



## One Bowl Menu

<https://www.foodchamps2020.co.uk/menus/one-bowl-menu/>

### Pork

Pork Belly on Apple & Cider Mash

Pancetta Gnocchi, Fried Greens

Mini Lincolnshire Sausages, Pomegranate Purée

Crispy Pork on Egg Fried Noodles with Sweet & Sour Chili Sauce

### Chicken

Coq au Vin on Creamy Mash

Classic Caesar Salad, Anchovy, Parmesan

Pulled Harissa Chicken Leg, Pearl Barley Ragu

Fragrant Thai Green Curry with Chicken and Soy Beans, Micro Coriander, Jasmine Rice, Thai Prawn Crackers

Chicken Tikka Masala with Coconut Pilau & Baby Naan

Apricot & Coriander stuffed Chicken, Herbed Cous-Cous, Toasted Sesame, Caramelised Honey

Red Thai Chicken Curry on Fragrant Basmati Rice

### Lamb

Cottage Pie topped with Gruyère Cheese

Lamb & Chorizo Ragu, Fresh Pesto, Garlic Ciabatta, Crisp Breads

Roasted Rump of Lamb Tagine, Moroccan Spiced Cous-Cous, Apricots, Toasted Almonds, Micro Coriander, Maple Greek Yoghurt

Apricot & Coriander stuffed Chicken, Herbed Cous-Cous, Toasted Sesame, Caramelised Honey

Red Thai Chicken Curry on Fragrant Basmati Rice

## Beef

Braised Beef Chilli Con Carne, Wild Rice, Sour Cream & Coriander

Rich Beef Chestnut Mushroom & Smoked Bacon Bourguignon, Stilton Dauphinois

Slow Cooked Shin of Beef with Port, Caramelised Shallots, Wild Mushrooms & Gratin Dauphinois

Braised Shorthorn Feather Blade Beef, Celeriac, Onion, Wild Mushrooms

Fillet of Beef Stroganoff with Oyster Mushrooms on Swiss Rosti Potato

Red Thai Beef Curry on Fragrant Basmati Rice

Red Thai Chicken Curry on Fragrant Basmati Rice

## Fish & Seafood

Crayfish & Crab Risotto

Smoked Salmon, Salt Baked Baby Beets, Horseradish Crème Fraiche

Charred Mackerel, Wasabi Baby New Potato, Pickled Kohlrabi

Pan-Fried Sea Bass Marinated in Chilli, Lime & Coconut Milk on a bed of Saffron & Green Pepper Rice

Roasted Red Pesto Baked Salmon on Wilted Spinach & Garlic Mash

Tuna Teriyaki on Lemongrass Noodle Salad with Crispy Vegetables

## Vegetarian

Tikka Marinated Cauliflower, Raisin Giant Cous-Cous (V)

Asparagus Risotto with Shaved Pecorino & Rocket Leaves (V)

Roasted Balsamic Vegetable Lasagne with Melting Mozzarella (V)

Chargrilled Halloumi & Roasted Mediterranean Vegetables, Smoked Tomato & Garlic Sauce, Rosemary  
Roasted New Potatoes, Micro Rocket (V)

Fragrant Thai Green Curry with Soy Beans, Micro Coriander, Jasmine Rice, Thai Prawn Crackers (V)

Red Thai Vegetable Curry on Fragrant Basmati Rice