat to the frypan to medium and add the water. If you don't like spicy meals, then start by adding ½ jar of Slightly Different Thai Red Curry sauce and whisk it through the water to form a broth. Add the chicken back into the pan and allow to gently bubble for 5 minutes (or until the chicken is cooked through) or for longer for a thicker sauce (if at any stage your sauce gets too dry just add another splash of water). Stir occasionally. Taste – if you want a spicier sauce then whisk through the other ½ of the Slightly Different Red Thai Curry Sauce. Then heat for a further 1 to 2 minutes.

While the chicken simmers, boil the rice stick noodles for 2 minutes. Drain, rinse under cold water, and rinse again.

Place the rice noodles and stir-fried veggies into bowls. Spoon over the red Thai curry broth and chicken. Then gently mix through the chopped spring onion and coriander. Top with a handful of mung beans and sliced red chilli (optional).

A Low FODMAP recipe reviewed & approved By 'A little Bit Yummy's' dietitian team.





Fakeaway Takeaway Vegan Tikka Masala with Garlic Bread & Cucumber Mint Salad

This lush vegan tikka masala nourishing bowl is simply gorgeous and will fill your craving for low FODMAP takeaways.

Think golden garlic bread triangles (yes these are low FODMAP!), saucy tikka masala tofu, and a refreshing coconut yoghurt and mint cucumber salad.

Photography by Alana Scott

Fakeaway Takeaway Vegan Tikka Masala with Garlic Bread & Cucumber Mint Salad

Prep in advance: If you want super tasty tofu then press your tofu the night before, chop it into cubes and place in container. Mix with a few tablespoons of Slightly Different Tikka Masala Sauce, cover and leave in the fridge until you are ready to cook.

Non vegan option: If you're not a tofu fan then try switching that out for diced chicken breast instead.

Prep time: 15 minutes Cook time: 20 minutes

INGREDIENTS, (SERVES 2)

CUCUMBER MINT SALAD

120g cucumber
4 tbsp mint (finely sliced)
4 tbsp coconut yoghurt
½ tbsp Lemon juice
Pinch of sugar
Season with black pepper

LOW FODMAP GARLIC BREAD

4 slices gluten free or low FODMAP bread
2 tbsp dairy free spread
1 tbsp garlic infused oil
Sprinkle of dried oregano
Sprinkle of dried salt

TIKKA MASALA FILLING

½ jar Slightly Different Tikka Masala Sauce
180g firm tofu
½ tbsp olive oil
80g canned chickpeas (drained and rinsed)
120g (1 large) carrot
30g spinach



Fakeaway Takeaway Vegan Tikka Masala with Garlic Bread & Cucumber Mint Salad

METHOD

Drain the tofu and place on a plate lined with a clean tea towel (don't use a fluffy one), fold the tea towel over the tofu, top with another plate and a couple of cans and allow to press for 5 minutes.

Preheat the oven to 180°C (350°F) bake function.

Melt the dairy free spread in a small bowl in the microwave then mix through the garlic infused oil. Cut the bread into small triangles and brush each side with the oil mixture until there is none remaining (it's okay if the bread feels a little soggy - it will turn into glorious garlic bread!).

Place the bread on a tray and pop into the oven to bake for 10 to 15 minutes, turning halfway through until both sides are lightly golden.

While the garlic bread bakes, slice the tofu into small cubes, place in a bowl and mix through 3 tbsp of the Slightly Different Tikka Masala Sauce, allow to marinate.

Peel and slice the cucumber into small chunks. Peel and dice the carrot. Drain, rinse and weigh out the chickpeas. Finely slice the spinach and finely chop the mint.

In a small bowl mix together the cucumber, coconut yoghurt, lemon juice, mint and a pinch of sugar. Mix well and season with black pepper.

Place a large frypan over medium heat. Once hot add the olive oil and the carrot, stir-fry for 3 - 4 minutes until the carrot is tender and slightly golden. Next add the tofu into the pan and fry for 3 to 4 minutes, stirring every now and then until the tofu is golden (it's okay if the tofu breaks up a little in the pan). Next turn down the heat to low and toss in the chickpeas, spinach and remaining Slightly Different Tikka Masala Sauce. Allow to simmer for another 2 minutes. Taste and add a couple of grinds of salt or a pinch of sugar as needed. If you want your tofu more sauce you can add a couple more tablespoons of sauce.

Serve immediately with the cucumber mint salad and garlic bread triangles on the side.

A Low FODMAP recipe reviewed & approved By 'A little Bit Yummy's' dietitian team.



A top-down view of a grey ceramic plate with a speckled pattern. The plate is filled with a stir-fried vegetable dish. The ingredients include sliced red and green bell peppers, green beans, and pieces of a light-colored vegetable, possibly zucchini or eggplant, all coated in a thick, glossy yellow-orange sauce. The text "Vegetarian & Vegan Meals" is overlaid in the center in a bold, white, sans-serif font.

Vegetarian & Vegan Meals

Super Simple Vegan Spinach & Chickpea Tropical Curry

You only need a handful of pantry staples and our delicious Slightly Different Tropical Curry Sauce to make dinner in a flash.

