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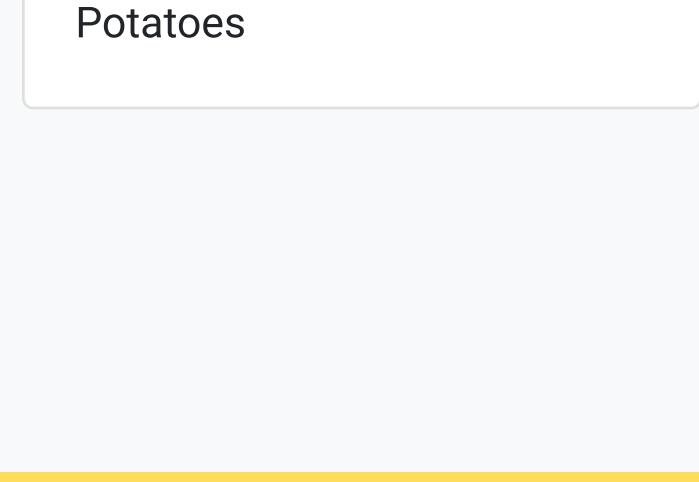
Chicken Katsu Curry

STEP 1

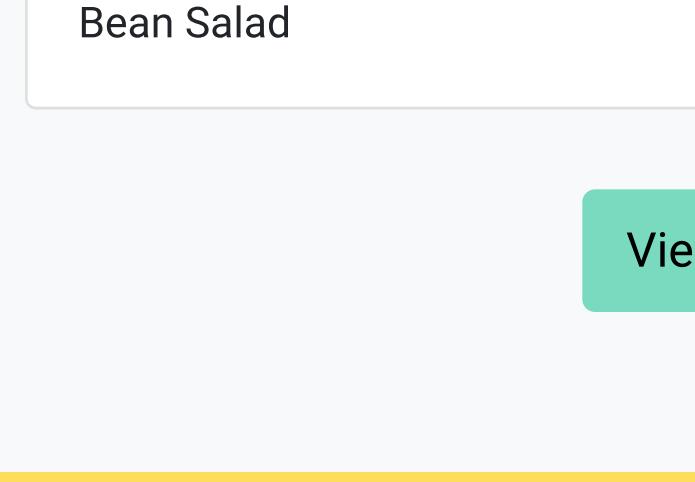
First, make the curry sauce. Heat 1 tbsp oil in a pan,

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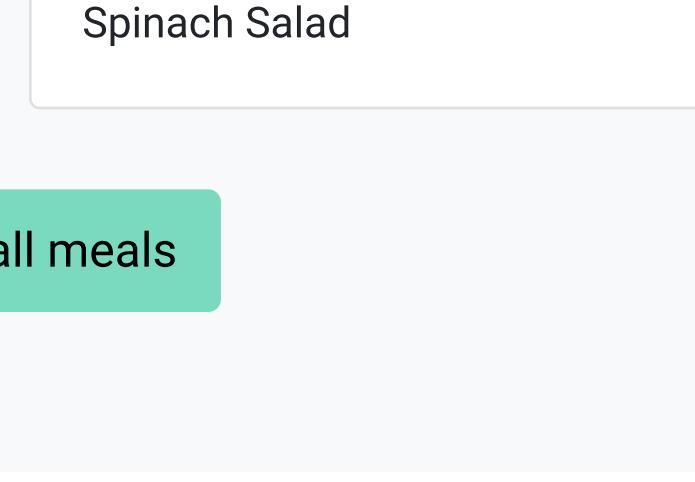
Easy meals designed by professional chefs and nutritionists



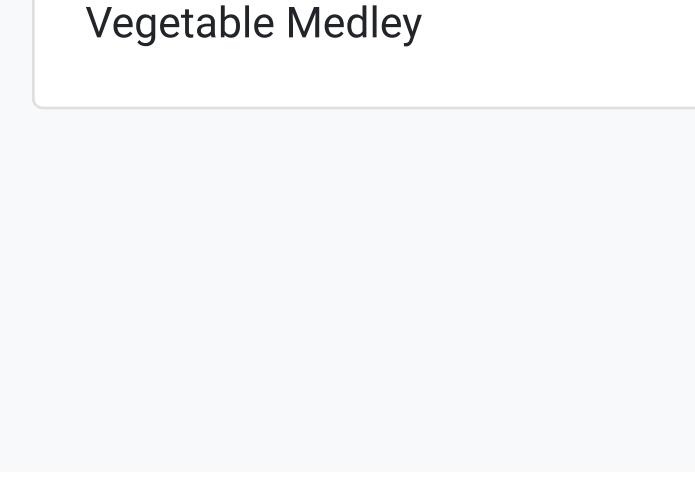
Everything Bagel-Crusted Steak
with Wedge Salad & Sweet Potatoes



