

- **Baked sardine in white wine tomato sauce**  
[https://www.instagram.com/p/C\\_6XPDCNadi/?igsh=MTc4MmM1YmI2Ng==](https://www.instagram.com/p/C_6XPDCNadi/?igsh=MTc4MmM1YmI2Ng==)
- **Beef and Guinness Stew**  
<https://www.instagram.com/reel/DAYOghNNT7u/?igsh=MTc4MmM1YmI2Ng==>
- **Honey lime chicken bowl**  
<https://www.instagram.com/reel/DBHbbzeRAhr/?igsh=MTc4MmM1YmI2Ng==>
- **Blueberry cream pancake**  
<https://www.instagram.com/reel/C9cfFljJiAF/?igsh=MTc4MmM1YmI2Ng==>
- **Finish Fish soup**  
<https://www.instagram.com/reel/DAWGANRleTC/?igsh=MTc4MmM1YmI2Ng==>
- **Honey soy chicken rice**  
[https://www.instagram.com/reel/C\\_dBwaYCyx4/?igsh=MTc4MmM1YmI2Ng==](https://www.instagram.com/reel/C_dBwaYCyx4/?igsh=MTc4MmM1YmI2Ng==)
- **Potatoe mushrooms cups**  
<https://www.instagram.com/reel/C9swd2Ky2Eg/?igsh=MTc4MmM1YmI2Ng==>
- **Beef stew**  
<https://www.instagram.com/reel/DAA-2vcOR3r/?igsh=MTc4MmM1YmI2Ng==>
- **Hassle back potato**  
<https://www.instagram.com/reel/DATkabhPQgB/?igsh=MTc4MmM1YmI2Ng==>
- **Salmon Wellington**  
<https://www.instagram.com/reel/DATu0X5vczZ/?igsh=MTc4MmM1YmI2Ng==>
- **Fall sangria**  
<https://www.instagram.com/reel/DAo0EyGO2wW/?igsh=MTc4MmM1YmI2Ng==>
- **Ginger chicken soup**  
[https://www.instagram.com/reel/C\\_7-3XSujVQ/?igsh=MTc4MmM1YmI2Ng==](https://www.instagram.com/reel/C_7-3XSujVQ/?igsh=MTc4MmM1YmI2Ng==)
- **Three cup chicken**  
<https://www.instagram.com/reel/DAqbcoUSWDh/?igsh=MTc4MmM1YmI2Ng==>
- **Beef short ribs parpadelle**  
<https://www.instagram.com/reel/C-3dys2NbLc/?igsh=MTc4MmM1YmI2Ng==>

- ☐ **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/DAoOeNlxCUn/?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==](https://www.instagram.com/reel/DABglqBP_t7/?igsh=MTc4MmM1Yml2Ng==)
- ☐ **Spaghetti pomodoro**  
[https://www.instagram.com/reel/C\\_xdqy6MIMm/?igsh=MTc4MmM1Yml2Ng==](https://www.instagram.com/reel/C_xdqy6MIMm/?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-0l5EMAn1v/?igsh=MTc4MmM1YmI2Ng==>
- ☐ **Charcuterie cornucopia**  
<https://www.instagram.com/reel/DA80pdmJEfh/?igsh=MTc4MmM1YmI2Ng==>
- ☐ **Swahili grilled chicken**  
<https://www.instagram.com/reel/DBq9bAAoroE/?igsh=MTc4MmM1YmI2Ng==>
- ☐ **Cloud egg**  
[https://www.instagram.com/reel/C-ICd2dPv\\_m/?igsh=MTc4MmM1YmI2Ng==](https://www.instagram.com/reel/C-ICd2dPv_m/?igsh=MTc4MmM1YmI2Ng==)
- ☐ **Herb Crusted Salmon**  
[https://www.instagram.com/reel/C\\_K2cS4iLVJ/?igsh=MTc4MmM1YmI2Ng==](https://www.instagram.com/reel/C_K2cS4iLVJ/?igsh=MTc4MmM1YmI2Ng==)
- ☐ **Appetizer**  
<https://www.instagram.com/reel/C9SJ5BPRuI9/?igsh=MTc4MmM1YmI2Ng==>
- ☐ **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=MTc4MmM1YmI2Ng==>
- ☐ **French toast crepes**  
<https://www.instagram.com/reel/DB1UUGLx7JK/?igsh=MTc4MmM1YmI2Ng==>
- ☐ **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=MTc4MmM1YmI2Ng==>
- ☐ **Cheesy potatoe gratin**  
[https://www.instagram.com/reel/DBeJSPxoX7\\_/?igsh=NjZiM2M3MzIxNA==](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/DB4lZhb12yM/?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/DDFfmmnh26a/?igsh=NjZiM2M3MzIxNA==>
- ☐ Ginger turmeric shot  
<https://www.instagram.com/reel/DCZNs5xJUrn/?igsh=NjZiM2M3MzIxNA==>
- ☐ Creamy Thai coconut chicken meatballs  
[https://www.instagram.com/reel/C\\_dolV5lWgu/?igsh=MTc4MmM1Yml2Ng==](https://www.instagram.com/reel/C_dolV5lWgu/?igsh=MTc4MmM1Yml2Ng==)
- ☐ Baked salmon  
<https://www.instagram.com/reel/DBo3H0kctRI/?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==](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==](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==](https://www.instagram.com/reel/DEiJMvnqy_l/?igsh=NjZiM2M3MzIxNA==)