We've used a low FODMAP serving size of chickpeas in this dish but if you aren't a chickpea fan then that's okay - this curry would also be lovely with firm tofu, pan-fried chicken or pork.

This super simple vegan tropic curry is a budget friendly option for busy weeknights.

Spinach & Chickpea Tropical Curry

Prep time: 10 mins

Cook time: 15 mins

Total time: 25mins

INGREDIENTS, (SERVES 2)

- 204g uncooked white or basmati rice
- 2 medium carrots, peeled & diced
- 20g spring onion, green leaves only, finely sliced
- 84g canned chickpeas, rinsed and drained
- 75g baby spinach
- 1 tbsp olive oil
- 1 jar (260g) Slightly Different Tropical Curry Sauce
- 125ml water
- 1.5 tbsp fresh coriander or parsley, finely chopped for serving

METHOD

1. Place the rice on to cook according to packet instructions (we used the absorption method).
2. Peel and finely dice the carrot. Finely slice the green leaves of the spring onion. Roughly chop the baby spinach. Drain, rinse and measure out the canned chickpeas.
3. Place a medium-sized frypan over medium heat. Add the olive oil and carrots and stir-fry for 3 to 4 minutes until the carrot is tender. Next add the spring onion leaves, chickpeas and baby spinach and fry for a 1 to 2 minutes. Pour in the Slightly Different Tropical Curry Sauce and the water, then mix well. Allow to simmer for 8 minutes or until the sauce is thick and creamy.
4. Fluff the cooked rice with a fork and season with salt.
5. Serve the tropical curry over the rice and garnish with chopped coriander or parsley.

A Low FODMAP recipe reviewed & approved By 'A little Bit Yummy's' dietitian team.

Vegan Tofu Thai Red Curry Kebabs with Thai Vegetables & Rice

Prep time: 20 mins

Cook time: 30 mins

Total time: 50 mins

INGREDIENTS (SERVES 2)

300g Firm Tofu

1 Jar Slightly Different Foods Thai Red Curry Sauce

50g Jar Slightly Different Foods Sweet Chilli Sauce (additional)

125g Thai Jasmine Rice

50g Sliced Green Beans (sliced)

50g Bell Red Pepper (sliced)

50g Cabbage (Chinese/Savoy)

50g Carrot (sliced)

50g Broccoli (heads)

8 Baby Tomatoes

2 Tbsp Garlic infused oil

1 Tbsp Vegan Fish Sauce

10g Red Chilli (sliced)

Coriander (to garnish)

Skewers



Vegan Tofu Thai Red Curry Kebabs with Thai Vegetables & Rice

METHOD

Weigh and chop ingredients.

Drain the Tofu, press for five minutes to release as much water as possible and cut into cubes.

Heat oil in a frying pan and add the Tofu chunks. Cook for five minutes turning the tofu to cook all sides. Once cooked, leave to one side.

Rinse the rice under cold water. Bring a pan of water to the boil and add rice. Boil for 10 minutes or until tender.

Once the rice is cooked drain and leave to one side.

Heat 1 tbsp of garlic infused oil in a pan and heat. Fry all the vegetables except the cabbage for 2-3 minutes.

Add the cabbage & Vegan Fish Sauce and fry for 2-3 minutes (adjust time for tenderness of vegetables) Once cooked leave to one side.

Place the Tofu and tomatoes on to the skewers and fry in a griddle lightly pressing the kebabs so that until griddle lines appear.

Heat the Thai sauce in a pan for 2 minutes or until piping hot.

Serve the Kebabs, Thai vegetables and rice and garnish with coriander to finish.

Pour some the Thai sauce over your meal, leaving the remaining sauce as a dip.

**A Low FODMAP recipe reviewed and approved
by Everyday Nutrition Founder and Accredited
Practising Dietitian,**

Joanna Baker.



Vegetarian Arrabbiata Moussaka

Prep time: 35 mins

Cook time: 40 mins

Total time: 1 hour 15 mins

INGREDIENTS (SERVES 4)

250g Aubergine

250g Quorn mince

1 jar, (260g) of Slightly Difference Foods Arrabbiata Spicy Sauce, (use our Tomato & Basil sauce for a less spicy meal)

250g Potatoes

3 Tbsp garlic infused oil

WHITE SAUCE INGREDIENTS

40g dairy free butter

40g Low FODMAP plain flour (ensure the gluten free flour is made from a low FODMAP grain such as maize, tapioca or rice)

400ml Almond milk

2g Ground nutmeg

2g Asafoetida

20g Nutritional yeast

Salt and pepper to taste



Vegetarian Arrabbiata Moussaka

METHOD

PREPARING THE VEGETABLES

Peel the potatoes and cut into very thin slices. Place in cold water to stop them from browning.

Rinse the aubergine and cut into thin slices, (leaving out the ends). Brush them with oil on both sides.

Add 2 tbsp of garlic infused oil to a pan and fry the aubergine in a grill pan until the slices have softened and have brown grill stripes on both sides.

Leave to one side.

COOKING THE WHITE SAUCE

Heat the butter in a pan for the white sauce.

Add the flour when the butter has melted and stir with a whisk, leaving the flour to cook for a few minutes while you stir regularly.

Gradually add the almond milk and keep stirring with the whisk.

