

○ **Baked sardine in white wine tomato sauce**

https://www.instagram.com/p/C_6XPDCNadi/?igsh=MTc4MmM1Yml2Ng==

○ **Beef and Guiness Stew**

<https://www.instagram.com/reel/DAYOghNNT7u/?igsh=MTc4MmM1Yml2Ng==>

○ **Honey lime chicken bowl**

<https://www.instagram.com/reel/DBHbbzeRAhr/?igsh=MTc4MmM1Yml2Ng==>

○ **Blueberry cream pancake**

<https://www.instagram.com/reel/C9cfFljJiAF/?igsh=MTc4MmM1Yml2Ng==>

○ **Finish Fish soup**

<https://www.instagram.com/reel/DAWGARNleTC/?igsh=MTc4MmM1Yml2Ng==>

○ **Honey soy chicken rice**

https://www.instagram.com/reel/C_dBwaYCyx4/?igsh=MTc4MmM1Yml2Ng==

○ **Potatoe mushrooms cups**

<https://www.instagram.com/reel/C9swd2Ky2Eg/?igsh=MTc4MmM1Yml2Ng==>

○ **Beef stew**

<https://www.instagram.com/reel/DAA-2vcOR3r/?igsh=MTc4MmM1Yml2Ng==>

○ **Hassle back potato**

<https://www.instagram.com/reel/DATkabhPQgB/?igsh=MTc4MmM1Yml2Ng==>

○ **Salmon Wellington**

<https://www.instagram.com/reel/DAtu0X5vczZ/?igsh=MTc4MmM1Yml2Ng==>

○ **Fall sangria**

<https://www.instagram.com/reel/DAo0EyGO2wW/?igsh=MTc4MmM1Yml2Ng==>

○ **Ginger chicken soup**

https://www.instagram.com/reel/C_7-3XSuJVQ/?igsh=MTc4MmM1Yml2Ng==

○ **Three cup chicken**

<https://www.instagram.com/reel/DAqbcoUSWDh/?igsh=MTc4MmM1Yml2Ng==>

○ **Beef short ribs parpadelle**

<https://www.instagram.com/reel/C-3dys2NbLc/?igsh=MTc4MmM1Yml2Ng==>

○ Red wine braised short ribs

<https://www.instagram.com/p/DAQjsthPzx4/?igsh=MTc4MmM1Yml2Ng==>

○ Potato side dish

<https://www.instagram.com/reel/DA6NmNqRYZn/?igsh=MTc4MmM1Yml2Ng==>

○ Baked sweet potatoes

<https://www.instagram.com/reel/DBCC-ROxQju/?igsh=MTc4MmM1Yml2Ng==>

○ Crispy chicken herby rice

<https://www.instagram.com/reel/C9hLB33ozo1/?igsh=MTc4MmM1Yml2Ng==>

○ Roasted garlic Parmesan cabbage

<https://www.instagram.com/reel/C9khCNBKpn2/?igsh=MTc4MmM1Yml2Ng==>

○ One pan roasted lemon chicken

<https://www.instagram.com/reel/DAMxRKZykgQ/?igsh=MTc4MmM1Yml2Ng==>

○ Baked lemon chicken

<https://www.instagram.com/reel/DAoOeNIxCUn/?igsh=MTc4MmM1Yml2Ng==>

○ Honey garlic chicken

<https://www.instagram.com/reel/C94wQ2ru7Zr/?igsh=MTc4MmM1Yml2Ng==>

○ Greek yogurt lemon chicken

https://www.instagram.com/reel/DABglqBP_t7/?igsh=MTc4MmM1Yml2Ng==

○ Spaghetti pomodoro

https://www.instagram.com/reel/C_xdqry6MIMm/?igsh=MTc4MmM1Yml2Ng==

○ Miso Salmon

<https://www.instagram.com/reel/DAiw4SvR53R/?igsh=MTc4MmM1Yml2Ng==>

○ Prosciutto appetizers

<https://www.instagram.com/reel/C9utmtYseUY/?igsh=MTc4MmM1Yml2Ng==>

○ Octopus pasta

<https://www.instagram.com/reel/DA3g5kUR-A6/?igsh=MTc4MmM1Yml2Ng==>

○ Pear puff pastry

<https://www.instagram.com/reel/DBBmhAitIUB/?igsh=MTc4MmM1Yml2Ng==>

○ Shrimp mouchaca

<https://www.instagram.com/reel/DBZa38pK59i/?igsh=MTc4MmM1Yml2Ng==>

○ **Brie and apple tart**