- ☐ Miso braised short ribs  
<https://www.instagram.com/reel/DFIMbJkSmFb/?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/DEU9YVHpP0a/?igsh=NjZiM2M3MzIxNA==>
- ☐ Banana cake  
[https://www.instagram.com/reel/DF8OOK8xP\\_X/?igsh=NjZiM2M3MzIxNA==](https://www.instagram.com/reel/DF8OOK8xP_X/?igsh=NjZiM2M3MzIxNA==)
- ☐ Cauliflower  
<https://www.instagram.com/reel/DEb4C25ojjJ/?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==](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==](https://www.instagram.com/reel/DFvaASjle_u/?igsh=NjZiM2M3MzIxNA==)
- ☐ Creamy white bean soup  
[https://www.instagram.com/reel/DEh\\_g3-oJvW/?igsh=NjZiM2M3MzIxNA==](https://www.instagram.com/reel/DEh_g3-oJvW/?igsh=NjZiM2M3MzIxNA==)



- ☐ **Stuffed cabbage**  
<https://www.instagram.com/reel/DEalZD6xE4X/?igsh=NjZiM2M3MzIxNA==>
- ☐ **Pad Thai**  
[https://www.instagram.com/reel/DEM3\\_KitXZD/?igsh=NjZiM2M3MzIxNA==](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/C6tDswklgTE/?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-IPEg/?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==](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==](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/DGOJDhxl2Uk/?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](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==](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/DJLw1X8lm98/?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/DIlgG57\\_yv6v/?igsh=NjZiM2M3MzIxNA==](https://www.instagram.com/reel/DIlgG57_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/DFYlXm6Me5f/?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\\_ocy0/?igsh=NjZiM2M3MzIxNA==](https://www.instagram.com/reel/DJCJIP_ocy0/?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==](https://www.instagram.com/reel/DJ9WkcUI_3D/?igsh=NjZiM2M3MzIxNA==)

- ☐ Clam pasta  
<https://www.instagram.com/reel/DPCQj6vknib/?igsh=NjZiM2M3MzIxNA==>
- ☐ Asparagus omelette  
<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==](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/DPMLwl4kRFo/?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==](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/DMJhVOIIZLG/?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==](https://www.instagram.com/reel/DP_z_bJCHug/?igsh=NjZiM2M3MzIxNA==)

- ☐ **Greek meatballs**  
[https://www.instagram.com/reel/DPt4y8\\_DZAJ/?igsh=NjZiM2M3MzIxNA==](https://www.instagram.com/reel/DPt4y8_DZAJ/?igsh=NjZiM2M3MzIxNA==)
- ☐ **Peach salad**  
[https://www.instagram.com/reel/DMO3ffPs\\_\\_V/?igsh=NjZiM2M3MzIxNA==](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==](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/DPEcuaJjvbl/?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==](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==>