



## TAKE HOME MEALS

- ☐ **LAMB TAGINE** Tender lamb slow-cooked in Moroccan spices and preserved lemon  
• **Ingredients** Boneless lamb, herbs and spices (tumeric, ginger, cumin, cardamon, bay, parsley), onions, olive oil, tomatoes, honey, chicken stock, lemon, prunes, almonds, wheat flour • **Serve** with couscous and top with lightly toasted slivered almonds and Italian parsley, roughly chopped
- ☐ **MIDDLE EASTERN MEATBALLS** Handrolled balls of minced lamb, deliciously seasoned in a spicy tomato sauce  
• **Ingredients** Lamb mince, onion, garlic, herbs and spices, sugar, tomato puree, chicken stock, seasoning • **Serve** on a bed of your favourite pasta with a fresh green salad
- ☐ **CHICKEN MARBELLA** Aromatic chicken pieces slowly cooked with apricots, prunes, capers and olives [GF]  
**Ingredients** • Chicken, garlic, oregano, salt & pepper, red wine vinegar, oil, prunes, apricots, capers, olives, bay leaves, brown sugar, white wine • **Serve** on bed of buttered couscous or rice garnished with coriander
- ☐ **CHICKEN, BACON AND LEEK CASSEROLE** Chicken breast pieces with bacon and sweet leeks in a delicious sauce, with a dash of white wine and kumera mash atop [GF] • **Ingredients** Chicken breast, leek, bacon, garlic, herbs, chicken stock, rice flour, white wine, kumera, olive oil
- ☐ **CHICKEN AND SPINACH LASAGNE** Chicken mince in a tasty tomato sauce, fresh wilted spinach and béchamel sauce  
• **Ingredients** Chicken mince, herbs, onions, garlic, tomato, tomato paste/puree, spinach lasagne sheets, wheat flour, butter, milk, cheese, seasoning • **Serve** with your favourite greens or a fresh green salad
- ☐ **CHICKEN AND SPINACH CURRY** A light and healthy curry cooked with fragrant spices, tomato and baby spinach [GF]  
• **Ingredients** Boneless chicken, spices (cumin, coriander, turmeric, cayenne pepper, garlic and ginger), onion, tomatoes, brown sugar, lime juice, baby spinach • **Serve** with steamed rice and coriander and add a glob of mint/coriander/cumin yoghurt
- ☐ **MEATLOAF** Comfort food your family will love. Prime beef mince and sausage meat cooked with a rich and tasty sauce  
• **Ingredients** Beef and sausage mince, breadcrumbs, onion, curry powder, egg, milk, seasoning, tomato sauce, worcestershire sauce, vinegar, brown sugar, coffee, butter, lemon • **Serve** with steamed rice or creamy mash and your favourite greens
- ☐ **BOEUF BOURGUIGNON** Slow cooked beef with a deliciously rich red-wine sauce, button mushrooms and onions [GF]  
• **Ingredients** Beef, rice flour, oil/butter, bacon, carrots, leek, onion, garlic, seasoning, red wine, beef stock, cornflour, mushrooms, lemon and herbs • **Serve** with creamy mash and your favourite greens
- ☐ **BEEF LASAGNE** A classic dish using topside beef mince, Italian tomatoes and béchamel sauce  
• **Ingredients** Beef mince, herbs, onions, garlic, worcestershire sauce, red wine, tomato, tomato paste/puree lasagne sheets, wheat flour, butter, milk, cheese, seasoning • **Serve** with your favourite greens or a fresh green salad
- ☐ **SHEPHERDS PIE** Traditional recipe with prime beef mince, topped with potato mash [GF]  
• **Ingredients** Beef mince, beef stock, peas, onion, carrot, herbs, potato, olive oil, milk, seasoning • **Serve** this is a one dish wonder but if you like extra greens serve with fresh green beans
- ☐ **SPICY BEEF TAGINE** Prime tender pieces of beef in a rich gravy with chilli and prunes [GF]  
• **Ingredients** Beef, beef stock, onion, celery, prunes, ginger, cinnamon, chilli, seasoning • **Serve** with couscous and toasted almonds accompanied with your favourite greens
- ☐ **MACARONI N' CHEESE WITH BACON** A tasty family classic  
• **Ingredients** Pasta, bacon, onion, flour, milk, cheese (parmesan and tasty), breadcrumbs, seasoning • **Serve** with your favourite greens or a fresh green salad
- ☐ **VEGETARIAN LASAGNE** Roast seasonal vege, layered with a rich béchamel sauce [V]  
• **Ingredients** Seasonal vegetables, herbs, onions, garlic, tomato, tomato paste/puree lasagne sheets, wheat flour, butter, milk, cheese, seasoning • **Serve** with your favourite greens or a fresh green salad
- ☐ **SPICY VEGETABLE CURRY** Seasonal roast vege with our homemade curry sauce [V, GF]  
• **Ingredients** potato, kumera, carrots, cauliflower, capsicum, onion, zucchini, garlic, tomato, chickpeas, Indian herbs and spices, seasoning, tomato paste, vegetable stock • **Serve** with jasmine rice
- ☐ **FISH PIE** Market fresh fish and smoked fish in a creamy cheese sauce, wilted spinach and topped with potato mash [GF]  
• **Ingredients** white flesh fish, onion, carrot, cream, olive oil, cheese, lemon, mustard, herbs, seasoning, egg, spinach, potatoes  
• **Serve** with peas or green beans