Add the nutritional yeast powder to the sauce.

Simmer for a few minutes until it gets thicker continue stirring for a smooth consistency.

Add the asafoetida and nutmeg.

Season with pepper and salt, leave to one side.

Heat 1 tbsp of infused oil in a frying pan and add the Quorn.

Fry for 5 minutes, (use a guard as the Quorn tends to spit).

Add the arrabbiata sauce and stir.

Simmer for 10 minutes on a low heat stirring occasionally to stop the sauce from sticking to the pan.

ASSEMBLE FOR MOUSSAKA FOR BAKING

Pre-heat the oven to 180 degrees Celsius.

Drain the potatoes.

Layer the oven dish with potato slices on the bottom.

Add a layer of aubergine slices on top.

Divide half of the Quorn mince tomato sauce over the aubergine.

Cover this with another layer of potato slices and aubergine slices.

Spread the other half of the mince sauce on top.

Finish with the white sauce and smoothen the sauce with a spoon.

Bake the moussaka in the oven for 35-45 minutes or until golden brown and cooked through.

Garnish with cracked black pepper.

Vegan Pizza



Vegan Pizza

Prep time: 30 mins

Cook time: 10 mins

Total time: 40 mins



INGREDIENTS (SERVES 3)

1 Low FODMAP Gluten free pizza base

Half a jar of Slightly Different Bolognese Sauce

60g vegan cheese slices cut into circles, (check no onion or garlic)

40g vegan cheese, grated, (check for no onion or garlic)

10 Green or/and black olives, halved

50g Spinach

5 Cherry tomatoes, halved

15g Shimeji mushrooms, cut in small cubes

1/2 Red bell pepper, sliced

15g Jalapeno pepper (optional)

15g Fresh coriander, chopped

METHOD

Soak the spinach in boiling water until it has softened then drain and leave to one side.

Soak the sliced mixed peppers in boiling water until tender, drain and leave to one side.

Spread Slightly Different Bolognese Sauce evenly over the top of the pizza base.

Spread the drained spinach, cheese slices, half of the coriander, olives, mushrooms, cherry tomatoes over the pizza base.

Scatter the remaining coriander, bell pepper, jalapenos and cheddar cheese over the top.

Season with cracked black pepper.

Bake in the oven until browned and piping hot.

A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.

Vegan Tofu & Vegetable Thai Red Curry

Prep time: 20 mins

Cook time: 55 mins

Total time: 1 hr 15 mins

INGREDIENTS (SERVES 2)

260g, (1 Jar) Slightly Different Foods Thai Red Curry Sauce

200g Cubed Tofu

125g Thai jasmine rice

75g French green beans

60g Bell red pepper sliced

30g Bamboo shoots

1-2 Tbsp Garlic infused oil

125g cooked white rice

METHOD

Drain the tofu, press for five minutes to release as much water as possible & Cut into small cubes.

Rinse rice in cold water.

Bring a pan of water to the boil and add the rice. Simmer for 15 minutes or until tender. Once cooked drain and leave to one side

Whilst the rice is cooking, boil the green beans for 5 minutes. Once cooked drain and leave to one side.

Heat oil in a frying pan and add the tofu chunks. Cook for 15 minutes turning the tofu to cook all sides or until crispy

Once cooked place in a bowl and leave to one side

Fry the red peppers until tender.

Add the bamboo shoots and green beans.

Add the jar of Thai Red Curry sauce and cooked tofu chunks. Mix and heat for 2-3 minutes or until piping hot

Serve with rice.

A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.





Lunch2Go Recipes

Vegetarian BLT Club Sandwich

Prep time: 5-10 mins Cook time: 10 mins Total time: 20 mins

INGREDIENTS, (SERVES 1)

- 40g (2 slices) Tomato
- 2 Slices Low FODMAP, Gluten Free or Sourdough bread, (40g with crusts cut off)
- 2 Slices Vegetarian Bacon slices, (approx. 35-40g) defrosted, (check for onion or garlic)
- 20g SDF Spicy Red Pepper Tomato Ketchup
- 15g Mayonnaise
- 10g Lettuce, (approx. 7 leaves)
- 1-2Tbsp Garlic infused oil
- Cracked black pepper to garnish.

METHOD

- Defrost bacon before use, (see product instructions for defrosting).
- Using a tbsp of infused oil, fry the bread until both sides are crisp and golden. Once cooked leave to one side to cool.
- Fry the bacon in the infused oil until browned. Once cooked leave to one side to cool.
- Spread the mayonnaise evenly on the inside of both pieces of toasted bread.
- Place the lettuce on the bottom half and add the cooked bacon.
- Pour on SDF Spicy Ketchup and add the sliced tomato. Garnish with Cracked black pepper.
- Place lid on top and enjoy!

A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.



Smoky Paprika Chicken Salad with Orange Ginger Chilli Dressing

We love to throw together salads that are packed full of flavour. This low FODMAP smoky paprika chicken salad is no exception.

You get the gorgeous smokiness from the paprika chicken, the creaminess from the avocado, the crunchiness from the cucumber, pepper and tortilla chips all smothered in a spicy salad dressing with kicks of ginger and orange.

