

STORAGE

We are aware that there may be a lot of food for one sitting so we have ensured that all items are suitable for freezing or will last up to three days in the fridge. If cooking from frozen, defrost fully and follow the same instructions.

PREPARATION

Sunflower & Stout Loaf

(Oven required, serve hot)

Preheat an oven to 170°C. Place the bread (still in the aluminium moulds) in the oven and warm through for 5 minutes. Enjoy with the sweet onion marmalade on the side.

Broccoli & Almond Velouté

(Stove required, serve hot)

Empty the velouté into a thick-bottomed saucepan and slowly bring to a simmer. Divide the garnish into serving bowls, pour the velouté over and enjoy.

Lightly Spiced Falafels

(Oven required, serve hot)

Place the falafels on a baking tray lined with greaseproof baking paper and finish in the oven for 4 minutes at 170°C. Enjoy together with the chilli dipping sauce.

Blackened Padron Peppers

(No cooking required, serve at room temperature)

Place the Padron Peppers on a sharing plate and cover with the Garlic Croutons. Top with a few sprinkles of sea salt, a dash of your finest olive oil and enjoy at room temperature.

Persian Chickpea Stew

(Stove required, serve hot)

Empty the contents of the bag into a thick-bottomed saucepan and gently bring

to a simmer. Divide between serving bowls and top with the pomegranate seeds.

Black Venus Rice

(Oven and Stove required, serve hot)

Bring a large pot of water to the boil. Once boiling place the bag of the Black Venus Rice in the water and keep there for 7 minutes to heat up. Carefully remove the bag from the water and cut open. Divide between individual serving bowls, top with the salsa verde and enjoy.

Summer Berry Crumble

(Stove and Oven required, serve hot)

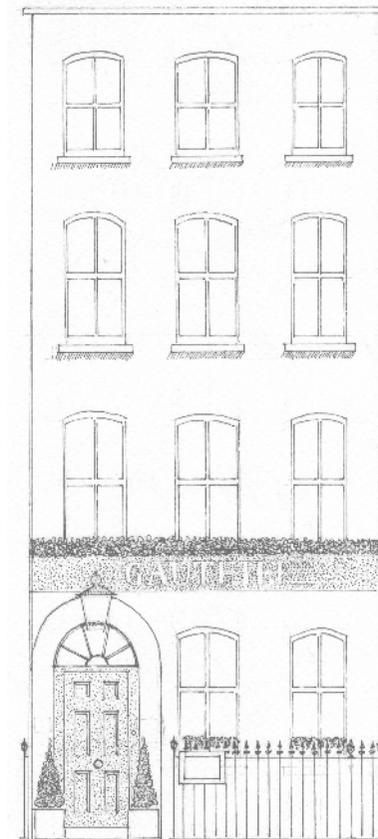
Set the oven at 160°C and place the aluminium tray in the oven for 8 minutes. Meanwhile gently warm through the caramel sauce in a small saucepan over low heat. Divide the crumble between individual serving bowls and pour the caramel sauce over it.

Apricot Financier *(Oven required, serve hot)*

Remove the Financier from the packaging and place it on a baking tray lined with greaseproof baking paper. Warm up in the oven for 4 minutes at 160°C. Enjoy with your tea or coffee to finish the meal!

G A U T H L E R

home



Hello,

Thank heavens the rain has subsided, and it's looking like the beginning of the new season, when the sun might finally come out!

This week we start with an amazing Sunflower & Stout Loaf with sweet onion jam, followed by a silky Broccoli & Almond Velouté. There's Lightly Spiced Falafels with fiery chilli dipping sauce, along with some soft Blackened Padron Peppers with Garlic Croutons.

A Persian Chickpea Stew (huge favourite) is paired with some Black Venus Rice, flavoured with Kalamata Olives, Pine Nuts and Salsa Verde. To finish there is a comforting Summer Berry Crumble, and a delightful warm Apricot Financier.

A perfect weekend box of food.

Bon Appétit!



G A U T H I E R
home

Sunflower & Stout Loaf

Sweet Onion Marmalade
(allergens) N, Sy, SO²

Broccoli & Almond Velouté

Preserved Lemon
N, C, Sy, SO²

Lightly Spiced Falafels

Chilli Dipping Sauce
N, Sy, SO²

Blackened Padron Peppers

Garlic Croutons

Persian Chickpea Stew

Saffron, Pomegranate & Mint
Sy, N, C, SO²

Black Venus Rice

Kalamata Olives, Pine Nuts

Salsa Verde

N

Summer Berry Crumble

Caramel Sauce
Sy, SO²

Apricot Financier

N, Sy, SO²