## **SPRING MENU - REGULAR MEALS - 600 CALORIES**

# **Hungarian Beef Goulash with Potato**

Beef, Potato, Cheese, Beef Tallow, Onion, Garlic, Spices, Tomato, Carrots

# Macronutrients



## Beef in Black Bean Sauce with Basmati Rice

Beef, Rice, Onion, Garlic, GF Soy Sauce, Sesame oil, Black beans, Spices, Green Peppers

### **Macronutrients**



# **Chicken Burrito Bowl with Spicy Rice**

Chicken, Kidney beans, Rice, Avocado, Onion, Garlic, Coriander, Red peppers, Sweetcorn, Red onion, Lime juice, **Olive Oil Aioli**, Spices



# Caribbean Lamb Curry with basmati rice

Lamb, Onions, Garlic, Ginger, Red Pepper, **Spices,** Potato, Carrot, **Coconut cream**, Lime juice, Spring onions, Coriander, Rice, Peas

## **Macronutrients**



# **Smoked Chicken Breast with creamy mushroom and Garlic Potatoes**

Chicken, **Spices**, Onion, Garlic, Mushrooms, **GF Soy sauce**, Cream, Green beans, Potato, Garlic, Tallow

### **Macronutrients**



## Chicken Madras with Basmati rice

Chicken, Tallow, Onion, Garlic, Ginger, **Spices,** Tomato, Butter, **Coconut Cream**, Green Pepper, Basmati Rice , Coriander



## **Chicken Teriyaki with Jasmine Rice**

Chicken Breast, Onion, Garlic, **GF Soy sauce**, Sesame oil, **Aioli,** Green Beans, Black sesame seeds, Jasmine rice

## **Macronutrients**



### Chicken Tikka Masala with Basmati Rice

Chicken Thigh, Yoghurt , **Spices,** Lemon Juice, Garlic, Ginger, Tallow , Onion, Tomato, Cream, Coriander



### Coconut Chicken Katsu curry with Jasmine rice

Chicken Breast, Egg, Coconut, Onion, Carrots, Garlic, Ginger, **Spices**, Banana, **Coconut cream**, Jasmine rice, Coriander, Cornflour



### **Cottage Pie with Mashed Potato**

Beef, Onion, Garlic, **Herbs**, **Spices**, **GF soy sauce**, Peas, Carrot, Tallow, Tomato, Potato, Cream, Butter

## **Macronutrients**



## Jamaican Jerk Chicken With Rice and Peas and pineapple coleslaw

Chicken thigh, Coconut sugar, **Spices**, Onion, Olive oil, Ginger, Lime juice, **GF soy sauce**, Garlic, Basmati rice, Kidney beans, Peas, Spring onion, Pineapple

# **Macronutrients**



### **Korean BBQ Beef Noodles**

Beef Mince, Ginger, Garlic, Tallow, Miso, **Spices**, Sesame Oil, Honey, Carrot, Cabbage, Spring Onions, Water Chestnuts, Mint, Coriander, Vermicelli Noodles



## Lamb and cheesy mash and green beans

Lamb, Potato, Butter, Cream, Cheese, Lamb Stock, Cornflour, Green beans

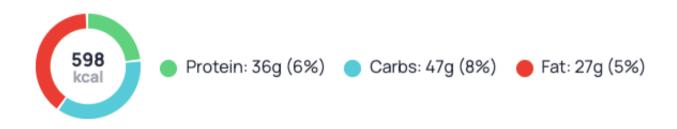
## **Macronutrients**



#### **Lamb Genovese**

Lamb, Rice noodles, Olive oil, Carrots, Tallow, Peas, Lamb Stock, Onion, Garlic, Herbs

# **Macronutrients**



**Moroccan Lamb Tagine with Potato** Lamb, Ginger, **Spices**, Tallow, Onions, Garlic, Tomatoes, **Apricots**, Dates, Almonds, Parsley, Coriander, Chickpeas, Potato



## Roast Chicken Breast with Mash, Carrots and Gravy

Chicken, Carrots, Peas, Potato, Cream, Butter, Onion, Garlic, cornflour, Spices

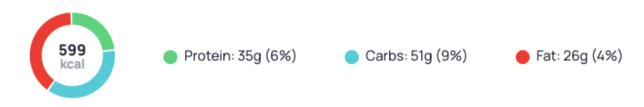
### **Macronutrients**



## Pork San Choy Bao with Vermicelli Noodles

Pork Mince, Garlic, Tallow, **GF soy sauce**, White wine vinegar, Ginger, Coconut sugar, Sesame oil, Cornflour, Spices, Bean Sprouts, Water chestnuts, Spring onions, Mint, Coriander, Peanuts, Vermicelli Noodles

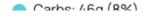
### **Macronutrients**



### **Spaghetti Bolognese**

Beef, Onion, Garlic, Tallow, Carrots, Celery, Tomato, Cheese, Rice Noodles, Olive oil







# Sweet and Sour Chicken with Egg fried rice

Chicken, Tallow, Pineapple, **GF Soy sauce**, Honey, Coconut sugar, Cornflour, White wine vinegar, Tomato, Basmati Rice, Sesame oil, GF soy sauce, Peas, Carrot, Spring onion, Egg, Sesame seeds, **Spices** 

### Macronutrients



## Thai Chicken Curry with Jasmine rice

Chicken Breast, Thai curry paste, Coconut Cream, Bamboo shoots, Peas, Jasmine rice

### Macronutrients



Aioli - Olive Oil, egg, Lemon, salt, garlic

GF Soy Sauce - Water, Soybeans, Rice, Salt

**Coconut Cream** - Fresh Coconut Cream (99.9%), Stabilisers (Xanthan Gum E415, Guar Gum E412, Carrageenan E407)

**Thai curry paste** - Garlic, shallots, lemongrass, salt, galangal, kaffir lime peel, coriander seed, mace, cinnamon, turmeric, cumin

Yoghurt - Skim milk, live cultures (including Bifidobacterium)

Apricots - Dried apricots (99%), preservative (220 (contains sulphites)