**Heating instructions** Defrost meal first. **PREHEAT** oven to 180 C. Remove plastic wrap and cover with tin foil, place in oven and heat through for 25-30 mins or until piping hot. Remove foil for last 10 minutes of reheating time

# PIES

## ☐ FAMILY MINCE AND CHEESE PIE

- **Ingredients** Beef mince, beef stock, herbs, seasoning, tasty cheese, savoury pastry (contains gluten)

## ☐ STEAK AND VEGE PIE

- **Ingredients** Rump steak, onion, carrot, courgette, herbs and spices, tomato, worcestershire sauce, wheat flour, savoury pastry

## ☐ COUNTRY CHICKEN PIE

- **Ingredients** Chicken, leek, onion, garlic, spring onion, chicken stock, white wine, courgette, peas, wheat flour, savoury pastry, herbs and seasoning

## ☐ SAUSAGE ROLLS

- **Ingredients** pork sausage meat, onion, garlic, carrot, chilli, breadcrumbs, egg, sesame seeds, herbs, seasoning, flakey pastry

**Heating instructions** Defrost pie first. *PREHEAT oven to 180°C. Remove plastic wrap and place in oven for 25-30 mins or until piping hot*

# SOUPS

## ☐ MUSHROOM SOUP [V]

- **Ingredients** Onion, garlic, mushrooms, barley, vegetable stock, miso, soy sauce, herbs, seasoning
- **Serve** with crusty bread and fresh cracked pepper

## ☐ LENTIL AND BACON SOUP [GF]

- **Ingredients** Butter, olive oil, onion, garlic, carrot, celery, bacon, green lentils, chicken stock, milk, herbs, seasoning
- **Serve** Swirl in a bag of baby spinach leaves and cook just until it wilts

## ☐ ITALIAN BACON AND VEGETABLE SOUP [GF]

- **Ingredients** Olive oil, garlic, onion, herbs, carrot, bacon red kidney beans, tomatoes, chicken stock, spinach, seasoning
- **Serve** with plenty of freshly grated parmesan and crusty bread

## ☐ SPICY PUMPKIN AND COCONUT SOUP [V, GF]

- **Ingredients** Olive oil, onion, garlic, spices, pumpkin, coconut cream, fish sauce, brown sugar, lemon zest
- **Serve** with crusty bread and fresh coriander

## ☐ SPANISH CHICKPEA, TOMATO AND CHORIZO SOUP

- **Ingredients** Olive oil, chorizo sausage, onion, garlic, celery, spinach, tomatoes, chickpeas, chicken stock, seasoning
- **Serve** Once heated through, stir in some prosciutto and good extra virgin olive oil. Divide between bowls and grate some hard-boiled egg on top

## ☐ ROASTED EGGPLANT AND PUY LENTIL SOUP

- **Ingredients** Eggplant, tomatoes, capsicum, thyme, chilli, olive oil, balsamic vinegar, onion, stock, puy lentils
- **Serve** with chopped flat leaf parsley and grated parmesan

**Heating instructions** Defrost soup first. *Pour soup into pot and reheat gently until piping hot on stove top (do not boil) or microwave until heated through*

# DESSERTS

## ☐ SEASONAL FRUIT CRUMBLE with Gingerbirds special crunchy topping

- **Ingredients** Seasonal fruits (apple, rhubarb, raspberries) rolled oats, coconut, sugar, butter, spices
- **Serve** with lashings of French vanilla ice cream and/or cream

## ☐ STICKY DATE PUDDING WITH PECAN TOFFEE SAUCE Light, melt-in-the-mouth pudding

- **Ingredients** Dates, vanilla, coffee essence, butter, baking soda, sugar, eggs, flour, pecan nuts, brown sugar, cream
- **Serve** with chilled pouring cream or ice cream

**Heating instructions** Defrost pudding first, pour the hot sauce over and re-heat under the grill for 8 minutes

*Gingerbirds™*