

Feedback

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get a **fresh start**

Enjoy the fresh
taste of alfresco
eating this
Summer

- Great BBQ and outdoor eating ideas
- Exciting new product launch
- Juvela Events
- Bagging Prizes

with **juvela**[®]

Go 'Alfresco' with Juvela this Summer!

With summer well and truly upon us, it's the perfect time of year for barbecues and outdoor eating. Nothing quite compares to alfresco style eating – the smell of the food on the barbecue, the fresh air, the relaxed atmosphere, and plenty of summer sunshine!



Sticky Garlic Chicken Burgers Serves 2

This delicious alternative to your usual burgers is sure to have you going back for seconds! Char-grilled strips of chicken breast coated in a garlic and honey marinade and served between a JUVELA Gluten-Free Roll. With the charcoals glowing away, you can simply refresh your roll by wrapping it in foil and placing it near the heat for 30 seconds. If you prefer a lightly toasted burger bun, simply slice the roll in half and sear each side over the barbie!

INGREDIENTS

2 garlic cloves, peeled and crushed
2tbsp clear honey
4tbsp tomato ketchup*
4tbsp Worcestershire sauce
2tsp English mustard
2tsp tobasco sauce
Salt and freshly ground black pepper
300g (12oz) chicken breast strips
2 JUVELA Gluten-Free Rolls



METHOD

To make the marinade, combine all ingredients and add the chicken strips. Leave to marinate for at least 20 minutes (or overnight if possible).

Cook on a barbecue or griddle pan for approx. 5-10 minutes each side. Serve with tomato relish* and sandwich between a JUVELA Gluten-Free Roll.

Nutrition Information – per burger with roll (150g): Calories 372, Fat 7.4g (of which saturates 2.8g), Carbohydrate 61.5g (of which sugars 18.6g), Fibre 1.5g, Calcium 141mg

Barbecues can be so much more than blackened burgers and burnt sausages! From delicious alternatives to the traditional beefburgers, to simple summer suppers, to nibbles with those pre-BBQ drinks, these recipes are sure to tantalise those tastebuds!

Cherry Tomato & Olive Pasta Salad

Serves 2

Pasta salads can include an endless variety of ingredients – think colour, texture and lots of flavour! Try this tasty idea – a perfect side dish with your barbecue or an ideal light supper for a warm summer evening!

INGREDIENTS

150g (6oz) JUVELA Gluten-Free Macaroni (dry weight)
200g (8oz) jar tomato based pasta sauce*
50g (2oz) cherry tomatoes, roughly chopped
50g (2oz) pitted black olives
1tbsp balsamic vinegar
2tbsp pine nuts, toasted
2tbsp fresh basil, roughly chopped
1tbsp capers



METHOD

Cook the Macaroni as per instructions on pack. Drain and rinse thoroughly with cold water. In a large bowl, combine all other ingredients with the freshly cooked pasta and season well.

Nutrition Information – per serving (200g): Calories 386, Fat 8.8g (of which saturates 1.2g), Carbohydrate 66.2g (of which sugars 7.7g), Fibre 1.9g, Calcium 76mg





Fresh oven-baked bread... whenever you need it

The Juvela Gluten-Free Part-Baked Loaves and Rolls give you fresh oven-baked bread in a matter of minutes. Simply pop them into the oven and enjoy fresh crusty bread - what better way to start a Summer's day!

A Chunk to Dunk!

The Part-Baked Range is also great for pre-BBQ nibbles. After baking, simply cut or break into chunks and serve with a selection of dips. Many ready-made dips are gluten-free but if you want to have a go at making your own, here are a few simple ideas:



Lime & Coriander Houmous – blend 2 roughly chopped garlic cloves, 2 de-seeded and roughly chopped red chillies, a large bunch of coriander, 2 cans of drained chickpeas, the juice of a lime and 2tbsp olive oil to a coarse paste in a food processor. Season well with salt and freshly ground black pepper.

Nutrition Information - per 100g: Calories 292, Fat 8.0g (of which saturates 0.5g), Carbohydrate 41.5g (of which sugars 0.2g), Fibre 0.1g, Calcium 171mg

Classic Pesto – blend together a 25g (1oz) of basil leaves, 5 roughly chopped garlic cloves, 50g (2oz) pine nuts, and 100g (4oz) grated parmesan cheese in a food processor. Slowly pour in 100ml olive oil and pulse until well blended.

