



### **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.