

A	
agave salmon	120
almond biscuits	208
almond dukkah	16
almond macaroons	210
almond, pear and apple cake	212
apple crumble	214
attempting tandoori	152
avocado pasta	104
avocado salsa	26

B	
baked pears and honey	216
basil pesto chicken	154
biscotti	218
brown rice salad	58

C	
cajun prawns and pineapple salsa	122
cannellini and baby spinach dip	18
carrot and coriander soup	46
carrot cake	220
carrot salad	60
cauliflower and cumin soup	48
chermoula fish parcels	124
cherry and almond cake	222
cherry bakewells	224
chicken and chickpea patties	156
chicken and macadamia salad	62
chicken and spices	158
chicken chow mein	160
chicken curry	162
chicken schnitzel	164
chicken stock	166
chicken, leek and potato soup	54
chicken, lemon and fig bake	168
chickpea and lime salad	64
chilli and lime chicken skewers	170

chilli and soy sauce	30
chilli prawn spaghetti	106
chunky capsicum dip	20
coriander and pistachio pasta	108
corn salsa	26
cucumber salad	60
curry paste	28

D - E	
date slice	226
easy and tasty roast potatoes	80
easy chicken meatballs	172
egg and sushi rolls	82
eggplant chutney	32

F	
fresh and easy chicken stir fry	174
fresh herb noodles	110
fried rice	84

G	
garlic and honey prawns	126
golden pilaf	176
grilled eggplant	36
guacamole	22

H - I	
hazelnut meringues	228
hommus	20
indian chicken	176
italian roast vegetables	86

L	
leather jacket parcels	128
lemon and coriander chicken	178
lemon and dill mayonnaise	34
lemon sesame chicken	180
lemongrass and ginger fish	130
lentil and veggie soup	50
lentil patties	88

M	
macadamia fish	132
mango and coconut ice cream	230
mango chutney	32
mango cups	90
mango sorbet	232
masala chicken	182
mayonnaise	34
mini corn and zucchini fritters	92
mini lemon meringue pies	234
moroccan chicken kebabs	184

O - P	
orange and honey chicken	188
paprika chicken	190
pasta with pumpkin and sage sauce	112
peanut butter biscuits	236
pecan meringues	228
pesto and roast veggie easy risotto	94
pineapple tarts	240
piri piri chicken	192
poori bread	162
potato salad	66
prawn cocktails	134
pumpkin gnocchi and leek sauce	114
pumpkin soup	52

Q - R	
quinoa and pinenut salad	68
red capsicum sauce	28
rice paper rolls	96
roast chicken and vegetables	194
roast veggie salad	70
roasted red capsicum	36

S	
salmon frittata	136
salt and pepper squid	138
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satay dipping sauce	38
savoury pastry	98
seafood risotto	140
side of broccolini	80
side serve apple and onions	40
slow cooker moroccan chicken	186
smoked salmon pasta	116
spaghetti and meatballs	196
sponge cake	238
squid salad	72
steamed mussels	142
steamed whole fish	144
summer fruit salad	74
sweet and sour chicken	198
sweet chilli and coriander prawns	146
sweet chilli fish	148
sweet chilli sauce	30
sweet tart cases	240

T	
thai chicken salad	76
thai sauce	30
turkey and spinach rissoles	200
turkey coconut curry meatballs	202

V - W - Z	
vanilla ice cream	214
walnut and capsicum dip	18
walnut pesto chicken	204
white bean puree	42
zucchini fritters	100