

Meal Prep Menu

your
Kitchen
Pantry

All dishes serve 4

f/f : freezer friendly

Chicken

- San Chow Boa with steamed rice (f/f)
- Ginger and soy chicken broth with greens (f/f)
- Lemon and herb chicken pieces with sweet potato and lemon greens (f/f)
- Satay Chicken breast served with broccolini and rice (f/f)
- Chicken cacciatore with pasta (f/f)
- Coconut chicken breast with quinoa and spinach (f/f)
- Honey and soy chicken with rice and broccolini (f/f)
- Chili chicken noodles (f/f)
- Chicken Thai spiced fried rice (f/f)

Beef

- YKP beef and chickpea curry with spinach and rice (f/f)
- Beef Bourguignon served with mash potato (f/f)
- Beef Lasagna (f/f)
- Thai Beef with steamed rice and broccolini (f/f)
- Beef and mushroom ragu with pasta (f/f)

Vegan

- Pumpkin and Cauliflower Tagine served with couscous (f/f)
- Mushroom and tofu stir fried rice (f/f)
- Potato and Cauliflower Curry served with turmeric rice (f/f)
- Vegetables Cottage Pie (f/f)
- Mexican Spiced Sweet Potato baked with black beans red pepper and cashew cream (f/f)
- Power bowl, roasted cauliflower and sweet potato, black beans, toasted pumpkin seeds, quinoa, cherry tomato, spinach and white bean dressing

Fish

- Moroccan fish and chickpea stew with couscous (f/f)
- Fish and potato Curry served with rice (f/f)
- Creamy chili Prawn spaghetti with red onion, cherry tomato and spinach (f/f)
- Citrus and garlic salmon with rice, olive and parsley butter (f/f)
- Barramundi and pea risotto (f/f)
- Salmon fennel and potato chowder (f/f)

Lamb

- Rolled lamb kofta with asparagus, lemon and raisin couscous (f/f)
- Braised lamb neck with mash potato and peas (f/f)
- Pulled lamb flatbread with lemon yoghurt and Greek salad
- Irish Lamb stew with barley peas and mash potato (f/f)
- Lamb Shepherd's pie with peas (f/f)

Pork

- Mexican spiced pork con carne black beans, rice and cheese (f/f)
- Chinese spare ribs with sesame seeds and rice
- Sweet and sour pork, with pineapple and rice (f/f)
- Pork and mushroom stroganoff with rice and broccolini (f/f)
- Creamy Carbonara (f/f)
- Sticky Asian scented pork belly with greens and rice (f/f)

Vegetarian

- Mushroom and Asparagus Risotto (f/f)
- Pumpkin, asparagus, feta, cashew, spinach with pasta (f/f)
- Mediterranean Vegetables Frittata with broccolini (f/f)
- Creamy Mushroom and Tarragon pasta with spinach and parmesan (f/f)