<https://www.instagram.com/reel/DBtv6rVJWja/?igsh=MTc4MmM1Yml2Ng==>

○ **Honey butter milk toast**

<https://www.instagram.com/reel/C63hOr1ysaW/?igsh=MTc4MmM1Yml2Ng==>

○ **Creamy coconut noodle soup**

<https://www.instagram.com/reel/DB1c3SjlfH9/?igsh=MTc4MmM1Yml2Ng==>

○ **Slow roasted oxtail**

<https://www.instagram.com/reel/DBGoBSsyXLT/?igsh=MTc4MmM1Yml2Ng==>

○ **Coconut poach cod**

<https://www.instagram.com/reel/DBiGecwNUYW/?igsh=MTc4MmM1Yml2Ng==>

○ **Mochi banana bread**

<https://www.instagram.com/reel/C77fso2SwxN/?igsh=MTc4MmM1Yml2Ng==>

○ **Katsudon**

<https://www.instagram.com/reel/DBIz6PBo-ih/?igsh=MTc4MmM1Yml2Ng==>

○ **Eggplant involtini**

<https://www.instagram.com/reel/DA5Vn3ESY-T/?igsh=MTc4MmM1Yml2Ng==>

○ **Stir fry udon**

<https://www.instagram.com/reel/C-Ty-sQPhpN/?igsh=MTc4MmM1Yml2Ng==>

○ **Coconut curry ramen**

<https://www.instagram.com/reel/DBtjG1avgIL/?igsh=MTc4MmM1Yml2Ng==>

○ **Garlic herb cabbage**

<https://www.instagram.com/reel/DBKBVxly6As/?igsh=MTc4MmM1Yml2Ng==>

○ **Eggplant parm**

<https://www.instagram.com/reel/C9-q0QRhmiM/?igsh=MTc4MmM1Yml2Ng==>

○ **Garlic butter clams**

<https://www.instagram.com/reel/DAEuqiBPCUv/?igsh=MTc4MmM1Yml2Ng==>

○ **Panera soufflés**

<https://www.instagram.com/reel/DBFJOdRs8A4/?igsh=MTc4MmM1Yml2Ng==>

○ **Roasted honey butter hasselback**

<https://www.instagram.com/reel/DAokbZnJY2f/?igsh=MTc4MmM1Yml2Ng==>

- **Yogurt cake**
<https://www.instagram.com/reel/C-0I5EMAn1v/?igsh=MTc4MmM1Yml2Ng==>
- **Charcuterie cornucopia**
<https://www.instagram.com/reel/DA80pdmJEfh/?igsh=MTc4MmM1Yml2Ng==>
- **Swahili grilled chicken**
<https://www.instagram.com/reel/DBq9bAAoroE/?igsh=MTc4MmM1Yml2Ng==>
- **Cloud egg**
https://www.instagram.com/reel/C-ICd2dPv_m/?igsh=MTc4MmM1Yml2Ng==
- **Herb Crusted Salmon**
https://www.instagram.com/reel/C_K2cS4iLVJ/?igsh=MTc4MmM1Yml2Ng==
- **Appetizer**
<https://www.instagram.com/reel/C9SJ5BPRul9/?igsh=MTc4MmM1Yml2Ng==>
- **Lemon grass sea bass**
<https://www.instagram.com/reel/DCY8-ZNtQlx/?igsh=NjZiM2M3MzIxNA==>
- **Garlic cauliflower pasta**
<https://www.instagram.com/reel/DCqNTZ-Pgeo/?igsh=NjZiM2M3MzIxNA==>
- **Lemon garlic Parmesan chicken**
<https://www.instagram.com/reel/DC0OuBcoEEA/?igsh=NjZiM2M3MzIxNA==>
- **Herb crusted salmon**
<https://www.instagram.com/p/DCCo7B7zdNj/?igsh=MTc4MmM1Yml2Ng==>
- **French toast crepes**
<https://www.instagram.com/reel/DB1UUGLx7JK/?igsh=MTc4MmM1Yml2Ng==>
- **Octopus pasta**
<https://www.instagram.com/reel/DA3g5kUR-A6/?igsh=NjZiM2M3MzIxNA==>
- **Tiramisu overnight oat**
<https://www.instagram.com/reel/DChSiPLP7Wr/?igsh=NjZiM2M3MzIxNA==>
- **coconut chicken bake**
<https://www.instagram.com/reel/C3mfJiPPxu4/?igsh=MTc4MmM1Yml2Ng==>
- **Cheesy potatoe gratin**
https://www.instagram.com/reel/DBeJSPxoX7_/?igsh=NjZiM2M3MzIxNA==

