

WC 14/09/26	Dish	INGREDIENTS	HEATING	MICROWAVE	STORAGE
	PLEASE PREHEAT YOUR OVEN TO 180° C FAN. ALL DISHES ARE COOKED AT THIS TEMPERATURE UNLESS STATED OTHERWISE. IF YOU HAVE A BAGUETTE, PLEASE WARM THIS THROUGH FOR 8 MINUTES.				
	Microwave. Decant all dishes into a microwaveable container and cover. Instructions are for an 800W-1000W domestic microwave. Please note that using a microwave may be detrimental to the texture of the dish.				
S T A R T E R S	Gratin de pétoncles au beurre à l'ail	MOLLUSCS, MILK, garlic, WHEAT flour, parsley, shallots, cayenne pepper	Remove lid and heat for 18 minutes		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Soupe de champignons à la ciboulette, croûtons à l'ail	Mushroom, shallots, MILK, yeast, WHEAT flour, garlic, nutmeg, CELERY	Pour the contents into a saucepan and reheat gently on the stove	4 minutes twice on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Tandoori de crevettes et yaourt	CRUSTACEANS, MILK, garlic, chilli, turmeric, onion, tomato paste, cayenne pepper, coriander, salt, pepper, vegetable oil	Remove lid and heat for 15 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	Terrine de jambon à la beaujolaise	Pork, EGG, MUSTARD, lemon, gherkins, CELERY, sugar, vinegar, parsley, shallots	Eat at room temperature	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
M A I N C O U R S E S	Blanquette de volaille à la moutarde et au romarin	Chicken, MUSTARD, CELERY, MILK, SULPHITES, wine, carrots, rosemary, potatoes	Remove lid and heat for 18-20 minutes		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Confit de canard à la sauge	Duck, garlic, sage, butternut squash, pumpkin seeds	Remove lid and heat for 18 minutes		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Curry de koftas d'agneau	Lamb, garlic, onions, cumin, chilli, tomato, ginger, cinnamon, NUTS, fenugreek, coriander, rice, CELERY	Remove lid and heat for 24 minutes	Cook on full power for 2 minutes, wait for 1 minute, then repeat	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Filet de cabillaud au four, sauce tartare	FISH, EGGS, breadcrumbs, lemon, MUSTARD, gherkins, capers, parsley, shallots, vegetable oil	Remove lid and heat for 18 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Filets de loup et de rouget, ratatouille et aioli	FISH, tomato, onions, herbs, olive oil, garlic, fennel, basil, new potatoes, salt, pepper	Remove lid and heat for 16 minutes. Rest under foil for 5 minutes and pour the aioli over the FISH.		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	Gratin de poissons à la florentine	FISH, EGG, MILK, shallot, onion, potatoes, spinach, SULPHITES, wine	Remove lid and heat for 18 minutes	3 minutes twice on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
S I D E S	Basmati rice	Rice, onions, garlic, CELERY, bay leaves, salt, pepper, oil	Remove lid, add 40 ml of water, cover with loose foil and heat for 18 minutes. Alternatively, empty into a microwaveable container, cover with a loose lid and heat on full power for 2 minutes (800W).	2 minutes on full power twice	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Gratin dauphinois	Potato, MILK, garlic, nutmeg	Remove lid and heat for 15 minutes	2 minutes on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Haricots verts	Green beans, MILK, parsley	Remove lid and heat for 15 minutes	2 minutes twice on full power	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Petits pois	Peas, MILK	Remove lid and heat for 15 minutes	2 minutes at 75% power twice	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Pommes nouvelles	Potatoes, salt	Remove lid and heat for 15 minutes	2 minutes twice on full power	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Pommes purée	Potatoes, MILK, garlic, nutmeg	Remove lid, cover with foil and heat for 25 minutes. Once hot, beat with a wooden spoon for best results. Alternatively, transfer to a microwaveable container and heat on full power until piping hot. Beat until smooth.	3 minutes twice on full power	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing

	Pommes frites rôties	Potatoes, vegetable oil	Remove lid and heat at 200° C for 45 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
D T E S S E R	Mousse au caramel	Sugar, salt, MILK, EGGS, gelatine, WHEAT flour	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 24 hours. Not suitable for freezing
	Bavarois au cassis	Blackcurrant, EGGS, sugar, MILK, WHEAT flour, lemon, gelatine	Take out of the fridge 10 minutes before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Tarte au chocolat et cerises	WHEAT flour, EGGS, sugar, cherries, brandy, chocolate, MILK	Eat at room temperature		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
ALLERGENS ARE SHOWN IN BOLD. PLEASE NOTE THAT OUR DISHES ARE PREPARED IN A COMMERCIAL KITCHEN WHERE NUTS ARE USED. WE CANNOT GUARANTEE THAT ANY DISHES ARE NUT-FREE OR GLUTEN-FREE. INSTRUCTIONS ARE GIVEN FOR A FAN OVEN; PLEASE ADD AN EXTRA 8-10 MINUTES' COOKING TIME FOR A CONVENTIONAL OVEN.					