English:-

Non vegetarian:

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| S.no | ML | OUM | Items |
| 1. | 4 |  | Chicken breast |
|  | 1 | tbsp | Runny honey |
|  |  |  | Vegetable oil |
|  |  |  | Salt |
|  |  |  | Black pepper |
|  | 75 | ml | Medium dry white wine |
|  | 150 | ml | Chicken stock |
|  | 2 |  | Sprigs tarragon |
|  | 150 | ml | Double cream |
|  | 2 | tbsp | Chopped tarragon |
|  |  |  |  |
| 2. | 450 | g | Scaled and gutted sea bream |
|  | 6 |  | Cloves of roasted garlic |
|  | 1 |  | Small dried chilli |
|  |  |  | Few sprigs fresh rosemary |
|  |  |  | Salt |
|  | 2 | tbsp | Dry white whine |
|  | 50 | ml | Extra virgin olive oil |
|  |  |  | Chopped parsley |
|  | 1 |  | Quartered lemon |
|  |  |  |  |
| 3. | 4 |  | Fillet steaks |
|  | 8 |  | Slices of pancetta |
|  | 8 |  | Oysters |
|  |  |  | Butter |
|  | 300 | ml | Olive oil |
|  | 400 | g | Potatoes chunks |
|  | 200 | g | Tomatoes chunks |
|  | 200 | g | Small onions |
|  | 2 |  | Garlic cloves |
|  | 2 |  | Springs thyme |
|  | 2 |  | Springs sage |
|  |  |  | Sea salt |
|  |  |  | Black pepper |
|  | 60 | g | Pitted black olives |
|  | 60 | g | parsley |
|  |  |  |  |
| 4. | 1 |  | Pork chop |
|  | 1/2 |  | Cored and chopped apple |
|  | 25 | g | Grated cheddar cheese |
|  | 25 | g | Raisins |
|  | 3 | tbsp | Parsley leaves |
|  | 1 | tbsp | White wine vinegar |
|  | 1 | tbsp | Olive oil |
|  | 1 | tsp | Sesame seeds |
|  |  |  |  |
| 5. | 1 | kg | Lamb neck |
|  | 2 | l | Lamb stock |
|  | 225 | g | potatoes |
|  | 225 | g | onions |
|  | 225 | g | leeks |
|  | 225 | g | carrots |
|  | 225 | g | swede |

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| S.no | Recipe | Calories | Summary | Steps |
| 1. | Chicken with tarragon cream sauce | 233 | Chicken with creamy tarragon sauce. | 1. Preheat the oven to 200C/400F/Gas 6. 2. In a roasting tin, brown the chicken breasts in a little oil. Season both sides, turn skin side up and pour over the honey. 3. Roast until cooked through - about 20 minutes. Remove the chicken from the pan and keep warm while you make the sauce. 4. Pour off any excess fat, add the wine and bring to the boil, scraping to make sure you include any of the juices from the chicken. Reduce until you're left with a couple of tablespoons of richly flavoured liquid. 5. Add the stock and the sprigs of tarragon, bring to the boil and reduce by a third. 6. Stir in the cream, bring to the boil and allow to reduce a little before removing the sprig of tarragon and adding the fresh chopped herb. 7. Adjust the seasoning and serve spooned over the chicken. |
|  |  |  |  |  |
| 2. | Baked sea bream with garlic and rosemary | 229 | Roasted garlic, rosemary, white wine all enhance this firm white fish and it's ready in ten minutes. | 1. Preheat the oven to 220C/430F/Gas 7. Using a sharp, flexible knife, remove the fillets from the sea bream (or ask your fishmonger to do this for you). 2. Place a large piece of aluminium foil, about 60cm/24in long, onto a work surface and cover with a layer of parchment paper almost the same size. Fold over the edges so that the foil and parchment are secured together. 3. Place the fillets onto the parchment paper and scatter over the roasted garlic cloves (squeeze them gently to release the soft insides as you do so). Crumble over the dried chilli and scatter over some rosemary leaves. Season with sea salt and pour over the wine. Drizzle over the olive oil. 4. Seal the parchment paper and foil around the fish. Start at the ends, rolling them inwards to ensure the ends are properly sealed, then crimp the sides to create a pasty-shaped parcel. The parcel should be tightly sealed so that the fish steams as it cooks without any steam escaping. 5. Place the fish in a roasting tray and roast for 8-10 minutes. 6. When cooked, remove from the oven and place onto a large serving plate. Carefully undo the foil and parchment, folding back the sides. To serve, sprinkle over some chopped fresh parsley and squeeze over fresh lemon juice to taste. |
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| 3. | Carpet bag steak with potatoes and black olives | 234 | Pocket cut steak | 1. Slit the steaks to make a pouch, stuff with a couple of wet oysters and then wrap around two pieces of pancetta or streaky bacon. 2. Heat 50g/1¾oz of butter in a heavy frying pan, over a medium heat and put in the steaks. 3. For medium-rare, cook for roughly 3 minutes on each side, then remove from the pan. 4. Take the pan off the heat, pour in the reserved oyster water and scrape any bits from the bottom to the surface. 5. Finally, pour the resulting liquid over the steaks. 6. To make the potatoes pre heat the oven to 190C/375F/ Gas 5. 7. Warm the olive oil in a heavy casserole dish over a medium heat. 8. Add the potatoes, tomatoes, onions, garlic cloves, thyme and sage and bring to the boil. 9. Season well and simmer for 8-10 minutes, then cover and cook in the oven for half an hour, or until the potatoes are cooked through (do not stir as this will break up the vegetables). 10. Allow to cool slightly, then add the olives and parsley. Finally, serve with the carpet bag steaks. |
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| 4. | Griddled pork with apple salad | 366 | Griddled pork with apple salad | 1. Griddle the pork chop in a hot griddle pan for 3-4 minutes on each side or until cooked through. Remove from the pan and leave to rest for five minutes. 2. Meanwhile, mix together the apple, cheese, raisins and parsley leaves. 3. Cut the pork into slices and mix with the apple and cheese mixture. 4. Dress with the vinegar, olive oil and sesame seeds and serve. |
|  |  |  |  |  |
| 5. | Cawl | 560 | Cawl is a Welsh stew that's wonderfully comforting and best made the day before serving. | 1. Put the lamb into a large pan and pour over the stock. Bring to the boil, then reduce the heat and simmer for 1 hour. 2. Add the vegetables and cook for a further hour. Remove from the heat, cover and set aside to cool. Put in the fridge overnight. 3. When you are ready to serve, return the stew to the boil and cook for 15 minutes, or until completely heated through. 4. Spoon the cawl into serving bowls and serve with crusty bread and Welsh cheese. |

