

Freshly prepared in your home, customisable to suit dietary preferences or allergies. E.g Low-carb, low-fat, gluten-free, dairy-free, diabetic-friendly, and vegan. If there is something not listed, I will happily make it for you.

CHICKEN

Sweet & Sour Chicken

Tangy Glaze | Bell Peppers | Carrots | Rice / Noodles

Roast Chicken Pieces

Honey Mustard / Lemon & Rosemary / Sherry & Garlic | Choice of Side

Chicken & Aubergine Parmigiana

Chicken Schnitzel | Aubergine | Marinara Sauce | Mozzarella | Basil | Parmesan

Pesto Mushroom Chicken Pasta

Basil Pesto | Mushroom | Cream | Parmesan

Lemon & Asparagus Chicken Pasta

Lemon Zest | Asparagus | Lemon Garlic Cream | Parmesan | Chilli

Chicken Cashew Stir-Fry

Cashew | Broccoli | Carrot | Soy-ginger Sauce | Rice / Noodles

Chicken Korma

Cashew Cream | Spices | Cream | Tomato

Chicken Pie

Flaky Pastry | Cream | White Wine | Mushrooms | Carrots | Mini Pork Sausage Meatballs

Tomato & Feta Chicken Pasta

Tangy Glaze | Bell Peppers | Rice / Noodles

Chicken Couscous

Zucchini | Pepper | Carrots | Feta | Middle Eastern Spices

Tuscan Chicken

Tomato | Spinach | Parmesan | Cream



BEEF

Chilli Con Carne

Spiced Beef | Beans | Corn | Tomato | Chilli | Rice

Classic Beef Lasagna

Layers of Pasta | Beef ragu | Béchamel | Golden Cheese Crust

Bobotie

Curried Beef | Fruit Chutney | Egg Topping | Yellow Rice

Beef & Broccoli Teriyaki Stir-Fry

Tender Beef | Broccoli | Sesame | Soy Glaze | Rice / Noodles

Beef Stroganoff

Sautéed Beef | Mushroom | White Wine | Cream

Steak Pie

Tomato | Herbs | Red Wine | Beef Short Ribs

PORK

Thai Green Curry

Tender Pork | Coconut Milk | Green Curry Paste | Aubergine | Rice

Pork Steaks in Mustard Cream Sauce

Pork Steak | Mustard Cream | Mushroom | Spinach | Seasonal sides

Honey Garlic Pork Steaks

Pork Steaks | Honey Glaze | Garlic | Herbs | Seasonal sides

Bacon Quiche

Egg Custard | Bacon | Broccoli | Cheddar



LAMB

Lamb Korma Curry

Slow-cooked Lamb | Cashew Nut Cream | Yoghurt | Aromatic Spices | Rice

Orange, Rosemary & Garlic Lamb Chops

Seasonal Sides | Citrus Glaze | Rosemary | Garlic Herb Rub

Shepherd's Pie

Lamb Mince | Tomato Base | Mashed Potato | Cheese Crust

Date & Apricot Lamb Tagine

Tender Lamb | Sweet Date | Apricot | Warm Spices | Rice / Cous Cous

Moussaka

Lamb Mince | Cinnamon | Herbs | Tomato | Aubergine | Potato | Parmesan | Bechamel

Pulled Lamb

Roasted Leg of Lamb | Salad | Pita | Tzakiki | Middle Eastern Spices

Rosemary Lamb Sausage Pasta

Tomato | Red Wine | Cinnamon

FISH & SEAFOOD

Baked Salmon / Trout / Hake

Baked fillet | Lemon & Herbs | Seasonal Sides

Creamy White Wine Prawn & Zucchini Pasta

Prawns | Zucchini | White Wine Cream | Chilli | Parmesan

Portuguese Prawn Rissoles

Half-moon Shaped Golden Pastry | Creamy Chilli Prawn Filling

Thai Coconut Fish Curry

Hake | Coconut Milk | Lemongrass | Spices | Rice | Red Curry Paste



SALADS

Chicken Tabouleh Salad

Grilled Chicken | Bulgur Wheat | Parsley | Mint | Tomato | Lemon | Cucumber

Asian Beef Salad

Seared Beef | Crisp Greens | Cucumber | Tomato | Sweet Chilli Soy

Chopped Chicken Salad

Chicken | Lettuce | Corn | Cucumber | Tomato | Apple | Peppers | Feta / Blue cheese

Coronation Chicken Salad

Curried Chicken | Mango Chutney | Mayonnaise | Crisp Greens

Prawn Cocktail Salad

Prawns | Lettuce | Cucumber | Cocktail Sauce | Tomato | Avocado

Poke Bowl (Salmon / Prawns)

Black Rice | Avocado | Cucumber | Edamame | Tomato | Soy Sauce

SOUP

Chicken Sweetcorn Soup

Tender Chicken | Sweetcorn | Egg Ribbons | Ginger | Carrot

Butternut Soup

Butternut | Garlic | Nutmeg | Cream

Chicken, Broccoli & Cheddar Soup

Chicken | Broccoli | Sharp Cheddar | Creamy Broth

French Onion Soup

Caramelised Onions | Beef Broth | Garlic & Herbs



VEGETARIAN

Spinach, Mushroom & Feta Pancakes

Spinach | Mushroom | Feta | Béchamel Sauce | Cheddar

Pumpkin, Spinach & Ricotta Lasagna

Layers of Pasta | Roasted Pumpkin | Fresh Spinach | Ricotta |
Light Béchamel | Golden Cheddar Topping | Tomato

Mixed Vegetable Curry

Cauliflower | Peas | Carrots | Beans | Tomato Gravy

Corn & Chickpea Patties

Chickpeas | Sweet Corn | Herbs | Spices

Aubergine Parmigiana

Aubergine | Marinara | Mozzarella | Parmesan | Basil

Lentil & Chickpea Salad with Halloumi

Lentils | Chickpeas | Halloumi | Herbs | Lemon Dressing

Don't see what you're looking for?

Custom meals can be prepared on request.

