

# Meal Prep Menu

*your*  
**Kitchen  
Pantry**  
*Chef Chris Barker*

All dishes serve 4

## Chicken

San Chow Boa with steamed rice

Grilled lemon chicken salad served with Greek salad and toasted pumpkin seeds

Peri peri chicken meatballs with kidney bean and rice

Satay Chicken breast served with broccolini and rice

Chicken cacciatore with pasta

Coconut chicken breast with quinoa and spinach

Honey and soy chicken with rice and broccolini

Asian chicken salad

Chicken Thai spiced fried rice

## Beef

Mongolian Beef noodles

Beef Bourguignon served with mash potato

Beef Lasagne

Thai Beef with steamed rice and broccolini

Beef, mushroom and olive meatballs with pasta

## Vegan

Pumpkin and Cauliflower Tagine served with couscous

Vegetable Fried Rice with bean shoot and sesame seed

Potato and Cauliflower Curry served with turmeric rice

Lentils and Vegetables Cottage Pie

Mexican Spiced Sweet Potato baked with black beans red pepper and cashew cream

Power bowl, roasted cauliflower and sweet potato, black beans, toasted pumpkin seeds, quinoa, cherry tomato, spinach and white bean dressing

## Fish

Salmon Niçoise salad

Fish and potato Curry served with rice

Creamy chili Prawn spaghetti with red onion, cherry tomato and spinach

Cajun salmon with rice, black beans and tomato and lime salsa

Barramundi and pea risotto

Confit salmon with rocket, pear, peanut and olive salad

## Lamb

Minted lamb rissoles with peas and polenta

Lamb and Chickpea Tagine served with couscous

Pulled lamb flatbread with lemon yoghurt and Greek salad

Panang lamb cutlets with pineapple and herb salad

Lamb Tikka with chickpeas and steamed rice

## Pork

Mexican spiced pork meatballs black beans, rice and cheese

Louisiana spiced pork ribs with corn, green capsicum and quinoa

Sweet and sour pork, with pineapple and rice

Pulled pork salad with cabbage, apple, tomato and pumpkin seeds

Creamy Carbonara

Sticky Asian scented pork belly with greens and rice

## Vegetarian

Mushroom and Asparagus Risotto

Pumpkin, asparagus, feta, cashew, spinach with pasta

Mediterranean Vegetables Frittata with broccolini

Creamy Mushroom and Tarragon pasta with spinach and parmesan