Vegetarian:

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| S.no | ML | OUM | Items |
| 1. | 2 | tbsp | Extra virgin olive oil |
|  | 1 | tsp | Dijon mustard |
|  | 2 | tsp | Red wine vinegar |
|  |  |  | Caster sugar |
|  | 200 | g | Cooked beetroot |
|  | 80 | g | Goats’ cheese |
|  | 50 | g | Walnuts |
|  |  |  | Salt |
|  |  |  | Ground black pepper |
|  |  |  |  |
| 2. | 350 | g | Broccoli |
|  | 400 | ml | Vegetable stock |
|  | 25 | g | Butter |
|  | 4 |  | Spring onions |
|  | 50 | g | Stilton |
|  | 100 | ml | Double cream |
|  |  |  | Salt |
|  |  |  | Freshly ground black pepper |
|  |  |  | Nutmeg |
|  | 4 |  | French bread |
|  | 100 | g | Sliced stilton |
|  |  |  |  |
| 3. | 400 | g | carrots |
|  | 400 | g | Swede |
|  | 25 | g | Butter |
|  | 2 | tbsp | Crème fraiche |
|  | 2 | tbsp | Creamed horseradish |
|  |  |  | Salt |
|  |  |  | Ground black pepper |
|  |  |  |  |
| 4. | 1/2 |  | Red cabbage |
|  | 1 |  | Bulb fennel |
|  | 1 |  | Stick celery |
|  | 1 |  | Apple |
|  | 1 |  | Lemon juice |
|  | 8 |  | Walnuts |
|  | 1 | tbsp | Red wine vinegar |
|  |  |  | Salt |
|  | 1 | tbsp | Dijon mustard |
|  | 1 | tbsp | Groundnut oil |
|  | 1 | tbsp | Walnut oil |
|  | 100 | g | Stilton |
|  |  |  |  |
| 5. | 2 | tbsp | Olive oil |
|  | 1 |  | Red onion |
|  | 1 |  | Garlic clove |
|  | 227 | g | Chopped tomatoes |
|  | 400 | g | Haricot beans |
|  | 1 |  | Rosemary |
|  | 75 | g | Sourdough bread |
|  | 1/4 |  | Garlic clove |
|  |  |  | Salt |
|  |  |  | Ground black pepper |

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| S.no | Recipe | Calories | Summary | Steps |
| 1. | Beetroot carpaccio with goats’ cheese and walnuts | 245 | Thin slices of sweet, earthy beetroot are slicked with a mustardy dressing and topped with tangy goats' cheese. | 1. Whisk the oil, mustard, vinegar and sugar together in a small bowl and season well with salt and pepper. 2. Fan the beetroot slices out over small plates and drizzle over the mustard dressing. Scatter over the goats’ cheese and walnuts and serve. |
|  |  |  |  |  |
| 2. | Broccoli and Stilton soup | 194 | easy creamy broccoli and Stilton soup recipe with bubbling Stilton croûtons is the perfect antidote to the winter blues. | 1. For the soup, place the pieces of broccoli into a glass bowl. Pour over the vegetable stock. 2. Cover the bowl with cling film and place in the microwave. Cook on full power for four minutes, or until tender. 3. Meanwhile, heat a frying pan until hot then add the butter. When it starts to foam, add the spring onions and cook for one minute. 4. Transfer the cooked broccoli and stock to a food processor. Add the fried spring onions, Stilton and cream and blend until smooth. 5. Transfer the blended mixture to a pan and bring gently to a simmer. 6. Meanwhile, for the croûtons, toast the French bread under a grill until golden-brown on each side. 7. Top the grilled bread with the slices of Stilton and return to the grill until golden-brown and bubbling. 8. Season the soup with salt, freshly ground black pepper and a pinch of nutmeg. 9. Divide the soup equally among four warm bowls and top each with a Stilton croûton. Serve. |
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| 3. | Carrot and swede mash | 100 | This delicious, colourful carrot and swede mash is a great low-carb alternative to the standard potato variety. | 1. Cook the carrots and swede together in a saucepan of boiling salted water for 30–35 minutes, or until tender. Drain and return to the pan. 2. Add the butter, crème fraîche and horseradish, mash well and season with salt and pepper to taste. Serve. |
|  |  |  |  |  |
| 4. | Crisp winter slaw | 101 | Crunchy red cabbage, fennel, apple and toasted nuts are finished off with a sprinkling of blue cheese. | 1. Finely slice the red cabbage, fennel and celery and combine in a large salad bowl. Slice the apple into discs, lay onto a plate and squeeze a lemon over in order to stop it discolouring. 2. Toast the walnuts in a dry frying pan for two minutes and set aside. 3. For the dressing, take a separate bowl and to it add the red wine vinegar, a little salt, some Dijon mustard and both walnut and groundnut oil. Whisk them together. 4. Now toss all the components together in a salad bowl. Crumble over large chunks of Stilton, trickle the dressing and serve with some of the green fronds from the fennel bulb. |
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| 5. | Tuscan beans on sourdough toast | 392 | Beans on toast gets a facelift with this easy-to-make and healthy recipe. | 1. Heat the oil in a frying pan over a medium–low heat. Add the red onion and garlic and fry for 5 minutes, or until starting to soften. 2. Add the tomatoes, beans and rosemary. Season with plenty of pepper and a small pinch of salt. Heat for 5 minutes, stirring occasionally. 3. Toast the sourdough on both sides. Drizzle a teaspoon of oil over each piece and rub the toast with the garlic. Serve the beans on the sourdough. |