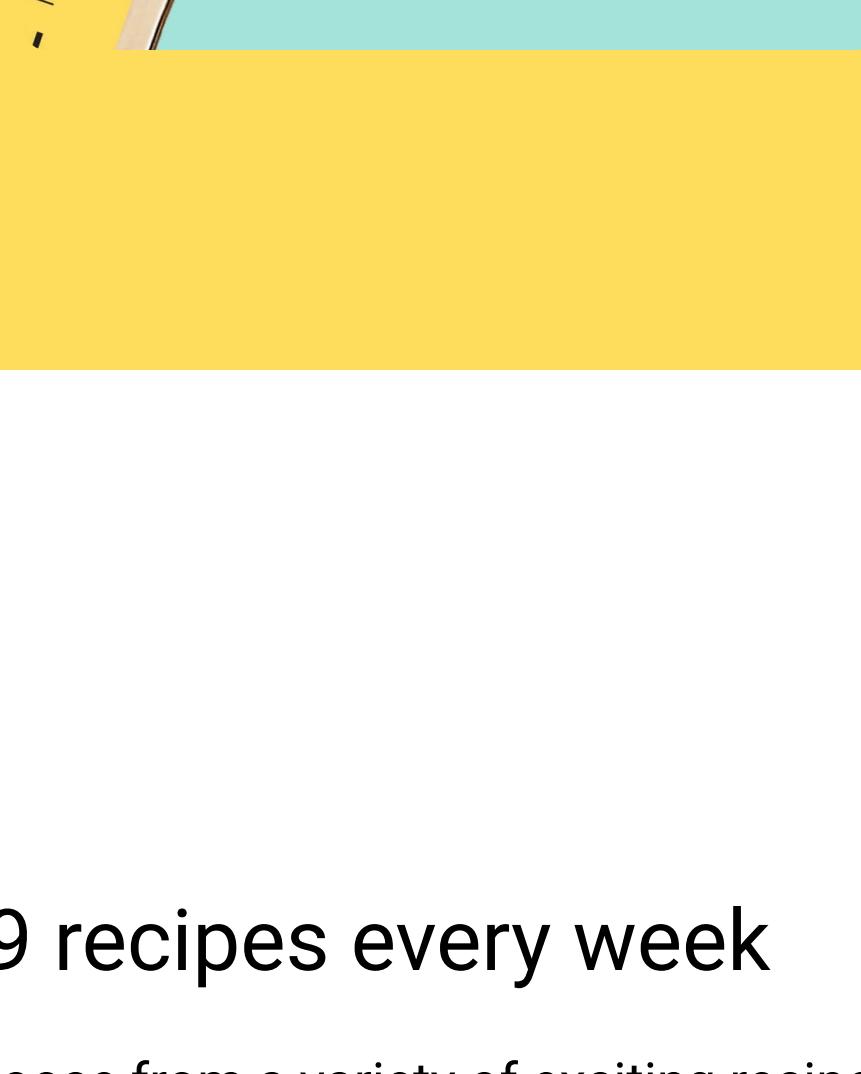
Alabama White BBQ Chicken
with Grilled Potato & Green Bean Salad