- Cauliflower and leek soup
<https://www.instagram.com/reel/DCVmik1Kgbq/?igsh=NjZiM2M3MzIxNA==>
- Lemon blueberry cake
<https://www.instagram.com/reel/DB4IZhbI2yM/?igsh=MTc4MmM1Yml2Ng==>
- Coconut lemon grass lime fish curry
<https://www.instagram.com/p/DCycV2yBPxA/?igsh=NjZiM2M3MzIxNA==>
- Banana puff pastry
<https://www.instagram.com/reel/Cry1TjEN2jt/?igsh=NjZiM2M3MzIxNA==>
- Cabbage rolls
<https://www.instagram.com/reel/DCW5A1ysupe/?igsh=MTc4MmM1Yml2Ng==>
- One pan baked cod
<https://www.instagram.com/reel/DDBrXqPKaX3/?igsh=NjZiM2M3MzIxNA==>
- Butter pasta with sage
<https://www.instagram.com/reel/DDFfmnmh26a/?igsh=NjZiM2M3MzIxNA==>
- Ginger turmeric shot
<https://www.instagram.com/reel/DCZNs5xJUrn/?igsh=NjZiM2M3MzIxNA==>
- Creamy Thai coconut chicken meatballs
https://www.instagram.com/reel/C_dolV5IWgu/?igsh=MTc4MmM1Yml2Ng==
- Baked salmon
<https://www.instagram.com/reel/DBo3H0ktcRI/?igsh=MTc4MmM1Yml2Ng==>
- Fish in crazy water
<https://www.instagram.com/reel/DDE6pDSuqHW/?igsh=NjZiM2M3MzIxNA==>
- Chinese tea eggs
<https://www.instagram.com/reel/DBOFstvSvIU/?igsh=MTc4MmM1Yml2Ng==>
- Rice paper noodle
<https://www.instagram.com/reel/DCZpNikSUse/?igsh=NjZiM2M3MzIxNA==>
- Crispy eggplant snitzel
https://www.instagram.com/reel/C_QQim2soos/?igsh=NjZiM2M3MzIxNA==
- Shakahuka
<https://www.instagram.com/reel/DC4pTF4N4E2/?igsh=NjZiM2M3MzIxNA==>

