



A FEW FANTASTICALLY SIMPLE DINNER RECIPES FROM THE COOKS LARDER DELI
We have done all the hard work ... its cheaper and healthier than take away and all you need to do is just add the ingredients together like this:

SALADS:

BEETROOT ROCKET AND GOATS CHEESE SALAD:

Add walnuts and rocket to our honey roasted beetroot and Meredith goats chesse to make a lovely salad... Dress with our Chefs Blend Olive Oil and Forvm Red wine vinegar

PUMPKIN, OLIVE AND FETTA SALAD:

Grab some organic kalamata olives, herb roasted pumpkin from the deli and some Barambah Biodynamic fetta from the open fridge. Cut pumpkin into bite sized chunks, cut stones out of the olives and crumble the fetta. Add some baby spinach or rocket and some fresh chives. Dress with our Chefs Blend Olive Oil and Forvm Red wine vinegar for an easy satisfying dinner or lunch.

SIDE DISHES:

- *Serve our lovely oregano marinated eggplants fetta or grilled haloumi with your lamb cutlets
- *Make a spiced cous cous with our herb roasted pumpkin, organic kalamatas and Herbies spices to serve with lamb or chicken
- *Serve a pan fried fillet of fish on our slow roasted tomatoes, garlic roasted red peppers, ligurian olives and roughly chopped parsley or torn basil - finish with a drizzle of olive oil

FRITTATAS:

CARAMELISED ONION, PECORINO AND ARTICHOKE FRITATTA:

From the open fridge grab some of our open range Papanui eggs and Barambah biodynamic cream. Grab some of our caramelised onion, a chunk of pecorino and marinated artichokes from the deli. Heat oven to 200 degrees. Cut the artichokes into slices, break the onions into half or thirds (depending on the size). Lightly beat eggs. Heat a non-stic k pan over a medium heat with some olive oil. Add the onions and artichokes. In a bowl beat the eggs and a good slosh of the cream until well combined. Finely grate some pecorino into the egg mix. Arrange the vegetables evenly over the bottom of the pan and pour over the egg mix. Pull the sides into the middle using a spatula and once the egg has begun to set place in the oven to finish off cooking. Serve with a big green salad and grate over more of the pecorino

Other great Frittata combinations for you to try:

- *Roasted red peppers and chorizo with Rocket and shave Manchego
- *Our roasted pumpkin, fetta and olive (great to do the next day if you have made the above salad and there were left overs)
- *Our oven roasted tomatoes, rocket and Meredith Goats cheese
- *Our caramelised onions with goats cheese and rocket

stay tuned for more ideas coming soon!