Vegan:

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| S.no | ML | OUM | Items |
| 1. | 2 | tbsp | Sunflower oil |
|  | 1 |  | Butternut squash |
|  | 2 |  | Onions |
|  | 3 |  | Carrots |
|  | 2 |  | parsnips |
|  | 2 | tbsp | Plain flour |
|  | 400 | g | Chopped tomatoes |
|  | 2 | tbsp | Tomato puree |
|  | 1/2 | tsp | Dried chilli flakes |
|  | 3 | tbsp | Pesto |
|  | 350 | ml | Hot vegetable stock |
|  | 100 | g | Young spinach leaves |
|  |  |  | Salt |
|  |  |  | Freshly ground black pepper |
|  | 200 | g | Self-raising flour |
|  | 75 | g | Frozen butter |
|  | 125 | ml | Cold water |
|  |  |  |  |
| 2. | 25 | g | Vegan spread |
|  | 150 | g | Mincemeat |
|  | 125 | g | Chopped pear |
|  | 50 | g | Chopped satsumas |
|  | 2 | tsp | Cornflour |
|  | 5 |  | Filo pastry sheets |
|  |  |  |  |
| 3. | 100 | g | Pearl barley |
|  | 2 | tbsp | Olive oil |
|  | 250 | g | Shallots |
|  | 300 | g | Brussels sprouts |
|  | 400 | g | Parsnips |
|  | 150 | g | Chestnuts |
|  | 150 | g | Medium-dry cider |
|  | 2 |  | Bay leaves |
|  | 2 |  | Thyme sprigs |
|  | 750 | ml | Hot vegetable stock |
|  |  |  | Sea salt |
|  |  |  | Black pepper |
|  | 2 |  | Leafy tops from brussels sprout stems |
|  | 1/2 |  | Garlic clove |
|  | 25 | g | Walnuts |
|  | 1 |  | Lemon |
|  | 3 | tbsp | Extra virgin olive |
|  |  |  |  |
| 4. | 375 | g | Ready-rolled vegan puff pastry |
|  | 1 | tsp | Olive oil |
|  | 200 | g | Leeks |
|  | 1 | tsp | Wholegrain mustard |
|  | 2 | tsp | Freshly chopped sage |
|  | 2 | tsp | Smoked paprika |
|  | 100 | g | Breadcrumbs |
|  | 250 | g | Apple sauce |
|  | 1/4 | tsp | Sea salt |
|  | 1 | tsp | Tamari |
|  | 4 |  | Apples |
|  | 1(1/2) | tbsp | Caster sugar |
|  | 1/2 |  | Lemon juice |
|  | 1/4 | tsp | Cracked black pepper |
|  |  |  |  |
| 5. | 3 | tbsp | Olive oil |
|  | 1 |  | Medium chopped onion |
|  | 2 |  | Celery sticks |
|  | 1 |  | Medium leek |
|  | 250 | g | Chestnut mushrooms |
|  | 1 |  | Courgette |
|  | 2 |  | Garlic cloves |
|  | 2 |  | Carrots |
|  | 400 | g | Chopped tomatoes |
|  | 400 | g | Lentils |
|  | 100 | ml | Red wine |
|  | 2 | tbsp | Tomato puree |
|  | 2 | tbsp | Yeast extract |
|  | 1 | tsp | Dried mixed herbs |
|  | 1 |  | Vegetable stock cube |
|  |  |  | Sea salt |
|  |  |  | Black pepper |
|  | 1 | kg | Floury potatoes |
|  | 100 | ml | Plant-based milk |
|  | 3 | tbsp | Olive oil |
|  | 2 | tbsp | Nutritional yeast flakes |

