



fresh produce



• seafood



• gourmet

roasted cherry, strawberry and fig salad



Serves 2

Roasted Cherries Ingredients

- 2 cup cherries
- 2 tbsp olive oil
- 2 tsp balsamic vinegar
- 1 large handful parsley, chopped
- Salt and pepper, to taste

Salad Ingredients

- 2 handful strawberries, chopped
- 2 figs, chopped
- ½ cup olive oil
- 4 tbsp balsamic vinegar
- 2 handful parsley, chopped
- 2 bunches chives, chopped
- 2 shallots, sliced
- 3 cups kale, shredded
- 4 tbsp feta cheese, crumbled
- Salt and pepper, to taste

Method of Preparation

Preheat oven to 200°C. Toss cherries with olive oil, balsamic vinegar, parsley, salt and pepper. Roast for 10mins. Allow to cool before adding to salad.

Whisk together olive oil, balsamic vinegar, parsley, chives, salt and pepper. In a large bowl, toss kale and shallots together and add in dressing. Toss to combine. Add in roasted cherries, strawberries and figs and sprinkle with crumbled feta.



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maine lobster tail oriental



Serves 4

Oriental Sauce Ingredients

- 20g white onion, finely chopped
- 40g banana, finely diced
- 8g ginger, julienned and fried
- 5g butter, clarified
- 30g hollandaise sauce
- 8g English curry powder
- 4g salt
- 2g white pepper

Poached Lobster Ingredients

- 2 lobster tails, halved
- 20g cream
- Water
- Handful fresh baby spinach leaves

Method of Preparation

In a bowl, mix hollandaise sauce, butter, salt, pepper and English curry powder. Sprinkle mixture with diced banana, fried ginger and white onion. Fold mixture well to coat all ingredients.

Give lobster tails a good rub to ensure meat falls off shell easily when cooked. Place them into a pot. Fill up with cream and water. Poach for 1 minute. Remove lobster tails and drain off excess liquid. Make a bed of baby spinach leaves. Plate lobster and top with spoonful of hollandaise folded oriental sauce.



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shaved asparagus salad with strawberries



Serves 2

Ingredients

- Green asparagus, shaved
- Strawberries, sliced
- Parmesan, coarsely grated
- 4 tbsp lemon juice
- 3 tbsp warm water
- ½ cup extra-virgin olive oil
- Salt and pepper, to taste

Method of Preparation

Using a vegetable peeler shave asparagus into long thin strips and add into a bowl with strawberries.

In a bowl, mix Parmesan, lemon juice, water and olive oil and whisk. Toss with asparagus and strawberries and season with salt and pepper.



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asparagus soup with crabmeat



Serves 4

Ingredients

- 12g green asparagus
- 40g smoked chicken breast
- 32g crabmeat
- 20g carrot, finely diced
- 20g celery, finely diced
- 20g leek, finely diced
- 6g garlic
- 16g white onion
- 20g butter
- 300g water
- 30g cream
- 20g wheat flour
- 6g salt
- 8g brown sugar
- 2g white pepper

Method of Preparation

Sauté fine diced vegetables and chicken breast in butter. Dust with wheat flour. Fill up with cream and water. Add spears of asparagus.

Season with salt, pepper and brown sugar. Finally, add in crabmeat. Boil slow to a creamy soup till asparagus spears are cooked.



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blueberry lemon quinoa porridge



Serves 1

Ingredients

- 1½ cups almond milk, plus additional almond milk for serving
- 1 cup quinoa
- 1 cup water
- 2 tsp honey
- ½ tsp ground cinnamon
- ¼ tsp salt
- 1 cup blueberries
- 4 tbsp almonds, lightly roasted
- 2 tsp brown sugar
- 2 tsp lemon zest

Method of Preparation

Stir together almond milk, quinoa, water, honey and ground cinnamon. Bring to a boil and then simmer on medium heat until liquid is absorbed.

Once cooked, spoon into bowls and top with blueberries, additional almond milk, roasted almonds, brown sugar and lemon zest.



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chia pudding with coconut and grapes



Serves 1

Ingredients

- 1½ cups coconut milk
- ½ cup milk
- ½ cup chia seeds
- 1 handful green grapes, sliced
- Honey, to taste

Method of Preparation

In a bowl, combine coconut milk and milk. Add in honey to suit your taste. Stir well and then add in chia seeds.

Place in fridge to set for at least 1 hour. When ready to serve, top with sliced grapes.



