

Miso Salmon



Enjoy your dose of Omega 3 in this succulent Tasmanian salmon dish. Supplied locally by Ingham Road Seafood this Japanese inspired dish is wholesome, tasty and will feed your brain with the good oil.

Ingredients: Salmon, miso, sugar, ginger, garlic, chili, GF soy, sake, greens, rice.
Allergens: contains Soy.

Portuguese chicken with Roasted Sweet potato Mash



Our signature Portuguese chicken with roasted, garlic sweet potato and greens. A great week night staple to have in your fridge/freezer.

Ingredients: chicken thigh, paprika, garlic, lemon, oregano, seasoning, sugar, sweet potato, butter greens, cashews.
Allergens: Dairy/nuts

Ginger Beef with Greens



For you daily dose of iron that's super tasty and easy to eat. Here's your go to.

Ingredients: Steak, ginger, miso, honey, pak choi, rice, sesame seeds.
Allergens: sesame, soy.

Pork Chop, Mushroom Sauce and Polenta



Using Almond meal and parmesan cheese we crust this juicy pork chop, top it with a creamy mushroom sauce placed on a bed of polenta and greens.

Ingredients: Pork Chop, almond meal, egg, parmesan cheese, mushrooms, shallots, garlic, cream, seasoning, polenta, milk, stock, peas.
Allergen advice: contains dairy and nuts.

Vegetable Bake portioned



Needing a tasty hit of veggies? This Veggie bake makes it easy. Use as a side dish or as a complete meal - it's veggie cheesy goodness.

Ingredients: zucchini, capsicum, corn flour, garlic, dijon mustard, GF Worcestershire sauce, seasoning, sage, sweet potato, cheese, tomatoes, spinach, parsley, onion

Allergens: Contains Dairy

Tray Bake Meals - Prepared Raw



Pesto Chicken Tray Bake

A great wholesome meal for the whole family. One hour in the oven and dinner is ready.

Ingredients: Chicken drumsticks, garlic, olive oil, zucchini, cherry tomatoes, pesto (basil, pine nuts, parmesan cheese, garlic, oil) potatoes

Allergen advice: contains Dairy and nuts



Malaysian Laksa Salmon and vermicelli noodles

For a family treat that is ready in under 20minutes this Laksa Salmon tray bake is a little midweek indulgence. Buy whole, portion and freeze for multiple meals or bake for the night and enjoy. Cooking instructions are for a medium cooked salmon.

Ingredients: Salmon, onion, laksa paste, coconut milk, stock, lime, bok choy, coriander, bean sprouts, chilli, vermicelli noodles.

Allergen advice: contains crustaceans.



Vegetarian Thai Curry Tray Bake

A vegetarian tray bake with a Thai twist. Use this as a hearty whole meal or accompany it to the family's protein hit.

Ingredients: pumpkin, carrots, tofu, rice, curry paste, coconut milk, broccolini, corn, coriander, lime.

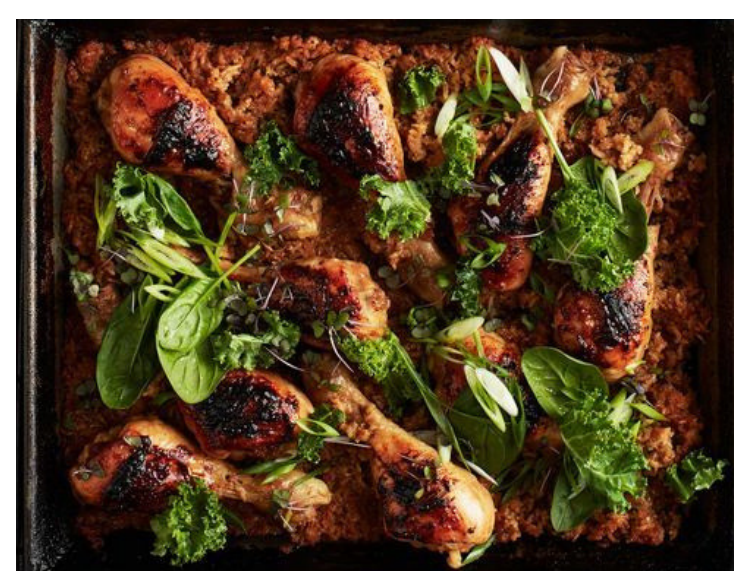
Allergens: contains crustaceans.



Curried sausage Tray Bake:

A winner for the kids, great for leftovers the next day too.

Ingredients: pork sausage, potatoes, curry powder, stock, lemon, tomato, green beans.



Miso Chicken Tray Bake

Another winner for the kids, deliciously marinated drumsticks, with all in one cooked rice and greens. Enjoy your family whilst this bakes in the oven for you.

Ingredients: chicken drumsticks, miso paste, GF soy sauce, sugar, singer rice, chicken stock.

Allergens: Contains Soy.