○ **Yorkshire pudding**

<https://www.instagram.com/reel/DCEWIUJPAzx/?igsh=NjZiM2M3MzIxNA==>

○ **Carne asada**

<https://www.instagram.com/reel/DFIbN2hTxGE/?igsh=NjZiM2M3MzIxNA==>

○ **Crème caramel**

<https://www.instagram.com/reel/DDWrbg8oakq/?igsh=NjZiM2M3MzIxNA==>

○ **Berry yogurt bake**

<https://www.instagram.com/reel/DB8nkDQySG0/?igsh=NjZiM2M3MzIxNA==>

○ **Chimichurri steak and potatoes**

<https://www.instagram.com/reel/DBMb-aNSOd3/?igsh=NjZiM2M3MzIxNA==>

○ **Salmon soup Nordic**

<https://www.instagram.com/reel/DDj7ZpWtEaQ/?igsh=NjZiM2M3MzIxNA==>

○ **Pork adobo**

<https://www.instagram.com/reel/DDNdfOQzIZv/?igsh=NjZiM2M3MzIxNA==>

○ **One pot French onion soup**

<https://www.instagram.com/reel/DEgKSZ9R8i3/?igsh=NjZiM2M3MzIxNA==>

○ **Smoked salmon Dutch baby**

<https://www.instagram.com/reel/DDpnfKFINy0/?igsh=NjZiM2M3MzIxNA==>

○ **Beancurd rolls**

<https://www.instagram.com/reel/DD8DxQTSEB3/?igsh=NjZiM2M3MzIxNA==>

○ **Flan**

<https://www.instagram.com/reel/DCmxD4avdTl/?igsh=NjZiM2M3MzIxNA==>

○ **Chimichurri**

<https://www.instagram.com/reel/CwTybw4KZfJ/?igsh=NjZiM2M3MzIxNA==>

○ **Swiss croissant bake**

<https://www.instagram.com/reel/DDNLd8NyNu7/?igsh=NjZiM2M3MzIxNA==>

○ **Finish salmon soup**

<https://www.instagram.com/reel/DAuWg-jpAYE/?igsh=NjZiM2M3MzIxNA==>

○ **Galbi tang**

<https://www.instagram.com/reel/DDfV35IBcHO/?igsh=NjZiM2M3MzIxNA==>

○ **Stacked baked potatoes**

<https://www.instagram.com/reel/DC5ck4vtzrH/?igsh=NjZiM2M3MzIxNA==>

○ **Prosciutto sushi style**

https://www.instagram.com/reel/DDY3ZOnyf_9/?igsh=NjZiM2M3MzIxNA==

○ **Nori wrapped tofu**

<https://www.instagram.com/reel/DC3DbDgBL1i/?igsh=NjZiM2M3MzIxNA==>

○ **Stuffed eggplant**

<https://www.instagram.com/reel/DF8nXguSZFM/?igsh=NjZiM2M3MzIxNA==>

○ **Orange cake**

<https://www.instagram.com/reel/C-Z5ELKPK3k/?igsh=NjZiM2M3MzIxNA==>

○ **Shrimp oreganata**

<https://www.instagram.com/reel/DF75pihl3de/?igsh=NjZiM2M3MzIxNA==>

○ **Cracking carrot**

<https://www.instagram.com/reel/DDq0JJpTnnL/?igsh=NjZiM2M3MzIxNA==>

○ **Scallion oil crispy chicken**

<https://www.instagram.com/reel/C-2WP3AI5pS/?igsh=NjZiM2M3MzIxNA==>

○ **Crème caramel**

<https://www.instagram.com/reel/DBWhn-rtNVb/?igsh=NjZiM2M3MzIxNA==>

○ **Golden milk**

<https://www.instagram.com/reel/DBMb1gZyZ84/?igsh=NjZiM2M3MzIxNA==>

○ **Fish poached in tomato and dill**

<https://www.instagram.com/reel/DF-6dDRSbJv/?igsh=NjZiM2M3MzIxNA==>

○ **One pot clam and cod**

<https://www.instagram.com/reel/DF5nJo9C1mB/?igsh=NjZiM2M3MzIxNA==>

○ **Braised chicken**

<https://www.instagram.com/reel/DFI90bdzuVM/?igsh=NjZiM2M3MzIxNA==>

○ **Broccoli cheddar soup**

<https://www.instagram.com/reel/DEP1kHTAMo1/?igsh=NjZiM2M3MzIxNA==>

○ **Crispy chicken with beans and leaks**

https://www.instagram.com/reel/DEiJMvnqy_l/?igsh=NjZiM2M3MzIxNA==

- Miso braised short ribs
<https://www.instagram.com/reel/DF1MbJkSmFb/?igsh=NjZiM2M3MzIxNA==>
- Kue dadás
<https://www.instagram.com/reel/DEP1Hyryfmi/?igsh=NjZiM2M3MzIxNA==>
- Spaghetti ala boloñesa
<https://www.instagram.com/reel/DF2X57ctzu8/?igsh=NjZiM2M3MzIxNA==>
- Galbi Jim short ribs
<https://www.instagram.com/reel/DEqIOj1yDhf/?igsh=NjZiM2M3MzIxNA==>
- Creamy broccoli soup
<https://www.instagram.com/reel/DEU9YVHpPOa/?igsh=NjZiM2M3MzIxNA==>
- Banana cake
https://www.instagram.com/reel/DF8OOK8xP_X/?igsh=NjZiM2M3MzIxNA==
- Cauliflower
<https://www.instagram.com/reel/DEb4C25ojJ/?igsh=NjZiM2M3MzIxNA==>
- White bean soup
<https://www.instagram.com/reel/DFsXvGjR8FW/?igsh=NjZiM2M3MzIxNA==>
- Fluffy blueberry yogurt pancakes
<https://www.instagram.com/reel/DEkk3u2Rig6/?igsh=NjZiM2M3MzIxNA==>
- Balsamic braised short ribs
<https://www.instagram.com/reel/DBXACR-ShfH/?igsh=NjZiM2M3MzIxNA==>
- Apricot and balsamic roasted chicken
<https://www.instagram.com/reel/DEfMXU3R2LW/?igsh=NjZiM2M3MzIxNA==>
- Garlic confit avocado
https://www.instagram.com/reel/C_saZHuuhmV/?igsh=NjZiM2M3MzIxNA==
- Lemon grass pork chop
<https://www.instagram.com/reel/DE2yeojyeVQ/?igsh=NjZiM2M3MzIxNA==>
- Go ju Chang chicken rice
https://www.instagram.com/reel/DFVaASjle_u/?igsh=NjZiM2M3MzIxNA==
- Creamy white bean soup
https://www.instagram.com/reel/DEh_g3-oJvW/?igsh=NjZiM2M3MzIxNA==

