

Cooking Instructions

meatballs, tomato sauce, ricotta, preserved lemon

preheat oven 180°C, place meatballs in the oven for approx. 12-15 min, until hot in the centre. To serve – place meatballs, sauce, spinach, and lemon on the plate, add dollops of room temperature ricotta

white pudding, wild garlic pesto, beetroot (vg)

preheat oven 180°C, place the white pudding in the oven for approx. 8-10 min, until hot. To serve – place beetroot, pesto & pea shoots on the plate, add white pudding

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baked gnocchi, skordilia, asparagus, peas & soft-boiled egg (v)

preheat oven 180°C, place the gnocchi in the oven for approx. 10 min until hot. To serve – spoon skordilia around the plate, add gnocchi, peas, asparagus and egg, scatter toasted almond on top, pour lemon dressing all over

panko fried chicken, chilli tomato & coconut sauce, jasmine rice

preheat oven 180°C & cook chicken for 25 minutes until juices run clear. Microwave the sauce for approx. 10 sec, remove lid and put it back for another 10 sec until hot. Microwave the rice for 20 seconds, give it a stir and microwave for another 10 seconds until hot. To serve – place sauce and broccoli on the plate, place sliced chicken on top of it and dress salad with shrimp dressing and put on top of the chicken, serve with rice on the side

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lemon posset, strawberries, coulis, shortbread

remove lid, pour coulis on top and enjoy with a shortbread