Photography by Alana Scott





Smoky Paprika Chicken with Orange Ginger Chilli Dressing

FODMAP note: Avocado is low FODMAP in small serves. The amount used in this recipe is low FODMAP providing you divide it into 2 servings.

Prep time: 5 minutes

Cook time: 20 minutes

Total time: 25 minutes

INGREDIENTS, (SERVES 2)

SMOKEY PAPRIKA CHICKEN

250g chicken breast (skin removed)

1 tsp garlic infused oil

1 tsp smoked paprika

Season with salt and pepper

2 tsp olive oil (for cooking)

SALAD

1 small cucumber

2 cups lettuce

½ red pepper

60g avocado

½ small red chilli (optional, garnish)

40g plain corn tortilla chips

2 tbsp spring onion (green leaves only, finely chopped)

2 tbsp Slightly Different Orange Ginger & Chilli Salad Dressing



Smoky Paprika Chicken Salad with Orange Ginger Chilli Dressing

METHOD

Preheat the oven to 220°C bake function. Line a roasting pan with baking paper.

Place the chicken breast on a plate and rub in garlic infused oil, paprika and a few grinds of salt and pepper.

Heat an oven proof frying pan over medium-high heat. Once hot, add the olive oil. Fry the whole chicken breasts for 3 minutes each side, covering with a lid while it cooks. Then transfer to the oven and bake for 10 - 15 minutes until the chicken is fully cooked through (the juices should run clear, and the flesh should be white the whole way through).

While the chicken cooks, prep the salad. Slice the cucumber, wash and shred the lettuce, deseed the red pepper and finely dice, weigh and slice the avocado, finely slice the red chilli if using, crush the tortilla chips and finely slice the green leaves of the spring onion.

Assemble the salad ingredients into two bowls. Once the chicken is cooked remove it from the oven. Slice the chicken into chunks or shred, then add to the salad bowls.

Drizzle in Slightly Different Orange, Ginger & Chilli Salad Dressing. Enjoy!

A Low FODMAP recipe reviewed & approved By 'A little Bit Yummy's' dietitian team.



Chicken Tikka Masala Wrap

Chicken Tikka Masala Wrap

Prep time: 10 mins Cook time: 5 mins Total time: 15 mins

INGREDIENTS FOR MAIN, (SERVES 3)

3 x 40g Low FODMAP Gluten Free wraps

130g/Half a jar SDF Tikka Masala sauce

100g Cooked chicken

75g M/W White rice

1 Tbsp Garlic infused oil.

12g Mango chutney, (check ingredients for onion or garlic!)

2g Fresh Coriander

12 Small lettuce leaves, (Herb lettuce is best for extra flavour)

10-15g Mayonnaise, (to stick wraps when folding)

SIDES:

30g Mini poppadom's, (we used a supermarket brand. Check ingredients for lentil & bean flour)

FRUIT:

150g White grapes

45g Blueberries

METHOD

Shred the cooked chicken into small pieces, (it will spread easier once in the wrap).

Pour the oil into a frying pan and heat. Add the shredded chicken and Tikka Sauce. Simmer until warmed through.

Once cooked place in a bowl and leave to cool.

Follow the cooking instructions on the back of the rice packet. Once cooked empty into a bowl and leave to cool.

Chop the coriander finely.

Weigh rice.

Mix in the Tikka, cooled rice and chopped coriander.

Place the wraps on a board and evenly spread the mayonnaise around the outside of each wrap, (this will help to seal the rolled wrap).

Spread the mango chutney evenly down the centre of each wrap.

Place the 3-4 lettuce leaves over the top of the chutney.

Divide and place the Chicken Tikka mixture on top of the lettuce leaves.

Turn the filled wrap 45 degrees so that the mixture is at horizontal.

Place each hand under the wrap slightly and slowly lift and roll the closest part of the wrap away from you sealing the rolled wrap with the mayonnaise already on it.

Divide the poppadom's and fruit evenly and serve.

A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.



Vegetarian Haloumi Toastie

Prep time: 5-10 mins Cook time: 5-10 mins Total time: 20 mins

INGREDIENTS, (SERVES 1)

40g Haloumi

40g (2 slices) Tomato

2 Slices Low FODMAP, Gluten Free or Sough dour bread, (40g with crusts cut off)

20g Slightly Different Spicy Red Pepper Tomato Ketchup

15g Mayonnaise

10g Lettuce, (approx. 7 leaves)

2g Fresh chopped chives

1-2Tbsp Garlic infused oil.

Cracked black pepper to garnish.

Sides: 40g large green pitted olives

Fresh red chilli to garnish

Fruit: 30g Fresh pineapple chopped

60g Fresh sliced strawberries

METHOD

Weigh, chop, and slice ingredients

Cut edges off the bread.

Using a tbsp of infused oil, fry the bread until both sides are crisp and golden.
Once cooked leave to one side to cool.

Mix the mayonnaise and chives and spread evenly on one side of each slice of
toasted bread.

Lay the lettuce on the bottom layer of toast.

Use 1 tbsp infused oil to fry the Haloumi. Cook until both sides are golden.

Once cooked place on top of the lettuce and add the slices of tomato.

Garnish with cracked black pepper and pour on Slightly Different Spicy ketchup.