- **Stuffed cabbage**
<https://www.instagram.com/reel/DEaIZD6xE4X/?igsh=NjZiM2M3MzIxNA==>
- **Pad Thai**
https://www.instagram.com/reel/DEM3_KitXZD/?igsh=NjZiM2M3MzIxNA==
- **Baby lemon pie**
<https://www.instagram.com/p/DGBjFgaRR4n/?igsh=NjZiM2M3MzIxNA==>
- **Dry pho**
<https://www.instagram.com/reel/DFJLSwbS5El/?igsh=NjZiM2M3MzIxNA==>
- **Oxtail pho**
<https://www.instagram.com/reel/DHWyTX6uXiU/?igsh=NjZiM2M3MzIxNA==>
- **Eggplant dish**
<https://www.instagram.com/reel/DHyDKBmMOKz/?igsh=NjZiM2M3MzIxNA==>
- **Pulpo patata**
<https://www.instagram.com/reel/DHVsuRNiXIE/?igsh=NjZiM2M3MzIxNA==>
- **Pizza smash potatoes**
<https://www.instagram.com/reel/DGUaYw0xZOy/?igsh=NjZiM2M3MzIxNA==>
- **Chicken with 40 garlic cloves**
<https://www.instagram.com/reel/DDvA6hazeXn/?igsh=NjZiM2M3MzIxNA==>
- **Polenta**
<https://www.instagram.com/reel/C6tDswkIgTE/?igsh=NjZiM2M3MzIxNA==>
- **Pandan cake**
<https://www.instagram.com/reel/DHA3WIEyWn3/?igsh=NjZiM2M3MzIxNA==>
- **Creamy polenta**
<https://www.instagram.com/reel/C40o-PKq3V6/?igsh=NjZiM2M3MzIxNA==>
- **Morocon Aubergine Dip**
<https://www.instagram.com/reel/DCCRtMvoCbe/?igsh=NjZiM2M3MzIxNA==>
- **Eggplant chili**
<https://www.instagram.com/reel/DHB0NR-IP Eg/?igsh=NjZiM2M3MzIxNA==>
- **Chickpea and cod**
<https://www.instagram.com/reel/DGdfRGPocsj/?igsh=NjZiM2M3MzIxNA==>

- Chili lime hot honey garlic shrimps
https://www.instagram.com/reel/DGNC_IHxM9b/?igsh=NjZiM2M3MzIxNA==
- Eggplant Shakshuka
<https://www.instagram.com/reel/DHxusqbMIRu/?igsh=NjZiM2M3MzIxNA==>
- Baked Dijon Chicken
<https://www.instagram.com/reel/DHPGOrhTPFV/?igsh=NjZiM2M3MzIxNA==>
- Rustic rosemary bread
<https://www.instagram.com/p/DHGgx7aNcZy/?igsh=NjZiM2M3MzIxNA==>
- Loco moco
https://www.instagram.com/reel/DE0Kb9_sBQz/?igsh=NjZiM2M3MzIxNA==
- Kue dadar
<https://www.instagram.com/reel/DHmyJbSzoTM/?igsh=NjZiM2M3MzIxNA==>
- Orange ricotta poundcake
<https://www.instagram.com/reel/DIEJyTsOExm/?igsh=NjZiM2M3MzIxNA==>
- Lemon poset
<https://www.instagram.com/reel/DGOJDhxI2Uk/?igsh=NjZiM2M3MzIxNA==>
- Salmon clay pot rice
<https://www.elanneboake.com/recipe-blog/salmon-pot-rice-with-scallion-vinaigrette>
- Polenta and beer mushrooms
https://www.servingdumplings.com/recipe/creamy-parmesan-polenta-with-beer-sauteed-mushrooms/?utm_campaign=feed&utm_medium=referral&utm_source=later-linkinbio
- Asparagus orzo
<https://www.instagram.com/reel/DHYi3ugoXH-/?igsh=NjZiM2M3MzIxNA==>
- Ki cang
<https://www.instagram.com/reel/DGvk6oCyjNP/?igsh=NjZiM2M3MzIxNA==>
- Kue dadar
<https://www.instagram.com/reel/DJJaY2ypDW0/?igsh=NjZiM2M3MzIxNA==>
- Two minute cookie dough pudding
<https://www.instagram.com/reel/DloQxIVSH31/?igsh=NjZiM2M3MzIxNA==>
- Lemon posset
https://www.instagram.com/reel/DG3bWx_PesR/?igsh=NjZiM2M3MzIxNA==

