

Recipe Index

CHICKEN

| | |
|------------------------------------|----|
| Creamy Peanut Chilli Chicken | 31 |
| Very Lazy Coq Au Vin | 37 |
| Ghurka Chicken | 46 |
| Chicken Romana | 56 |
| Jamaican Jerk Chicken | 61 |
| Lemon Tarragon Chicken | 83 |
| Thai Green Chicken Curry | 71 |

FISH

| | |
|-------------------------------------|----|
| Squid Salad | 35 |
| Chunky Cod With Piquant Sauce | 27 |
| Lazy Fish Pie | 33 |
| Easy Peasy Paella | 51 |
| Salmon & Dill Fishcakes | 67 |
| Prawns Provençal | 69 |
| Oriental Salmon | 87 |

RED MEAT

| | |
|---|----|
| Lazy Chilli Wraps | 41 |
| Moroccan Meatballs | 53 |
| Sausages & Mash With Lazy Onion Gravy | 65 |
| Lamb Dalaman | 75 |
| Braised Sausages Italian Style | 79 |
| Veal Escalopes In Crème Fraiche & Dijon Sauce | 89 |
| Vietnamese Pork | 91 |

PASTA

| | |
|--|----|
| Spaghetti With Artichoke Parmesan & Rocket | 29 |
| Spaghetti Puttanesca | 49 |
| Spaghetti Carbonara | 63 |
| Spaghetti Infused With Basil | 81 |

VEGETARIAN

| | |
|--------------------------------------|----|
| Mushroom & Herb Risotto | 25 |
| Mushroom Stroganoff | 43 |
| Creamy Coconut Vegetable Curry | 85 |

SALADS

| | |
|--|----|
| Tomato, Cucumber & Onion Salad | 29 |
| Asian Slaw | 31 |
| Mixed Leaves With Sweet & Sour Dressing | 67 |
| Crisp Green Salad with Tamarind Dressing | 69 |
| Carrot & Orange Salad | 75 |
| Tomato, Coriander & Spring Onion Salad | 81 |

SAUCES & SALSAS

| | |
|-------------------------------|----|
| Basil Oil | 17 |
| Mango Salsa | 61 |
| Thai Green Curry Sauce | 73 |
| Mayonnaise & Variations | 95 |

SOUPS

| | |
|---------------------------------|-----|
| Quick French Onion | 16 |
| Spicy Lentil | 97 |
| Leek & Potato | 98 |
| Prawn & Pumpkin | 99 |
| Roasted Red Pepper | 101 |
| Carrot, Ginger & Cardamom | 102 |
| Spicy Tomato | 103 |
| Mint, Pea & Courgette | 104 |