Place the other slice of toast on top and serve with Olives with chilli and fruit.

**A Low FODMAP recipe reviewed and approved
by Everyday Nutrition Founder and Accredited
Practising Dietitian, Joanna Baker.**

Tomato & Basil Pasta

Prep time: 5 mins

Cook time: 20 mins

Total time: 25 mins

INGREDIENTS (SERVES 2)

260g, (1 Jar) of Slightly Different Tomato & Basil Sauce

150g Gluten Free Low FODMAP Penne Pasta or similar

1 Tbsp Garlic Infused Oil

GARNISH

Chopped Basil Leaves

Low FODMAP cheese or Vegan Cheese (Option)

METHOD

Bring a large saucepan of water to the boil. Add the pasta and the garlic infused oil, the oil helps stop the pasta from sticking together, (follow cooking instructions on the pasta packet for cooking time and adjust to your preference).

Once cooked drain and leave to one side.

Heat and stir sauce in a saucepan for 2 minutes or until piping hot.

Transfer the pasta to a large bowl covering the meal with the sauce.

Garnish Low FODMAP cheese and basil to finish.

This recipe has been reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.





Vegan Mexican Fajita Tacos

Prep time: 10 mins

Cook time: Less than 5 mins

Total time: Less than 15 mins

INGREDIENTS, (SERVES 2)

4 Taco shells

30g Carrot max 75g

15g Black beans

15g Pinto beans

10g White Cabbage max 75g

10g Red cabbage max 75g

40g Red grapes

8-12 leaves lettuce

200g Slightly Different Mexican Fajita sauce

60g Walnuts 30g max

Additional: Serve with Raita Sauce,
(see recipe in sides & dips on website).



Vegan Mexican Fajita Tacos

METHOD

Drain, rinse and weigh beans.

Chop and weigh remaining ingredients.

Mix all the ingredients except the lettuce, Fajita sauce and walnuts and leave to one side.

Place the walnuts into a blender and mix into small lumps.

Heat taco shells in a microwave, (see packet for heating instructions).

Dividing evenly, place the lettuce leaves inside the taco shell followed by the bean mixture.

In a saucepan cook the chopped walnuts and Slightly Different Mexican Fajita sauce until bubbling or piping hot.

Pour heated sauce mix into the taco shell and top with Raita sauce to finish, (check for no onion or garlic in Raita Sauce).

**A Low FODMAP recipe reviewed and approved
by Everyday Nutrition Founder and Accredited
Practising Dietitian,**

Joanna Baker.

Hunters Chicken Toastie

Prep time: 10 mins Cook time: 5-10 mins Total time: 20 mins

INGREDIENTS, (SERVES 1)

2 Slices Low FODMAP, Gluten Free or Sourdough bread,
(40g with crusts cut off)

45g Sliced cooked chicken.

20g Bacon, (approx. 2 bacon roundels)

20g Grated mature cheddar cheese.

15g Mayonnaise

10-20g Slightly Different Hunters BBQ sauce

1 Tbsp Garlic infused oil.

10g Lettuce, (approx. 7 leaves)

METHOD

Weigh and chop ingredients.

Cut edges off the bread.

Using a tbsp of infused oil, fry the bread until both sides are crisp and golden.
Once cooked leave to one side to cool.

Fry the bacon in the infused oil until browned. Once cooked leave to one side
to cool.

Spread the mayonnaise evenly on the inside of both pieces of toasted bread.

Place the lettuce on the bottom half and add the cooked bacon. (remove the
fat from the bacon if preferred).

Pour on Slightly Different Hunters BBQ sauce.

MW the grated cheese in a m/w bowl for approx. 10-15 seconds, remove
from m/w, stir, and pour over the bacon.

Add the sliced chicken, place lid on top and enjoy!

**A Low FODMAP recipe reviewed and approved
by Everyday Nutrition Founder and Accredited
Practising Dietitian, Joanna Baker.**



BLT Club Sandwich

Prep time: 5 mins Cook time: 5-10 mins Total time: 15 mins

INGREDIENTS, (SERVES 1)

1 Gluten Free Low FODMAP Ciabatta roll, (50-52g)

25g Bacon

40g, (2 slices tomato)

20g Slightly Different Spicy ketchup

15g Mayonnaise

10g Lettuce, (approx. 7 leaves)

1 Tbsp Garlic infused oil.

Cracked black pepper to garnish.

METHOD

Cook the ciabatta roll in the oven as per instructions on packet. Once cooked leave to cool.

Fry the bacon in the infused oil until browned. Once cooked leave to one side to cool

Cut the roll in half and spread the mayonnaise evenly on the inside of both pieces of roll.

Place the lettuce on top of the bottom of the roll and add the cooked bacon, (remove the fat from the bacon if preferred).

Pour on Slightly Different Spicy Ketchup and add the sliced tomato. Garnish with Cracked black pepper

Place lid on top and enjoy!

A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.



Raspberry Summer Salad

This delightful summer salad is packed with nutrition and full of natural flavours. A light and refreshing lunchtime summer delight.