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| S.no | Recipe | Calories | Summary | Steps |
| 1. | Slow cooker vegetarian hotpot | 264 | This slow-cooker vegetarian stew with fluffy dumplings is a cheap and easy recipe. To make it vegan, use vegetable suet in the dumplings instead of butter and omit the pesto. | 1. Heat the oil in a large, non-stick frying pan over a medium heat. Add the vegetables, in batches if necessary, and fry for 4–5 minutes, stirring regularly, until lightly browned all over. Season with salt and pepper. 2. Transfer the vegetables to the slow cooker, sprinkle over the flour and stir well. Add the chopped tomatoes, tomato purée, chilli flakes and pesto, if using, and stir again. Pour over the stock and stir. Cover and cook on high for 4 hours. 3. After the hotpot has been cooking for 3½ hours, make the dumplings. Put the flour in a large mixing bowl and season with salt and pepper. 4. Coarsely grate one-quarter of the frozen butter into the flour. Toss the mixture to coat the butter lightly in the flour. Add the remaining butter in three more batches, grating and tossing it in the same way. This should prevent the dumpling dough from clumping and yield light, fluffy dumplings. 5. Stir in enough cold water to bring the mixture together as a soft, squidy dough. Divide into 12 equally sized pieces and roll each into a ball. 6. Remove the lid from the slow cooker, stir in the spinach until wilted, then arrange the dumplings gently on top. Replace the lid and continue to cook on high for a further 25–30 minutes, or until the dumplings are puffed up and fluffy. 7. Spoon the hotpot onto serving plates with the dumplings on top. |
|  |  |  |  |  |
| 2. | Vegan mince pies | 217 | These amazing vegan mince pies use filo pastry so are seriously quick and easy. | 1. Preheat the oven to 200C/180C Fan/Gas 6. Brush the cups of a 12-cup bun tin with a little vegan spread or oil. 2. Mix the mincemeat with the pear, satsumas and cornflour in a bowl, stirring until the cornflour has dissolved. 3. Lay a sheet of filo on the work surface and brush with melted spread or oil. Place another sheet of filo on top , and brush again. Place a third sheet of filo on top and brush again. Cut the stack of filo into 12 pieces (a pizza wheel is good for this). Press a piece of filo into each cup of the bun tin. 4. Divide the mincemeat mixture equally between the pastry-lined cups. 5. Butter the remaining sheets of filo separately, and cut each piece into 6. Scrunch up the pieces and put one on top of each mince pie. The more crinkles, the better. 6. Bake in the oven for 15 minutes, or until the top is golden-brown and crisp. Remove from the oven and allow to cool in the tin for 5 minutes before transferring carefully to a wire rack. These really are best eaten warm from the oven, as they tend to soften when cool. But the pies can also be reheated for 5 minutes to crisp up again. |
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| 3. | Parsnip, sprout and chestnut hotpot with cider and sprout top pesto | 200 | Warm up with a cosy casserole of winter vegetables cooked with barley and cider. Serve with steamed greens and mashed potatoes for a more substantial meal. | 1. Put the pearl barley into a large bowl, cover with cold water and leave to soak for 15 minutes. 2. Heat the oil in a flameproof casserole dish over a medium heat. Add the shallots, Brussels sprouts, parsnips, chestnuts, and season with salt and pepper. Cook for 15 minutes, stirring only occasionally, until you get a golden-brown colour on the vegetables. 3. Add the cider and simmer for a couple of minutes, stirring and scraping the bottom of the pan to deglaze it, until the liquid has reduced to almost nothing. 4. Drain the pearl barley and rinse well. Add to the casserole dish with the bay leaves, thyme and stock. Stir well, bring to a simmer, then reduce the heat to low. Cover and simmer for 35–40 minutes, or until the barley is tender. Check the seasoning. 5. Meanwhile, to make the pesto, strip any tough stalks from the Brussels leaves. Roughly shred or chop the leaves and place into a food processor. Add the garlic, walnuts or pumpkin seeds and some salt and pepper. Blend until finely chopped, stopping once or twice to scrape down the sides. 6. Add a squeeze of lemon juice and slowly trickle in the oil, whilst the processor is on. Stop when the ingredients have formed a coarse pesto – it’s nicest if it’s still a bit leafy and textured, rather than a smooth puree. Taste and add more salt, pepper or lemon juice as needed. Place into a bowl and finish with a few fine gratings of lemon zest. 7. To serve, spoon the hotpot into warmed bowls and top with the sprout top pesto. |
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| 4. | Vegan sausage rolls | 311 | These vegan sausage rolls are inspired by Glamorgan sausages – which are vegetarian and include cheese – the leek and apple filling makes a great alternative. | 1. To make your own apple sauce, put the apples in a saucepan with the sugar, lemon juice and 150ml/¼ pint water. Bring to a simmer over a low heat and cook gently for about 5 minutes, or until the apples are soft. Add the pepper and beat with a wooden spoon to break down the apples, then taste: you may need to add a little more sugar to balance the sharpness of the apples. 2. Remove the pastry from the fridge and allow to come to room temperature. Preheat the oven to 220C/200C Fan/Gas 7. 3. Heat the oil in a frying pan and fry the leeks for about 5 minutes, or until softened. Add the mustard, sage, smoked paprika and breadcrumbs and heat through for 1 minute. Add the apple sauce, salt and a large pinch of pepper and fry for 2 minutes. Set aside to cool. 4. Unroll the puff pastry and slice it into quarters. Spoon a quarter of the leek mix down the centre of each sheet, fold the pastry over, then press the edges together, using a fork to crimp and seal them. Slice into 8 large or 16 small sausage rolls. 5. Brush with tamari, then spread on a baking sheet and bake for 15–18 minutes until puffed and golden. |
|  |  |  |  |  |
| 5. | Vegan shepherd’s pie | 463 | The secret ingredient is nutritional yeast, a great vegan ingredient that lends a cheesy flavour to the mash topping. Serve with lots of freshly cooked green vegetables. | 1. To make the filling, heat the oil in a large, wide-based non-stick saucepan or sauté pan and gently fry the onion, celery and leek for 5 minutes, stirring regularly. Add the mushrooms and courgette and cook for a further 5 minutes, or until softened and lightly browned. Stir in the garlic and cook for a few seconds more. 2. Add the carrots, tomatoes, drained lentils, 300ml/10fl oz water, wine (or extra water), tomato purée, yeast extract, mixed herbs and crumbled stock cube. Season with salt and pepper and bring to a gentle simmer. 3. Cook for 30 minutes, or until thick. Stir occasionally at the beginning and more regularly towards the end of the cooking time so that it doesn’t stick. Add a little extra water if necessary; it should look nice and saucy, but thick enough to support the weight of the potatoes. Adjust the seasoning to taste, making sure you are generous with the black pepper. 4. While the vegetables are simmering, make the mash. Put the potatoes in a large saucepan and cover with cold water. Bring to the boil, then reduce the heat slightly and cook for 15 minutes or until very soft. 5. Preheat the oven to 200C/180C Fan/Gas 6. 6. Drain the potatoes in a colander then return to the pan and mash with the almond milk, oil and nutritional yeast. Add a little more milk if necessary, so that the potatoes are really light and fluffy. Season with salt and pepper. 7. Pour the lentil mixture carefully into a 2.5 litre/4½ pints ovenproof dish – a lasagne dish is ideal. Spoon the potatoes gently onto the filling and fluff up the surface with the back of a spoon. 8. Bake for 30 minutes, or until pale golden-brown and bubbling. If the topping doesn’t go brown enough, pop under a hot grill for a couple of minutes. Serve hot. |

Italian:-

Non vegetarian:

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| S.no | ML | OUM | Items |
| 1. | 2 |  | Chicken breasts |
|  | 4 | tbsp | Olive oil |
|  | 4 |  | Garlic cloves |
|  | 1/2 |  | Flatleaf parsley |
|  | 1 | tsp | Chilli flakes |
|  | 400 | g | Chopped tomatoes |
|  | 1 | tbsp | Caster sugar |
|  | 400 | g | Penne pasta |
|  |  |  | Salt |
|  |  |  | Black pepper |
|  | 15 | g | Parmesan |
|  |  |  |  |
| 2. | 2 | kg | Fish fillets |
|  | 2 | kg | shellfish |
|  | 8 | tbsp | Olive oil |
|  | 1 |  | Onion |
|  | 2 |  | Garlic clove |
|  | 1 | kg | Tomatoes |
|  | 125 | ml | Red wine |
|  |  |  | Chilli |
|  | 3 | tbsp | Flatleaf parsley |
|  | 1/2 | tsp | Fennel seeds |
|  |  |  | Salt |
|  |  |  | Black pepper |
|  | 8 |  | Sliced bread |
|  |  |  |  |
| 3. | 1 |  | Onion |
|  | 5 | tbsp | Olive oil |
|  |  |  | Salt |
|  |  |  | Ground pepper |
|  | 3 |  | Bacon slices |
|  | 50 | g | Breadcrumbs |
|  |  |  | Parsley |
|  | 250 | g | Beef mince |
|  | 250 | g | Pork mince |
|  | 1 |  | Egg yolk |
|  | 50 | ml | Red wine |
|  | 3 |  | Large tomatoes |
|  | 400 | g | Chopped tomatoes |
|  | 500 | g | Pappardelle |
|  |  |  | Grated cheese |
|  |  |  |  |
| 4. | 1 | kg | Lamb shoulder |
|  | 150 | ml | Extra virgin olive oil |
|  | 2 |  | Onions |
|  | 1 |  | Carrot |
|  | 1 |  | Celery stalk |
|  | 5 |  | Garlic cloves |
|  | 50 | g | Anchovy fillets |
|  |  |  | Thyme sprigs |
|  | 1 |  | Red chilli |
|  | 250 | ml | White wine |
|  | 25 | ml | White wine vinegar |
|  | 250 | g | Peas |
|  | 400 | g | Potatoes |
|  | 200 | g | Cherry tomatoes |
|  |  |  | Salt |
|  |  |  | Black pepper |
|  | 6 |  | bread |
|  |  |  |  |
| 5. | 100 | ml | Olive oil |
|  | 2 | tbsp | Red wine vinegar |
|  | 4 |  | Chillies |
|  | 1/2 |  | Red pepper |
|  | 1 |  | Head garlic |
|  |  |  | Thyme |
|  |  |  | Rosemary |
|  | 1 | tsp | Oregano |
|  | 1/2 | tsp | Red chilli flakes |
|  | 1 |  | Pork ribs |
|  |  |  | Salt |
|  |  |  | Black pepper |
|  | 1 |  | Lemon wedges |
|  | 200 | g | polenta |

