

goan beef, flatbread

preheat oven to 180°C, remove lid and heat beef for 15 minutes until hot. Warm flatbread in oven for 2-3 minutes. Serve with chilli yoghurt.

(gluten, crustaceans, dairy, mustard, sulphur dioxide)

OR

courgette fritters, harissa, tabbouleh (v)

preheat oven to 180°C, remove lid and heat fritters for 10 minutes until hot in centre. Add dressing to tabbouleh & serve with harissa.

(gluten, eggs, dairy, sulphur dioxide)

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cod, indonesian coconut broth, egg noodles

Season cod with salt & pepper. Heat frying pan on medium/high heat, add a splash of oil and cook cod skin side down until skin is crispy. Turn cod over, cook for further 2 minutes. Add cod to the coconut broth & heat in oven at 180°C for 10-15 minutes (depending on thickness of fish). Microwave noodles for 20 seconds until hot.

(gluten, crustaceans, eggs, fish, molluscs)

OR

root vegetable & date tagine, preserved lemon, almond cous cous (v)

remove lid and heat tagine in oven at 180°C for 20 minutes until hot. Serve cous cous at room temperature or add to microwavable dish & heat for 10 seconds.

(celery, gluten, almonds, sulphur dioxide)

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chocolate & rum mousse, pineapple chilli

(eggs, dairy, sulphur dioxide)

sirloin steak, baby potatoes, bacon, mushroom & onion

Preheat oven to 200°C. Remove lid.

Rare steak – cook for approx. 9 minutes.

Medium rare – cook for approx. 10-12 minutes

Medium – cook for approx. 14-15 minutes

Medium well & Well done – cook for 20-25 minutes.

Rest steaks for 5 minutes so they are tender.

Remove lid of potatoes and cook for 15 minutes.

(dairy)

arctic roll

(gluten, eggs, dairy)