Raspberry Summer Salad

Ingredients – Serves 1

1-1 1/2 cups of mixed green leaf salad, (rocket, watercress & spinach)

6-8 Slices cucumber

3 Cherry tomatoes halved

30g Avocado sliced

10 Raspberries

8 Chopped almonds

1 Tbsp Rapeseed oil

20g Deliciously Different Mediterranean Inspired Herb Vegan Mayo or Mild Piri Piri Vegan Mayo

Method

Mix the oil with 20g of Deliciously Different Mediterranean Inspired Herb Vegan Mayo or Deliciously Different Mild Piri Piri Vegan Mayo and mix until smooth, (you may find it easier using a small mixer to blend this well).

Slice/chop the cucumber, tomatoes, avocado, and almonds

Place the mixed green salad in a bowl and place the cucumber and avocado on top.

Spread over evenly the chopped tomatoes and raspberries and top with the chopped almonds.

Pour over the mayo oil and enjoy!

This recipe has been reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.



Oyster mushroom & Halloumi Pitta

A tasty and delightful combination of mouth-watering natural flavours is sure to be a summertime hit for those seeking a kebab style meal but without the meat with our 'New' Tomato Ketchup. Why not add Deliciously Different Mild Piri Piri Vegan Mayo to turn up the heat!



Oyster mushroom & Halloumi Pitta

Ingredients – Serves 1-2

1-2 Gluten Free, low fodmap pitta pockets, (52g x 2)

A handful of mixed green leaf salad, (rocket, watercress & spinach)

40g Halloumi

30g Oyster mushrooms

2 Slices cucumber

2 Cherry tomatoes halved

1 Tbsp garlic infused oil

Garnish with chopped fresh coriander

Slice of lemon to finish

20g Deliciously Different Mediterranean Inspired Herb Vegan Mayo or Mild Piri Piri Vegan Mayo

Method

Lightly toast the pitta pockets and leave to one side

Rince and chop the oyster mushrooms

Slice/chop the halloumi, cucumber, tomatoes, olives, and coriander

Fry the chopped oyster mushrooms and halloumi in the garlic infused oil until browned

Additional: Spread 20g of Deliciously Different Mediterranean Inspired Herb Vegan Mayo or Deliciously Different Mild Piri Piri Vegan Mayo on the inside of the pitta pocket

Place the mixed green salad in the pitta pocket and add the chopped oyster mushrooms and halloumi.

Pour over the Deliciously Different Tomato Ketchup Add the cucumber, tomatoes, and olives and top with a slice of lemon to finish!



This recipe has been reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.

Tofu and Oyster Mushroom Salad

This delightful savory salad is packed with nutrition and full of natural flavours.

A light but filling lunchtime summer delight.



Tofu and Oyster Mushroom Salad

Ingredients – Serves 1

75g Kale

1 cup of mixed green leaf salad, (rocket, watercress & spinach)

1 Tbsp of chopped dark green tops of spring onions

80g Tofu, firm drained

40g Oyster mushrooms

1 Tbsp garlic infused oil

2 Tbsp Rapeseed oil

20g Deliciously Different Mediterranean Inspired Herb Vegan Mayo or Mild Piri Piri Vegan Mayo

Cracked black pepper & salt to garnish

Method -Pre-heat fan oven 180oc/350of

Mix 1 tbsp of garlic infused oil with 20g of Deliciously Different Mediterranean Inspired Herb Vegan Mayo or Deliciously Different Mild Piri Piri Vegan Mayo and mix until smooth, (you may find it easier using a small mixer to blend this well).

Place the kale on a lightly oiled baking tray, (1 tbsp of oil) add salt and cracked black pepper and bake in the oven until crisp for approximately 10 minutes. Leave to one side to cool.

Cut the tofu into 2cm square chunks and fry all the sides in 1 tbsp of oil until all sides are golden.

Rince, chop and fry the Oyster Mushrooms until golden. Leave to one side.

Place the cooked Kale in a bowl and add the mixed salad and mix well.

Spread the Oyster Mushrooms evenly over the salad and add the Tofu chunks.

To garnish, spread the chopped green tops of spring onion over your salad dish. Add cracked black pepper to finish. Pour over the mayo oil and enjoy!



This recipe has been reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.



Sides & Dips

Sue Todd Photography



Beer Battered Sausages

INGREDIENTS, (SERVES 4-6)

4-6/400g Gluten Free pork sausages, (we had our local butcher make us a batch of sausages with no onion or garlic in the sausage meat recipe)

100g Gluten Free Low FODMAP flour

150g Gluten Free beer or sparkling water, (less water may be needed if using sparkling water)

2g Baking powder

METHOD

Sift the flour into a large bowl and whisk the beer/water in gradually until the mixture is smooth and slowly drips off the whisk, (the thickness of the batter is personal preference however if it is too thick, once cooked it may be soggy inside and if too thin the mixture will not stick properly to the sausages).

Dip the sausages in some flour, (this will help the batter mixture stick).

Holding the sausage, slide into the bowl of batter mixture until covered evenly and carefully place into the fryer being careful not to touch the oil with your fingers, (you may need to use a spatula to make sure the batter doesn't stick to the metal basket).

Fry for five minutes turning over several times, to make sure it is cooked through properly and the batter is crispy all round.

A small tip: when the sausage is golden after five minutes of cooking, keep frying for several seconds when the oil is bubbling for that extra crispy finish.