- Mini burnt basque cheesecake
<https://www.instagram.com/reel/DI1wRi6yIHk/?igsh=NjZiM2M3MzIxNA==>
- Apricot balsamic glazed chicken
<https://www.instagram.com/reel/C7Rc7dZuFhX/?igsh=NjZiM2M3MzIxNA==>
- Braised pork belly
<https://www.instagram.com/reel/DJkEP3psPkG/?igsh=NjZiM2M3MzIxNA==>
- Turkish eggs
<https://www.instagram.com/reel/DJLw1X8Im98/?igsh=NjZiM2M3MzIxNA==>
- Mushrooms polenta
<https://www.instagram.com/reel/DFAeQUtOOnG/?igsh=NjZiM2M3MzIxNA==>
- Cinnamon sugar pop over
<https://www.instagram.com/reel/DDm5XYevl6B/?igsh=NjZiM2M3MzIxNA==>
- Chicken and orzo bake
<https://www.instagram.com/reel/DHYuFUDNpFz/?igsh=NjZiM2M3MzIxNA==>
- Protein wrap
<https://www.instagram.com/reel/DJhSFqyMVI5/?igsh=NjZiM2M3MzIxNA==>
- Pad Thai
<https://www.instagram.com/reel/DGI83M2yojL/?igsh=NjZiM2M3MzIxNA==>
- One pot chicken adobe
<https://www.instagram.com/reel/DlwSC80KeFu/?igsh=NjZiM2M3MzIxNA==>
- Spaghetti with anchovies
<https://www.instagram.com/reel/DHYIZb2oEs5/?igsh=NjZiM2M3MzIxNA==>
- Lemon braised chicken
<https://www.instagram.com/reel/DIzUmkWzR3X/?igsh=NjZiM2M3MzIxNA==>
- One pan lemony chicken bake
<https://www.instagram.com/reel/DIMe5qcOTkW/?igsh=NjZiM2M3MzIxNA==>
- Choco flan
<https://www.instagram.com/reel/DGg2sJ9ygo4/?igsh=NjZiM2M3MzIxNA==>
- Orange cake
https://www.instagram.com/reel/DIgG57_yv6v/?igsh=NjZiM2M3MzIxNA==

