

Cut out the Crap

Slow Cooking

gluten, dairy, refined sugar & preservative FREE cooking

| | |
|-----------------------------|----|
| A | |
| APPLE AND CARAMEL CRUMBLE | 7 |
| B | |
| BAKED BEANS | 9 |
| C | |
| CARBONARA CHICKEN | 11 |
| CHILLI CON CARNE | 13 |
| CHINESE ORANGE BEEF | 15 |
| CHOCOLATE FUDGE PUDDING | 17 |
| CITRUS CUSTARD CAKE | 19 |
| COCONUT RICE PUDDING | 21 |
| CURRIED SAUSAGES | 23 |
| D | |
| DILL AND LEMON SALMON | 25 |
| G | |
| GARLIC AND HERB LAMB SHANKS | 27 |
| H | |
| HONEY SOY CHICKEN | 29 |
| M | |
| MEXICAN BEEF | 31 |
| MUSTARD AND HONEY CHICKEN | 33 |
| O | |
| OSSO BUCCO IN GRAVY | 35 |

| | |
|----------------------------|----|
| P | |
| PEACH AND CHILLI SAUCE | 37 |
| PORK IN PLUM SAUCE | 39 |
| POTATO AND SAUSAGES | 41 |
| PULLED PORK | 43 |
| Q | |
| QUINOA AND VEG CHUNKY SOUP | 45 |
| R | |
| ROGAN JOSH | 47 |
| ROSEMARY LAMB | 49 |
| S | |
| SATAY CHICKEN | 51 |
| SAVOURY RICE | 53 |
| SLOW ROASTED LAMB | 55 |
| STICKY BEEF RIBS | 57 |
| SWEET BEEF | 59 |
| T | |
| THAI FISH CURRY | 61 |
| TOMATO AND LENTIL SOUP | 63 |
| W | |
| WHOLE CHICKEN | 65 |