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| S.no | Recipe | Calories | Summary | Steps |
| 1. | Chicken arrabiata | 508 | This simple, delicious chicken arrabiata is easy for even novice cooks to prepare and good for those on a budget too. | 1. Season the chicken all over with salt and pepper. Heat 2 tablespoons of the oil in a heavy-bottomed frying pan. Add the chicken breasts and fry over a medium–high heat until just golden brown on the outside – they will cook through later. Lift from the pan onto a plate to catch any juices. 2. Mix the garlic and parsley together in a small bowl. Add the rest of the oil to the pan with the garlic and parsley mixture and chilli flakes. Turn the heat down and sizzle together for about 30 seconds until really fragrant, but do not let the garlic brown. Quickly mix in the tomatoes and sugar. Quarter fill each can with water to rinse out the last of the tomato sauce and tip this all into the pan too. 3. Squish the chicken breasts back down into the sauce and simmer gently for 8–10 minutes, turning the chicken over halfway through. Check the chicken is cooked through and lift from the sauce onto a chopping board. Cook the sauce for about 10 minutes until it is thick and the top is glistening with oil. Taste to see if it needs more seasoning and keep warm. Slice the chicken breasts and return to the sauce. 4. Meanwhile, bring a large saucepan of water to the boil. Tip the pasta into the boiling water and cook for 9–11 minutes or until cooked to your liking. Drain the pasta thoroughly and combine with the sauce. 5. To serve, scatter over some parsley, if using, and top with Parmesan. |
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| 2. | Fish stew | 17 | It's something of an Italian Christmas Eve tradition to feast on this fish stew. And it's done in 30 minutes! | 1. If your fishmonger hasn’t already done so, clean and prepare your chosen fish and shellfish. Cut fish fillets into large chunks and seafood into manageable pieces. 2. Put the oil, onion and garlic into a large pan and fry briefly. 3. Add the tomatoes, wine, chilli, parsley and fennel seeds and season with salt and pepper. Cook for 15 minutes. 4. Start to add large pieces of fish to the sauce first and those that will take the longest to cook such as monkfish, then add the more tender fish such as red mullet or sole and the shellfish, ending up with the mussels if using. Cook for five or so minutes, or until the fish is cooked and the mussels have opened. (Discard any mussels that haven't opened.) 5. Rub the bread with garlic, drizzle with olive oil, and put each slice in the bottom of a deep soup bowl. Pour over the soup and serve. |
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| 3. | Pappardelle and meatballs | 405 | Meatballs in a rich tomato sauce served with pasta. | 1. Heat the olive oil a heavy-based casserole or large saucepan set over a low heat. Add the onion and season generously with salt and freshly ground black pepper. Increase the heat to medium and add the bacon. Cook until the onions are soft and translucent (do not colour). 2. Add the breadcrumbs and a generous handful of herbs to the pan. Stir and then remove half of the mixture and set aside in a bowl to use in the sauce later. Transfer the remaining mixture to a blender. 3. Add the minced beef and pork to the mixture and pulse to form a paste. Stir in the egg yolk to combine. Use your hands to mould the mixture into small balls about the size of ping pong balls. 4. Put the meatballs in the casserole and fry until brown all over (this can take up to 10 minutes). Remove from the pan and set aside. 5. Add the reserved onion and bacon mixture to the pan. Deglaze by adding the red wine and scraping all the bits off the bottom of the pan. When the wine is boiling, add the chopped fresh tomatoes, keeping the heat high. Continue to cook, stirring all the time until they start to break down. Add the tinned tomatoes and a tin full of water. Bring back to the boil. 6. Taste to check the seasoning and cook for a further five minutes. Return the meatballs to the pan and bring to the boil, then lower the heat and simmer for 15 minutes. 7. Meanwhile, cook the pasta according to packet instructions. 8. To serve, mix the meatballs and pasta together with grated cheese, or keep separate if you prefer. |
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| 4. | Easter lamb with peas | 753 | The secret of success in this recipe is to leave the lamb to cook on a very low heat. Serve this springtime dish with plenty of bread to mop up the sauce. | 1. Season the lamb chunks with salt and black pepper. Set aside. 2. Heat the olive oil in a large lidded pan and fry the onions, carrot and celery for 4–5 minutes, or until softened. Add the garlic, anchovies, thyme and chilli, and continue to cook, stirring, until the anchovies have almost dissolved into the oil. Add the lamb chunks and fry for a further 4–5 minutes, or until browned all over. 3. Stir in the wine and continue to cook until the volume of the liquid has reduced by half, then add the vinegar. Reduce the heat to low, cover and simmer gently for 20 minutes. 4. Add the peas, potatoes and tomatoes, cover again and continue to cook for about an hour, until the sauce has reduced by half. 5. Serve hot with plenty of bread to mop up the sauce. |
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| 5. | Calabrian pork ribs | 320 | This flavoursome pork rib roast is cut from pork belly still on the bone. Perfect for marinating and then cooking low and slow before a quick grill or go on the barbecue. | 1. Preheat the oven to 140C/Fan 120C/Gas 1. 2. Put all the ingredients, except the pork, into a blender and blend until fairly smooth. 3. Line a roasting tin with foil, making sure there is enough foil hanging over the sides to fold into a parcel. Place the pork on top of the foil and pour over the marinade, turning over to make sure it is completely covered. 4. Bring the foil together to make a parcel then put in the oven. Bake for between 2–3 hours, making sure you check after 2 hours – the meat should be cooked through and tender but nowhere near falling off the bone. 5. Cook the polenta according to packet instructions and season well. 6. Remove from the oven and transfer to a chopping board. Pouring off any cooking juices and transfer to a small saucepan. When the ribs are cool enough to handle, cut into individual ribs – it is easier to follow the bone by turning bone side up. 7. To finish cooking, either prepare a barbecue, preheat your grill or heat a griddle pan until it is too hot to hold your hand over. Grill or griddle the ribs until well browned and nicely charred in places – this should take 3–4 minutes on each side. 8. Reheat the pan juices and serve on the side with the ribs, along with lemon wedges and polenta. |

Vegetarian:

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| S.no | ML | OUM | Items |
| 1. | 2 | tbsp | Extra virgin olive oil |
|  | 100 | g | Cooked sweet potato |
|  | 175 | g | Cooked new potatoes |
|  | 100 | g | Broccoli |
|  | 1/2 | pc | Red pepper |
|  | 1 | pc | Leek |
|  | 50 | g | Peas |
|  | 1 | pc | Red chilli |
|  | 100 | g | Feta |
|  | 6 | pc | Egg |
|  |  |  | Sea salt |
|  |  |  | Freshly ground black pepper |
|  |  |  | Green salad leaves |
|  |  |  |  |
| 2. | 4 | pcs | Aubergines |
|  |  |  | Salt |
|  |  |  | Freshly ground black pepper |
|  | 4 | tbsp | Extra virgin olive oil |
|  | 1 | pc | Onion |
|  | 2 | pc | Celery |
|  | 400 | g | Chopped tomatoes |
|  | 100 | g | Green olives |
|  | 3 | tbsp | Capers |
|  | 2 | tbsp | Red wine vinegar |
|  | 1 | tbsp | Sugar |
|  |  |  | Parsley |
|  |  |  |  |
| 3. | 150 | g | Polenta |
|  | 825 | ml | Vegetable stock |
|  | 2 | tbsp | Harissa paste |
|  | 2 | tbsp | Extra virgin olive oil |
|  | 2 | pcs | Carrots |
|  | 25 | g | Hazelnut |
|  | 100 | g | Kale |
|  | 75 | g | Chestnut |
|  |  |  | Salt |
|  |  |  | Black pepper |
|  |  |  |  |
| 4. | 225 | g | Dried brown lentils |
|  | 2 | pcs | Brown onion |
|  | 1 | tbsp | Olive oil |
|  | 4 | pcs | Garlic clove |
|  | 100 | g | Baby spinach |
|  | 4 | tbsp | Basil pesto |
|  | 1 | pc | Lemon |
|  | 50 | g | Pine nuts |
|  | 1 | pc | Egg |
|  | 50 | g | Breadcrumbs |
|  | 300 | g | Spaghetti |
|  | 800 | g | Tomatoes |
|  | 2 | tbsp | Tomato puree |
|  | 1 | tbsp | Red wine vinegar |
|  | 1 | tbsp | Caster sugar |
|  | 3 | pcs | Basil leaves |
|  |  |  | Salt |
|  |  |  | Black pepper |
|  |  |  |  |
| 5. | 2 | tsp | Olive oil |
|  | 2 | pcs | Onion |
|  | 3 | pcs | Carrot |
|  | 2 | pcs | Celery |
|  | 2 | tsp | Thyme leaves |
|  | 2 | pcs | Garlic |
|  | 2 | tbsp | Tomato puree |
|  | 500 | g | Puy lentils |
|  | 400 | g | Tomatoes |
|  | 2 | l | Vegetable stock |
|  | 1 | tbsp | Balsamic vinegar |
|  | 300 | g | Pasta |
|  |  |  | Vegetarian cheese |
|  |  |  | Green salad |
|  |  |  | Sea salt |
|  |  |  | Black pepper |