- **Creamy chicken lemon rice soup**
<https://www.instagram.com/reel/DG-97YzJrmf/?igsh=NjZiM2M3MzIxNA==>
- **Norwegian salmon soup**
<https://www.instagram.com/reel/DJRnXzaM-FX/?igsh=NjZiM2M3MzIxNA==>
- **Eggplant Lasagna**
<https://www.instagram.com/reel/DFYLMx6Me5f/?igsh=NjZiM2M3MzIxNA==>
- **Harissa chicken thighs**
<https://www.instagram.com/reel/DGikidVRBvF/?igsh=NjZiM2M3MzIxNA==>
- **Apple tart**
<https://www.instagram.com/reel/DO7BUjkEVrQ/?igsh=NjZiM2M3MzIxNA==>
- **Seared miso chicken with ginger broth**
<https://www.instagram.com/reel/DJDKjfPzUv1/?igsh=NjZiM2M3MzIxNA==>
- **Mini berry crumb cake**
<https://www.instagram.com/reel/DKaFUtp2S4/?igsh=NjZiM2M3MzIxNA==>
- **Pannacota**
<https://www.instagram.com/reel/DKepy8uSi99/?igsh=NjZiM2M3MzIxNA==>
- **High protein pancakes**
<https://www.instagram.com/reel/DO5n7AUjBDX/?igsh=NjZiM2M3MzIxNA==>
- **Chicken sweet corn soup**
<https://www.instagram.com/reel/DEexrFxTryZ/?igsh=NjZiM2M3MzIxNA==>
- **Oxtail soup**
https://www.instagram.com/reel/DJCJIP_ocyo/?igsh=NjZiM2M3MzIxNA==
- **Charcuterie sliders**
<https://www.instagram.com/reel/DHFCvb5SgoV/?igsh=NjZiM2M3MzIxNA==>
- **Spaghetti garlic anchovies**
<https://www.instagram.com/reel/DKQD4oHykS0/?igsh=NjZiM2M3MzIxNA==>
- **Shrimp, tofu and mushrooms soup**
<https://www.instagram.com/reel/DM5GBooNDho/?igsh=NjZiM2M3MzIxNA==>
- **Instapot braised pork belly**
https://www.instagram.com/reel/DJ9WkcUI_3D/?igsh=NjZiM2M3MzIxNA==