Carefully with some tongs, lift out of the oil and carefully shake to extract excess oil. Set aside to cool.

Serve with Slightly Different Spicy Red Pepper Tomato Ketchup!

A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.

Low FODMAP Raspberry & Mint Summer Salad

Summer is just around the corner and it's time to create a gorgeous salad! This Slightly Different Raspberry & Mint Summer Salad is perfect for evenings where you don't want to cook or to take to your next BBQ.

It has delicious fruity pops from the grapes and blueberries (trust us these fruits are delicious in salads), cool and crunchy cucumber, golden croutons and a deliciously tangy raspberry and mint dressing.

Photography by Alana Scott



Raspberry & Mint Summer Salad

This salad is vegan and low FODMAP – we’ve even snuck in a low FODMAP serving of black beans.

Prep time: 10 mins Cook time: 10 mins Total time: 20 mins

INGREDIENTS, (SERVES 2)

CRUNCH CROUTONS

2 slices Gluten Free low FODMAP bread
1.5 tbsp butter or dairy free spread
1.5 tsp garlic infused oil
Season with salt and pepper
Sprinkle with dried oregano

SUMMER SALAD

4 tbsp canned black beans (rinsed & drained)
150g (1 cup) red grapes (cut in half)
1 small cucumber
60g (1/2 cup) blueberries
2 large handfuls lettuce
2 tbsp spring onion (green leaves only, finely sliced)
2 tbsp Slightly Different Raspberry & Mint Dressing

METHOD

Preheat the oven to 180°C (355°F) fan bake function.

Rip the bread into little chunks and place in a large bowl. In a small mug melt the dairy free spread/butter in the microwave for a few seconds. Mix through the garlic infused oil. Then toss through the bread - keep moving the bread around the bowl until it is lightly coated. Then season the bread with the salt and oregano. Line a flat baking tray with baking paper/parchment paper and evenly spread the croutons onto the tray.

Cook the croutons in the oven for ten minutes, turn and cook for a further 2 to 3 minutes until golden brown.

While the croutons cook, rinse and drain the canned black beans, slice the grapes in half, cut the cucumber into chunks, wash the lettuce, and finely slice the green leaves of the spring onion.

Assemble the salad ingredients on to plates, top with cooked croutons and drizzle in Slightly Different Raspberry and Mint Salad Dressing.

A Low FODMAP recipe reviewed & approved By 'A little Bit Yummy's' dietitian team.

Vegan Cucumber Mint Dressing

Total time: 5-10mins

INGREDIENTS, (SERVES 2)

120g cucumber

1 tbsp mint (finely sliced)

4 tbsp coconut yoghurt

½ tbsp Lemon juice

Pinch of sugar

Season with black pepper

METHOD

Peel and slice the cucumber into small chunks.

Finely chop the mint.

In a small bowl mix together the cucumber, coconut yoghurt, lemon juice, mint and a pinch of sugar.

Mix well and season with black pepper.

**A Low FODMAP recipe reviewed & approved
By 'A little Bit Yummy's' dietitian team.**

Photography by Alana Scott



Garlic Bread

Prep time: 5 mins Cook time: 10-15mins Total time: 20 mins

INGREDIENTS, (SERVES 2)

4 slices gluten free or low FODMAP bread

2 tbsp dairy free spread

1 tbsp garlic infused oil

Sprinkle of dried oregano

Sprinkle of dried salt

METHOD

Preheat the oven to 180°C (350°F) bake function.

Melt the dairy free spread in a small bowl in the microwave then mix through the garlic infused oil.

Cut the bread into small triangles and brush each side with the oil mixture until there is none remaining (it's okay if the bread feels a little soggy - it will turn into glorious garlic bread!).

Place the bread on a tray and pop into the oven to bake for 10 to 15 minutes, turning halfway through until both sides are lightly golden.

A Low FODMAP recipe reviewed & approved By 'A little Bit Yummy's' dietitian team.

Photography by Alana Scott



Vegan Sag Aloo

Prep time: 20 mins

cook time: 20-25 mins

total time: 45mins

INGREDIENTS, (SERVES 6)

2 tablespoon garlic infused olive oil

1g Asafoetida

8g of korma or garam masala curry powder, (check ingredients as some have garlic or onion powder added)

6g small thumb sized piece of ginger, peeled and grated

300g of potatoes peeled and cut into cubes

A pinch of salt and pepper

100ml water

150g frozen spinach

Addition: 1g mild chilli powder

METHOD

Peel, chop and boil the potatoes for ten minutes or until tender.

Heat 1 tbsp of oil in a medium pan and add the Asafoetida followed by the curry powder and ginger and stir until mixed.

Add the cubes of potato and a pinch of salt and pepper and fry for a few minutes.

Add the water, and simmer until the potatoes are soft, (add extra water if starting to stick to the bottom of pan or if the potatoes are not soft enough).

Add the spinach to the pan, mix and simmer for a few minutes.

Place the sag aloo into a dish.

Drizzle 1tbsp garlic infused oil over the top and mix to finish.

A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.