20-Min: Red Pepper Flatbread
with Ricotta, Almonds & Spinach Salad



Lemon Tilapia & Cauliflower Rice
with Tarragon Vegetable Medley

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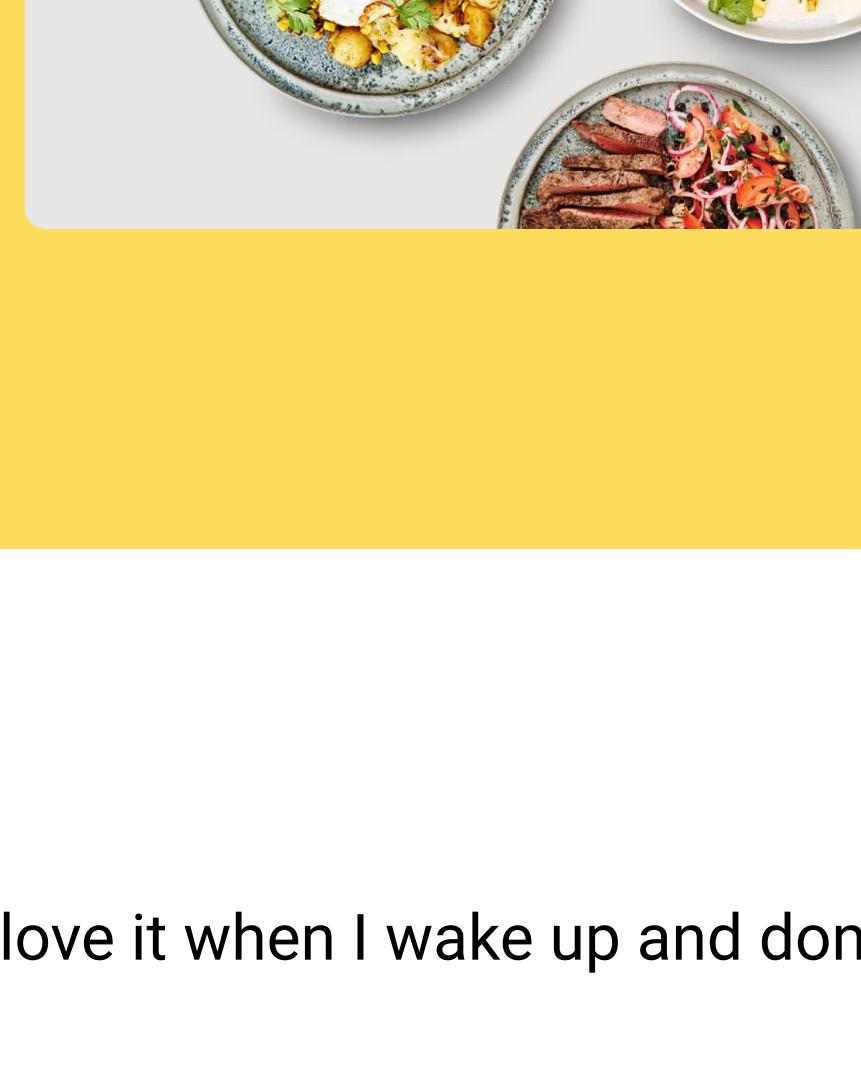
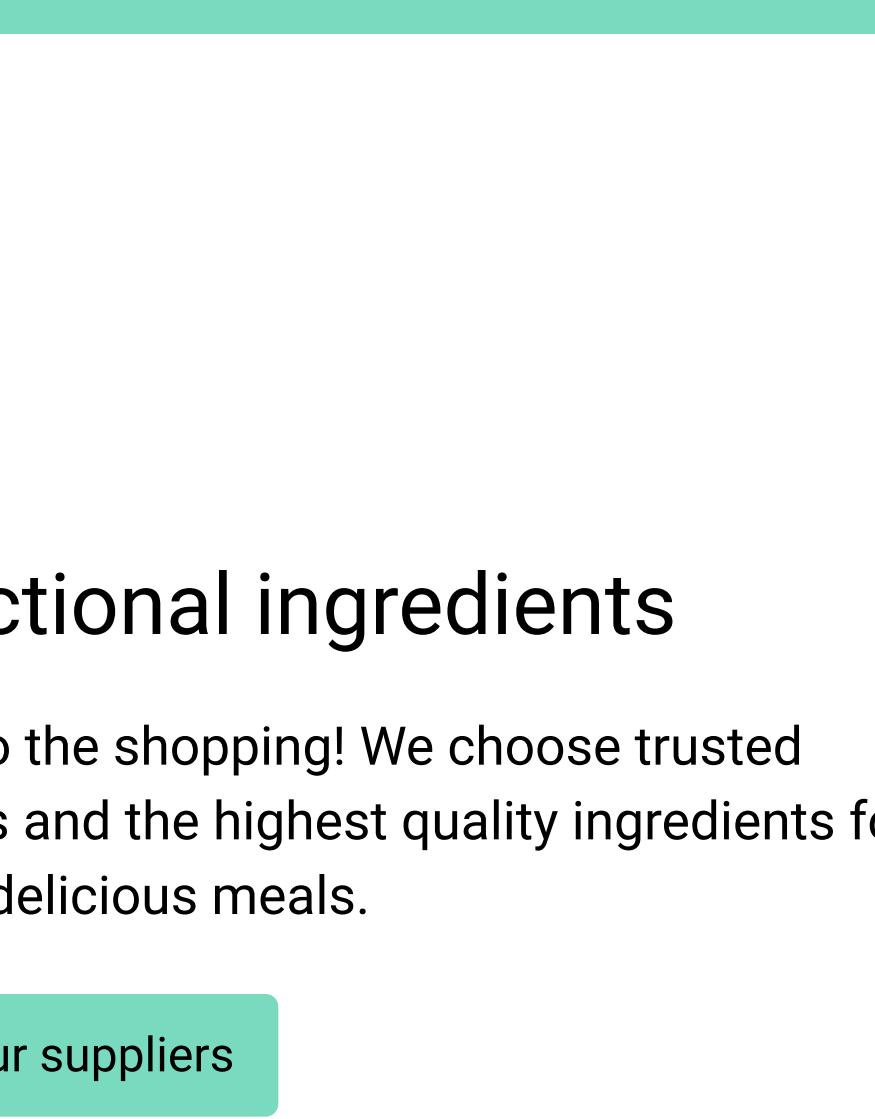
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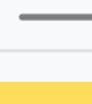
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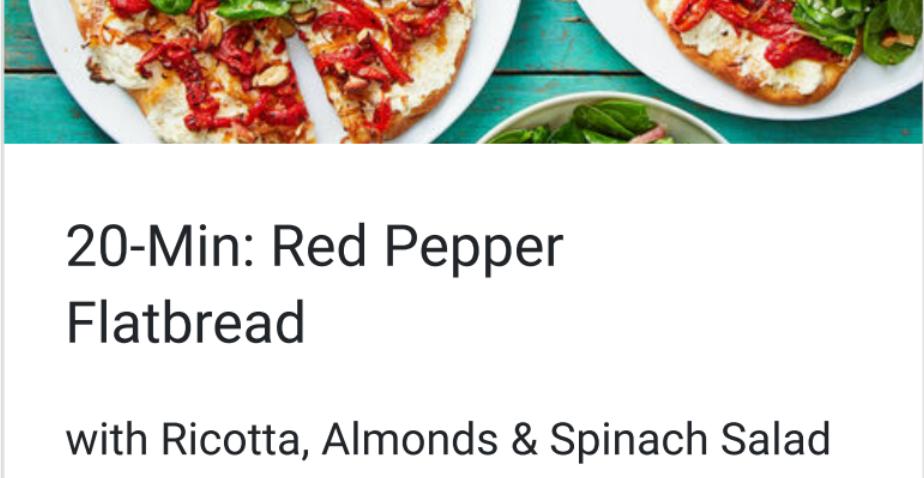
Chicken
Katsu Curry