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| S.no | Recipe | Calories | Summary | Steps |
| 1. | Anything-goes frittata | 126 | This frittata recipe is super flexible. You can use just about anything that's leftover in the fridge. | 1. Heat the oil in a medium non-stick frying pan (ideally ovenproof) and gently fry the sweet potato, new potatoes, broccoli, pepper and leek for 5–7 minutes, or until the potatoes are lightly browned and the other vegetables are just tender, stirring regularly. Stir in the peas, chilli and feta. 2. Break the eggs into a bowl and add a good pinch of salt and lots of black pepper. Beat well using a large metal whisk. Pour the eggs into the pan and give it a little shake, so they run down between all the vegetables. 3. Cook the frittata over a gentle heat for 5 minutes without stirring, or until the egg is almost set. Meanwhile, preheat the grill to high. Place the frittata under the hot grill for 3–4 minutes, or until set. 4. Loosen the sides of the frittata and slide onto a board. Cut into wedges and serve with a green leafy salad. |
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| 2. | Caponata | 290 | Sweet and sour aubergines mix with salty olives, capers and tangy tomatoes. | 1. Sprinkle the aubergines with salt and leave to drain in a colander for 30 minutes. 2. Heat some of the olive oil in a large frying pan and brown the aubergine on a moderate heat for 10 minutes. When softened and browned, set aside. You may have to do this in batches. 3. Heat the remaining olive oil in the pan and gently fry the onion and the celery until softened and translucent, but not browned. Add the tomatoes, olives and capers, season with salt and freshly ground black pepper, and cook for 20 minutes until the mixture has thickened. 4. In a separate bowl, mix together the red wine vinegar and sugar. Add this to the pan with the aubergine and cook for 10 minutes. It is ready when the red wine vinegar has been absorbed. 5. Transfer the caponata to a large bowl, add the chopped parsley and mix well. Drizzle with extra virgin olive oil to serve. Serve hot or at room temperature. |
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| 3. | Harissa polenta with sautéed vegetables | 420 | A simple vegan and gluten-free dinner that’s ready in 20 minutes. | 1. Put the polenta in a saucepan over a medium heat and toast for 3–4 minutes, stirring constantly. 2. Stir in the stock and harissa paste, then cook for 8–10 minutes, until thick and creamy. Stir regularly, especially towards the end of the cooking time, adding a little extra water if needed. 3. Meanwhile, heat the oil in a large frying pan, add the carrots and cook for 4 minutes, stirring regularly. Sprinkle over the hazelnuts and cook for 1 minute. Add the kale, season with salt and pepper and cook for 5–6 minutes, stirring regularly, until the carrots are lightly browned and the kale has softened. Stir in the chestnuts and cook for 2 minutes, until heated through. 4. Spoon the polenta into warmed bowls and top with the sautéed vegetables. Drizzle with a little oil, season with pepper and serve. |
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| 4. | Italian veggie balls | 219 | Lentils and nuts make these tasty vegetarian meatballs a protein-packed meal, while spinach provides an iron boost. | 1. Heat the oven to 200C/180C Fan/Gas 6. Cook the lentils in a large pan of boiling water for 20–25 minutes until soft. Drain really well, then leave sitting in the sieve to finish drying and draining for 5 minutes. Put the kettle on. 2. Meanwhile fry the chopped onions in the oil until soft, but not brown, for about 10 minutes. Stir in the garlic, then cook together for 2 minutes more. Scrape half of the onion mixture out of the pan and into a food processor – leave the rest in the pan for the sauce. Put the spinach in a colander and pour over the boiling water from the kettle to wilt the spinach. When cool enough to touch, squeeze as much liquid out of the spinach as you can. 3. Tip the cooked lentils into the food processor with the onions, then add the spinach, pesto and lemon zest. Whizz until the mixture is combined, but don’t blend to a complete mush. Pulse in the pine nuts (or almonds or oats). Scrape into a mixing bowl and combine with the egg and breadcrumbs. Season with salt and pepper and mix thoroughly. Roll into 20 balls, place on a greased baking tray and bake for 15–20 minutes, or until golden-brown and firm. 4. Meanwhile make the sauce. Add the tinned tomatoes, tomato purée, vinegar and sugar to the onion pan along with 500ml/18fl oz water. Stir in some basil leaves and a little salt and freshly ground black pepper to taste. Bring to a simmer and bubble for 15–18 minutes over a medium heat. Meanwhile cook the pasta according to the packet instructions. 5. When the meat-free balls are browned and cooked through, stir them in the sauce. Scatter with more basil leaves and serve with the spaghetti. |
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| 5. | Vegetarian Bolognese | 483 | This delicious recipe for vegetarian Bolognese sauce with lentils from Eat Well for Less makes enough for 2 meals. Brilliant with spaghetti or in a lasagne. | 1. Heat a large sauté pan or casserole dish until medium hot. Add the olive oil, onions, carrots and celery and cook over a medium heat for 5 minutes. You want them to soften but not colour – you can put a lid onto the pan to help keep the moisture in and steam the vegetables at the same time. 2. Add the thyme and garlic and cook for another minute then add the tomato purée and turn the heat up. Stir well so that the tomato purée goes all through the vegetables then add the Puy lentils and mix once more. 3. Tip in the tinned tomatoes and the vegetable stock, stir well and bring to the boil. Turn the heat down to a gentle simmer and cook for 20-25 minutes until the lentils are tender and the sauce reduced slightly. Add the balsamic vinegar and season with salt and pepper. 4. When the sauce has only 15 minutes left to cook, bring a large saucepan of salted water to the boil. Add the pasta and cook to al dente according to packet instructions, then drain, reserving some of the cooking water. 5. You have enough sauce to serve 8 people. To serve 4, set aside half the sauce at this point. (See the "tips" section for ideas.) 6. Tip the drained pasta into the sauté pan with the sauce and mix well, adding the reserved pasta water if necessary to coat all the pasta in sauce. Serve straightaway with a green salad and a grating of cheese. |