Nutrition Information - per 100g: Calories 407, Fat 38.2g (of which saturates 7.8g), Carbohydrate 2.7g (of which sugars 0.6g), Fibre 0.7g, Calcium 300mg

Sun-Dried Tomato Pesto – place 150g (6oz) sun-dried tomatoes, 2 roughly chopped garlic cloves, 2 de-seeded and roughly chopped red chillies, 2tbsp pine nuts, 1tbsp capers, 50ml (2fl oz) white wine and 2tbsp olive oil in a food processor and blend to a coarse paste. Season well with salt and freshly ground black pepper.

Nutrition Information - per 100g: Calories 421, Fat 38.6g (of which saturates 5.3g), Carbohydrate 4.5g (of which sugars 2.6g), Fibre 0.4g, Calcium 22mg

Tzatziki – combine half a finely chopped cucumber with 150g (6oz) Greek yogurt, 2 peeled and crushed garlic cloves, and 1tbsp fresh chopped mint.

Nutrition Information - per 100g: Calories 63, Fat 4.9g (of which saturates 2.5g), Carbohydrate 2.3g (of which sugars 1.7g), Fibre 0.4g, Calcium 84mg

*Check in the *Gluten-Free Food & Drink Directory* for a suitable brand

Goats Cheese & Red Pepper Crostini

These crostini make a super Summer starter, or can be served as nibbles with your barbecue!

INGREDIENTS

For 2 JUVELA Gluten-Free Part-Baked Rolls use:

- 100g (4oz) soft goats cheese
- 1 roasted red pepper, thickly sliced
- 2 spring onions, thinly sliced
- 1tbsp sweet chilli sauce*
- 1tbsp fresh coriander, finely chopped



METHOD

To make the crostini, cut the rolls into slices diagonally and lightly grill each piece on both sides until golden brown. Spread a thick layer of goats cheese over each slice and top with a slice of red pepper and spring onions. Drizzle with a little sweet chilli sauce and sprinkle on some coriander to serve.

Nutrition Information – per 2 slices (100g): Calories 165, Fat 4.5g (of which saturates 2.6g), Carbohydrate 23.9g (of which sugars 4.4g), Fibre 1.2g, Calcium 111mg



Fresh News For Summer!

JUVELA Gluten-Free Lasagne

We are delighted to announce the re-introduction of our lasagne sheets, available on prescription from August.



Seafood Cannelloni - contact us for recipe,

Quick, easy to prepare and very versatile, the Juvela Gluten-Free Lasagne needs no pre-cooking to make a traditional Lasagne dish, and can also be used to make cannelloni.

The Lasagne complements the existing pasta range which includes Fusilli, Spaghetti and Macaroni.

For recipes using the Juvela Gluten-Free Lasagne, and other pasta recipes, contact our Advice Line or visit our Website.



Juvela Events

Once the holiday season is over, the Juvela team will be touring the country, attending various cookery demonstrations and Coeliac UK food fayres including:

Glasgow - 4th September
Berkshire - 30th October
Swindon - 4th November
Winchester - 13th November
Cumbria - 20th November

We look forward to meeting many of you at these events.

We'll also be holding Juvela Gluten-Free Roadshows in Newcastle (16th October) and Cardiff (20th November). Organised by the Juvela team, these roadshows include talks by a GP and a dietitian, as well as a cookery demonstration and gluten-free refreshments!

If you live in these areas, look out for the invitation coming through your door.

Travel Bag Winners

Congratulations to our 5 lucky winners of the 'Travelling with Juvela' free draw, as featured in Crossed Grain Magazine (issue 58). The winners were Mrs Dolly Lamb from Liverpool, Mrs MacNab from Northampton, Mr R Mylchreest from Edinburgh, Mr Rowe from Nottingham, and Mrs Mary Jones from Derbyshire.

Their prize was a stylish travel holdall, perfect for hand luggage on a flight or for a long weekend away! The bag was filled with lots of Juvela gluten-free goodies, as well as a selection of useful travel accessories.

Thank you to all those who entered our competition and well done to the lucky winners

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