STEP 1

First, make the curry sauce. Heat 1 tbsp oil in a pan, cook the onions and chopped carrots until the onions are soft and starting to caramelise, about 8 mins. Add

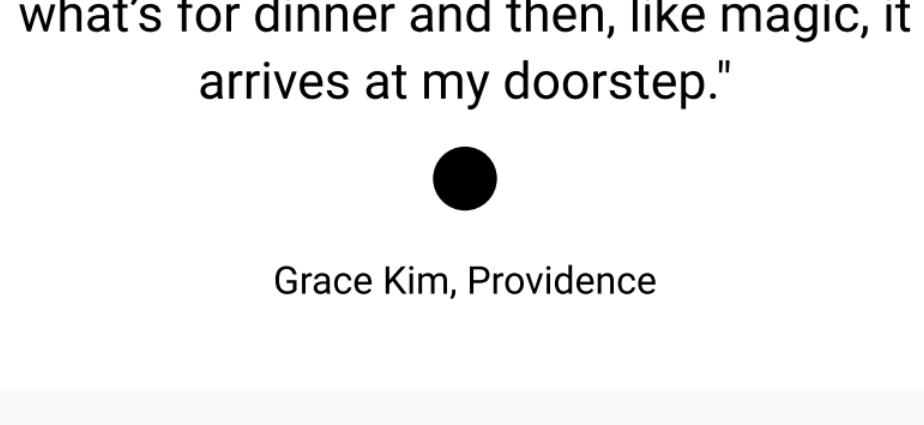
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every week

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and nutritionists



Everything
Bagel-Crusted Steak

with Wedge Salad & Sweet Potatoes



20-Min: Red Pepper
Flatbread

with Ricotta, Almonds & Spinach Salad

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Grace Kim, Providence

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