○ Clam pasta

<https://www.instagram.com/reel/DPCQj6vknib/?igsh=NjZiM2M3MzIxNA==>

○ Asparagus omellete

<https://www.instagram.com/reel/DKIF8pqN5JF/?igsh=NjZiM2M3MzIxNA==>

○ Eggplant tomatoes and mozzarella

<https://www.instagram.com/reel/DKRHsGpsLwg/?igsh=NjZiM2M3MzIxNA==>

○ Salmón and beans

<https://www.instagram.com/reel/DObcUiDDQ5h/?igsh=NjZiM2M3MzIxNA==>

○ Onion and egg mushroom omelette

<https://www.instagram.com/reel/DFhcLRysvQB/?igsh=NjZiM2M3MzIxNA==>

○ Orange glazed salmon

https://www.instagram.com/reel/DJF_vwqxIKh/?igsh=NjZiM2M3MzIxNA==

○ Tomatoes and ricotta tart

<https://www.instagram.com/reel/DKujvHKNjbQ/?igsh=NjZiM2M3MzIxNA==>

○ Spanish omelette

<https://www.instagram.com/reel/DJj87rXtAci/?igsh=NjZiM2M3MzIxNA==>

○ Leek mushroom quiche

<https://www.instagram.com/reel/DNgCd6pOgBh/?igsh=NjZiM2M3MzIxNA==>

○ Stacked eggplant

<https://www.instagram.com/reel/DI9gKGvy4Uz/?igsh=NjZiM2M3MzIxNA==>

○ Mustard chicken

<https://www.instagram.com/reel/DKKZ2cLpcBM/?igsh=NjZiM2M3MzIxNA==>

○ Baked eggplant with tomatoes and mozzarella

<https://www.instagram.com/reel/DFfTc1uMmud/?igsh=NjZiM2M3MzIxNA==>

○ Salmon fish cake

<https://www.instagram.com/reel/DPMIwl4kRFo/?igsh=NjZiM2M3MzIxNA==>

○ Banana cheese cake

<https://www.instagram.com/reel/DLNKTgaMC3h/?igsh=NjZiM2M3MzIxNA==>

○ Rustic rosemary chicken

<https://www.instagram.com/reel/DQCq7OQDpGN/?igsh=NjZiM2M3MzIxNA==>

- **Chicken with lemon anchovies sauce**
https://www.instagram.com/reel/DM_LBDOSAAp/?igsh=NjZiM2M3MzIxNA==
- **Sweet potato black beans and beef**
<https://www.instagram.com/reel/DPhwl60ia5Y/?igsh=NjZiM2M3MzIxNA==>
- **Charcutería slider**
<https://www.instagram.com/reel/DMJhV0IIZLG/?igsh=NjZiM2M3MzIxNA==>
- **Butternut squash soup**
<https://www.instagram.com/reel/DPhD3XCCC4R/?igsh=NjZiM2M3MzIxNA==>
- **Japanese eggplants**
<https://www.instagram.com/reel/DLn8JB8TQV5/?igsh=NjZiM2M3MzIxNA==>
- **Butter bean Aubergine spinach**
<https://www.instagram.com/reel/DGdZ41nl3HN/?igsh=NjZiM2M3MzIxNA==>
- **Apple roses pastries**
<https://www.instagram.com/reel/DPpdFiACD1-/?igsh=NjZiM2M3MzIxNA==>
- **Chocolate banana brownies**
<https://www.instagram.com/reel/DMj1W9ITun-/?igsh=NjZiM2M3MzIxNA==>
- **Bun Cha**
<https://www.instagram.com/reel/DLrphr4TX6M/?igsh=NjZiM2M3MzIxNA==>
- **Pistachios ice cream**
<https://www.instagram.com/reel/DHROvBhNUpG/?igsh=NjZiM2M3MzIxNA==>
- **Chicken satay skewers**
<https://www.instagram.com/reel/DNFftzeSUIz/?igsh=NjZiM2M3MzIxNA==>
- **Sweet potato waffles**
<https://www.instagram.com/reel/DN0-pm53ALh/?igsh=NjZiM2M3MzIxNA==>
- **Crepes**
<https://www.instagram.com/reel/DNGEpC0ulxq/?igsh=NjZiM2M3MzIxNA==>
- **Watermelon salad**
<https://www.instagram.com/reel/DM-gGf6tbF9/?igsh=NjZiM2M3MzIxNA==>
- **Creamy spinach and crispy chicken**
https://www.instagram.com/reel/DP_z_bJCHug/?igsh=NjZiM2M3MzIxNA==

○ **Greek meatballs**

https://www.instagram.com/reel/DPt4y8_DZAJ/?igsh=NjZiM2M3MzIxNA==

○ **Peach salad**

https://www.instagram.com/reel/DMO3ffPs_V/?igsh=NjZiM2M3MzIxNA==

○ **Mini apple pie**

<https://www.instagram.com/reel/DPhAT4fkfOa/?igsh=NjZiM2M3MzIxNA==>

○ **Raspberry Greek yogurt whipped**

<https://www.instagram.com/reel/DMnHgNRtBqx/?igsh=NjZiM2M3MzIxNA==>

○ **Lemon miso kale soup**

https://www.instagram.com/reel/DMD_Jm3TLrR/?igsh=NjZiM2M3MzIxNA==

○ **Swahili beef and rice**

<https://www.instagram.com/reel/DNzZ61Z0O3K/?igsh=NjZiM2M3MzIxNA==>

○ **Hueva a la flamenca**

<https://www.instagram.com/reel/DPehRTWjclc/?igsh=NjZiM2M3MzIxNA==>

○ **Chocolate mousse**

<https://www.instagram.com/reel/C4TTrZrLdV5/?igsh=NjZiM2M3MzIxNA==>

○ **Banana pancakes**

<https://www.instagram.com/reel/DPEcuaJvbI/?igsh=NjZiM2M3MzIxNA==>

○ **Greek style lemon potatoes**

<https://www.instagram.com/reel/DP4y2KAicjQ/?igsh=NjZiM2M3MzIxNA==>

○ **Chicken clay pot**

<https://www.instagram.com/reel/DQKF5aWCK2D/?igsh=NjZiM2M3MzIxNA==>

● **Breaded eggplant**<https://www.instagram.com/reel/DCEZwbOs83h/?igsh=MzRIODBiNWFIZA==>

● **Chicken with leaks and butter beans**

<https://www.instagram.com/p/DFIQFokl2P3/?igsh=NjZiM2M3MzIxNA==>

● **Coconut chicken bake**

<https://www.instagram.com/reel/C3mfJiPPxu4/?igsh=MTc4MmM1Yml2Ng==>

● **Thai chicken rice**

https://www.instagram.com/reel/DDP_XTioMtQ/?igsh=NjZiM2M3MzIxNA==

● **Braised short rib**

<https://www.instagram.com/reel/DDte0NYRRdZ/?igsh=NjZiM2M3MzIxNA==>

● Blueberry yogurt cake

<https://www.instagram.com/reel/DF-IWydOkr1/?igsh=NjZiM2M3MzIxNA==>

● Orange cake

<https://www.instagram.com/reel/DFBCLcbugzO/?igsh=NjZiM2M3MzIxNA==>

● Persimmon dessert

<https://www.instagram.com/reel/DC4hzapoZvw/?igsh=NjZiM2M3MzIxNA==>