Potato Wedges

Prep time: 5 mins

Cook time: 50 mins

Total time: 55 mins

INGREDIENTS, (SERVES 4)

700g potato

2 tbsp oil

2 tsp dried oregano

1 tsp sweet paprika

1/2 tsp salt

1/4 tsp black pepper

50g grated cheddar or vegan cheese

METHOD

Preheat the oven to 220°C (430°F)

Cut the potato into chunky wedges. Pat dry with paper towels.

Place in a large bowl and drizzle in olive oil. Then sprinkle over the oregano, salt, paprika and black pepper.

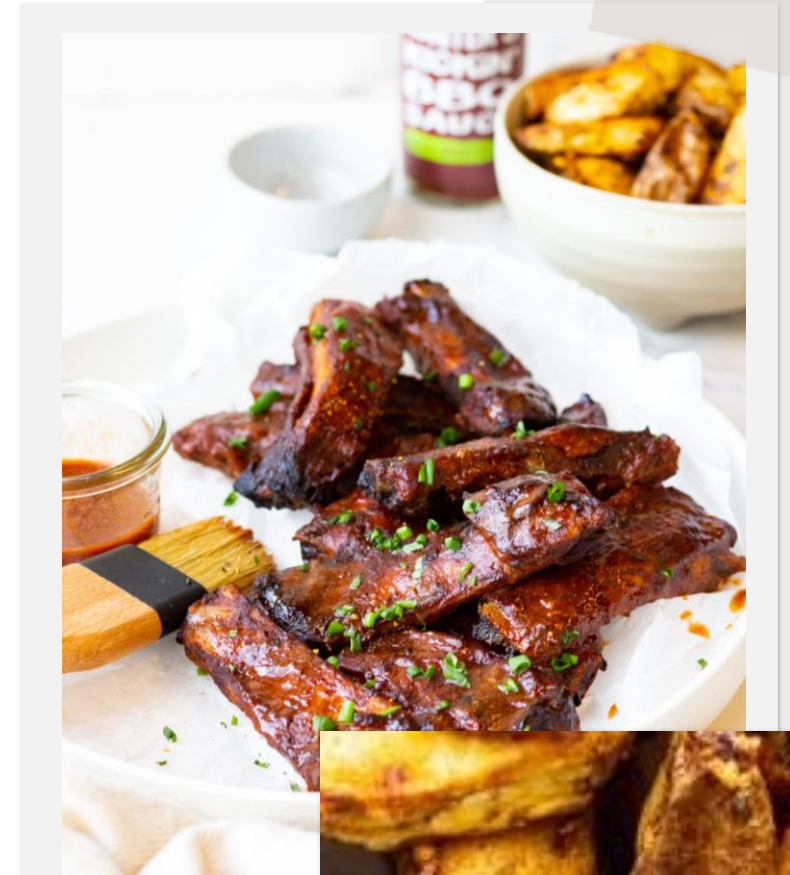
Toss the wedges until they are evenly coated.

Transfer the wedges to the lined roasting tray. Spread them out so there is a little bit of space between each wedge.

Bake in the oven for 30 minutes, then turn and sprinkle with cheese. If the wedges feel a little dry you can add another drizzle of olive oil.

Continue baking for another 20 to 25 minutes until golden and crispy.

A Low FODMAP recipe reviewed & approved By 'A little Bit Yummy's' dietitian team.



Photography by Alana Scott

Guacamole

Prep time: 15 mins

Total time: 15 mins

INGREDIENTS, (SERVES 4)

120g Avocado – maximum 120g for 4 low fodmap serves

35g spring onion green tops

30g Lime juice

100g Tomato

½ Red chilli, (approx. 7g)

100g Lightly Salted Tortilla chips

Salt to taste

GARNISH

Chopped coriander,





Guacamole

METHOD

Rinse and chop the green stem of the spring onions

Chop the tomato, de-stone and slice the avocado

De-seed the red chilli and chop into small pieces

Mix all the ingredients together with the lime juice in a blender until the mix is smooth but still has visible lumps of chilli and tomato

Add salt to taste and garnish with coriander

Serve with salted gluten free, low fodmap tortilla chips, (check ingredients for garlic and onion)

A Low FODMAP recipe reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.



Raita Dip Recipe

Prep time: 15 mins

Total time 15 mins

INGREDIENTS, (SERVES 6)

120g cucumber

15g Fresh mint

12g White wine vinegar

225g coconut yoghurt

40g Coriander & Lime Slightly Different Salad Dressing

METHOD

Chop the cucumber into chunks and mix in a blender to form small chunks.

Chop the mint and mix in a blender to form small bits.

In a blender mix the cucumber, coconut yoghurt, White wine vinegar and Slightly Different Coriander & Lime dressing until smooth.

Transfer into a bowl and serve.

This recipe has been reviewed and approved by Everyday Nutrition Founder and Accredited Practising Dietitian, Joanna Baker.

A top-down view of a plate of fried chicken nuggets. The nuggets are golden-brown and arranged on a piece of parchment paper. They are garnished with two slices of lemon and two slices of cucumber. A small white ramekin containing a red dipping sauce is in the top left. A silver fork and knife are on the right. A red and white plaid napkin is on the left. The website address 'www.slightlydifferentfoods.com' is overlaid in the center.

www.slightlydifferentfoods.com