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baked salmon fillet with balsamic fig sauce



Serves 2

Ingredients

- 2 salmon fillets
- 4 figs, sliced
- 2 tbsp balsamic vinegar
- 2 shallots
- 2 tsp fresh rosemary
- 1 cup vegetable stock
- 1½ tsp butter
- Salt and pepper
- Olive oil

Method of Preparation

Sprinkle salmon with some salt and pepper. Cook salmon in oven at 180°C for 8 - 10mins depending on how you like your salmon cooked.

Sauté shallots in a pan with some oil and add in figs, stock and balsamic vinegar. Cook down until this becomes thick and syrupy. Whisk in some butter at the end to make it smooth. Season with salt and pepper and serve on salmon.



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avocado salad with mixed greens



Serves 2

Ingredients

- 1 large avocado, sliced
- 1 handful combo beans
- 1 bowl kale
- 1½ tsp balsamic vinegar, plus extra for drizzling
- 2 tsp olive oil
- Salt and pepper, to taste

Method of Preparation

Slice up avocado. Wash kale and dry well. In a bowl, drizzle kale with olive oil, balsamic vinegar and sprinkle with salt and pepper. Massage the kale till it is soft.

On a plate, top kale with some combo beans and sliced avocado. Toss to combine. Drizzle with a bit more of balsamic vinegar if necessary.



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fig medley tart



Serves 2

Ingredients

- 1 sheet frozen puff pastry, as base
- 3 fresh figs, sliced
- 2 tbsp butter, melted
- 1 tbsp brown sugar
- 1 tsp ginger, grated
- 1 tsp vanilla extract
- 1 fresh fig, sliced for serving
- 2 dried figs, sliced for serving

Method of Preparation

Preheat oven to 200°C. Place the puff pastry on a baking sheet. Combine butter, brown sugar, ginger and vanilla extract. Use a pastry brush and brush top of pastry with the mixture. Lay down fresh figs and leave a border.

Brush top of figs with remaining mixture. Bake for 15mins or until pastry is golden brown. When ready to serve, top with slices of fresh fig and dried figs.



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golden scallop with quinoa fried rice



Serves 4

Golden Fry Scallops Ingredients

- 8 scallops
- ¼ lemon, juiced
- 18g flour
- 25g olive oil
- Extra-virgin olive oil
- 5g butter
- 4g salt
- Cress for garnish

Quinoa Fried Rice Ingredients

- 40g quinoa
- 15g carrot, julienned
- 15g celery, julienned
- 15g potato, julienned
- 20g white onion, diced
- 5g garlic, pureed
- Salt, to taste

Method of Preparation

Put quinoa in a saucepan with double depth of water. Bring to boil and simmer for 10 minutes. Season scallop with juice of lemon and pinch of salt. Dust with flour and golden fry in olive oil finishing with butter.

Drain cooked quinoa and fluff up with fork. Lightly fry cooked quinoa with glazed chopped onion and pureed garlic. Add in simmered vegetables julienne and a drizzle of extra virgin olive oil. Mix well. Place two scallops on quinoa and garnish with fresh cresses.



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vanilla greek yogurt with seasonal fruit compote



Serves 1

Ingredients

- 3 cups of strawberry, fig and cherry, chopped
- 3 tbsp fresh orange juice
- ¼ tsp ginger, grated
- Greek yogurt
- 1 tsp vanilla extract
- ¼ cup fresh sugar apricot, quartered

Method of Preparation

Place fruit, juice and ginger in a saucepan and bring to medium heat. Once bubbling, reduce heat and use a wooden spoon to mash the fruit as it cooks. Cook for 10mins until it thickens.

Mix a bowl of Greek yogurt with vanilla extract. Top with fruit compote and fresh sugar apricots.



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roasted butternut pumpkin and quinoa salad



Serves 2

Salad Ingredients

- 1 cup butternut squash, cubed and roasted
- 2 tbsp red onion, chopped
- 1 handful dried cranberry
- 3 cups quinoa, cooked
- 2 tbsp parsley, chopped
- 1 handful roasted almonds, chopped
- ½ cup feta cheese, crumbled

Dressing Ingredients

- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 2 tbsp Dijon mustard
- 2 cloves garlic, minced
- Salt and pepper

Method of Preparation

Toss all salad ingredients together till well combined. In another bowl, whisk together dressing ingredients.

Toss everything together till well coated and chill in fridge till ready to eat.