Vegan:

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| S.no | ML | OUM | Items |
| 1. | 500 | g | Baby aubergines |
|  | 3 | tbsp | Olive oil |
|  | 2 | tsp | Dried oregano |
|  | 1 | small | Red onion |
|  | 3 | tbsp | Red wine vinegar |
|  | 1 | tsp | Sea salt |
|  | 4 | tbsp | Extra virgin olive oil |
|  | 1 | pc | Garlic clove |
|  | 1 | tbsp | Cold water |
|  |  |  | Oregano |
|  |  |  |  |
| 2. | 1 | tbsp | Olive oil |
|  | 1 | pc | Onion |
|  | 2 | pcs | Carrots |
|  | 3 | pcs | Celery |
|  | 2 | pcs | Garlic cloves |
|  | 2 | tbsp | Tomato puree |
|  | 400 | g | Chopped tomatoes |
|  | 2 | l | Vegetable stock |
|  | 400 | g | Cannellini beans |
|  | 100 | g | Spaghetti |
|  | 1/4 | pc | Green cabbage |
|  |  |  | Salt |
|  |  |  | Black pepper |
|  |  |  |  |
| 3. | 8 | tbsp | Olive oil |
|  | 2 | pcs | Garlic cloves |
|  | 1 | pc | Red chilli |
|  | 400 | g | Mushroom |
|  | 1 | tbsp | Parsley |
|  | 1 | tbsp | Marjoram leaves |
|  |  |  | Salt |
|  |  |  | Black pepper |
|  | 8 | pcs | Pugliese bread |
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| 4. |  |  |  |
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| S.no | Recipe | Calories | Summary | Steps |
| 1. | Baby aubergines with oregano and red onions | 34 | this dish can be eaten as a starter or part of an antipasti table, and even more as a main course, sprinkled with some ricotta salata (the deliciously salted, dried kind) or crumbled feta, or as an accompaniment to meat and fish. | 1. Preheat the oven to 250C/475F/Gas 9. 2. Slice the baby aubergines in half lengthways, keeping the stalks on: this is an aesthetic consideration, nothing to do with flavour, but humour me. 3. Pour the regular olive oil into a very shallow roasting tin, sprinkle in the dried oregano, add the aubergines, cut-side down, and swirl them gently around. Then turn them so they are cut-side up and put the tray in the hot oven for 15 minutes, by which time they should be tender and turning gold in parts. 4. As soon as the aubergines are in the oven, put the fine half-moons of red onion in a bowl and cover with the red wine vinegar and salt. 5. Remove the cooked aubergines to a platter, and now whisk into the vinegary onions the extra-virgin olive oil, then the grated or minced garlic and, finally, the cold water. 6. Pour this over the warm aubergines, using your hands to arrange the glowingly pink onion over them evenly, then leave it all for about half an hour to cool to room temperature before you eat, scattering with fresh oregano, if you have any, when serving. |
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| 2. | Minestrone soup | 34 | This budget minestrone is the classic Italian soup made with cannellini beans and broken up spaghetti. Feel free to stir in extra vegetables, depending on what you have in the fridge. This is designed to be a low cost recipe. | 1. Heat the olive oil in a large lidded saucepan over a medium heat. Add the onion, carrots and celery, season with a little salt and pepper and cook for about 10 minutes, stirring occasionally until the vegetables have softened. 2. Add the garlic and fry for another minute. Stir in the tomato purée and cook for a further 3 minutes. 3. Tip in the tomatoes and stock. Cover with a lid and bring slowly to the boil. Reduce the heat to a simmer and cook for 15 minutes. 4. Add the beans and pasta and cook for a further 10 minutes, or until the pasta is cooked. Add the cabbage and cook for another 2 minutes. If the soup is too thick, add some hot water to reach your preferred consistency. 5. Season to taste with salt and pepper before serving. |
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| 3. | Mushroom crostini | 230 | These crostini would make a delicious vegetarian start to a dinner party - try to use a mixture of wild and cultivated mushrooms if you can. | 1. Heat six tablespoons of the olive oil in a frying pan, fry the chopped garlic and chilli for one minute, then add the mushrooms and fry for a further 2-3 minutes, or until cooked. 2. Stir in the parsley and marjoram and season with salt and freshly ground black pepper. 3. Meanwhile, toast the slices of bread on both sides. Rub each piece of bread lightly with the whole garlic clove and brush with the remaining olive oil, then slice into individual servings if needed. Spoon over the mushrooms and serve. |
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| 4. | Panzanella | 191 | Panzanella is a great way to use up stale bread. It's made for warm summer days, when tomatoes are at their best. Serve with something simple like a beef carpaccio. | 1. Blend most of the basil (reserving a few leaves for garnish) in a food processor with the oil and capers. (Alternatively, finely chop the basil and capers together by hand and stir into the oil). 2. Transfer half the herby caper oil to a bowl, add the sourdough and mix well. 3. Place the tomatoes, squeezing some of them to release their juice, in a large salad bowl along with the reserved seeds and juice. Mix with most of the olives and red onion, and some more olive oil. Add the sourdough, herb oil mixture and vinegar, and combine to make sure the bread is coated in all the juices. 4. Transfer the salad to a serving platter, layering the tomato slices, olives, onion and sourdough. Drizzle over the remaining herb oil and garnish with basil leaves and the remaining red onion and olives. Season again with salt and pepper and serve immediately. |
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Indian:-

Non vegetarian:

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Chinese:-

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Japanese:-

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Desserts:-

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