

Naturally, fresh seafood and poultry have a shorter shelf life than red meat. For this reason, we always recommend eating these dishes first.



FRANCE



COQ AU VIN

with Cous Cous & Parsley

 2 SERVINGS

 30 MINS + PREP



INGREDIENTS

- ATLAS red wine marinated chicken thigh
- 1 ATLAS stock container
- 1 garlic piece
- 1 mushroom punnet
- 2 carrots
- 1 parsley*
- 1 brown onion
- 1 cous cous bag

PANTRY STAPLES

Flour, cooking oil

UTENSILS / EQUIPMENT

Large pan, cast iron pan/pot

ALLERGENS

Garlic, onion, alcohol, gluten

Please note - parsley is to be split across other dishes. Please read each recipe in full and portion accordingly.



1. Prepare the ingredients

Read the recipe in full before you begin. Wash the vegetables thoroughly. Cut the carrot into 1cm chunks. Thinly slice the mushroom. Cut the onion into 6 wedges, then thinly slice the garlic. Roughly chop 1 teaspoon per person of parsley* leaves.



2. Cook the chicken

Remove the marinated chicken from the bag, and keep the liquid to add back to the chicken once it's seared. Add a splash of oil to a pan over medium-high heat and sear the chicken for 2-3 minutes on either side, or until cooked through.



3. Add the vegetables & stock

Once the chicken is cooked, add the carrot, mushroom and onion wedges to the pot. Sear until the vegetables start to brown, before adding in the sliced garlic. Then, add the ATLAS stock base to 2.5 parts water, as well as any remaining juices from the bag. Bring to the boil, then simmer for around 15 minutes.



4. Cook the cous cous

Meanwhile, pour boiling water over the cous cous (we use 400g water to 300g cous cous) and cover with a lid. Let it sit for around 5 minutes or until the water is absorbed and the cous cous is fluffy. Fluff the cous cous with a fork to ensure its cooked through and ready to be served.



5. Add flour to the chicken

Once the chicken and vegetables have simmered, add some flour to create a gravy-like consistency. Start with 1 tablespoon of flour per person, and if the sauce doesn't coat the back of the spoon once cooked, add a bit more. Allow the flour to cook through for 2-3 minutes before serving.

Serve



Divide the coq au vin onto serving plates with the cous cous. Garnish with parsley. Bon appétit!

FRANCE



GARLIC & ROSEMARY LAMB LEG

with Potatoes, Tomatoes & Brussel Sprouts

🚩 WANNA WING IT?

- Add cheese at the end of the dish
- Add chestnuts over the traybake at the end
- Cut the lamb into smaller pieces for a quicker cook
- Serve with a wedge of lemon

🍴 2 SERVINGS

🕒 30 MINS + PREP



INGREDIENTS

- ATLAS garlic & rosemary marinated lamb leg
- 1 red onion
- 1 tomato
- 3 desiree potatoes
- 1 Brussel sprout bag
- 1 parsley bunch*

PANTRY STAPLES

Olive oil, salt

UTENSILS / EQUIPMENT

Mandoline (optional), frying pan, lined roasting tray

ALLERGENS

Garlic, onion

Please note - parsley is to split across other dishes. Please read each recipe in full and portion accordingly.



1. Prepare the ingredients

Read the recipe in full before you begin. Preheat the oven to 190°C. Wash the vegetables. Cut the Brussel sprouts in half, cut the tomato and red onion into thin wedges. Roughly chop 1 teaspoon per person of parsley* leaves. Thinly slice the potato.



2. Roast the potatoes

Toss the potatoes in olive oil and a pinch of salt and arrange in a lined roasting tray. Place in the oven and roast for 10-12 minutes to begin cooking.



3. Sear the lamb

Meanwhile, heat a splash of oil in a frying pan over medium-high heat. Add the lamb and cook for 2 minutes each side or until well coloured.



4. Roast the vegetables

Remove the potatoes from the oven, place the lamb on top (fat side up) and place the onion, tomato and Brussel sprouts around the lamb. Drizzle with oil, sprinkle with salt and return to the oven for 10-12 minutes or until the lamb is cooked to your liking (we like medium rare). Remove the lamb from the oven and rest for 5 minutes before carving. Return the tray to the oven to finish cooking the vegetables for another 5 minutes.

Serve



Divide the vegetables between serving plates. Top with the carved lamb, pouring over any juices that released from the meat while resting. Sprinkle with chopped parsley.

FRANCE



BEEF ENTRECÔTE

with Butter Lettuce, Green Beans and ATLAS Green Herb Butter

🚩 WANNA WING IT?

- The French love their butter! Try searing your sirloin and green beans with butter, instead of your preferred cooking oil

🍴 2 SERVINGS

🕒 30 MINS + PREP



INGREDIENTS

- beef sirloin
- 1 ATLAS green herb butter tub
- 3 desiree potatoes
- 1 butter lettuce piece
- 1 bag of green beans

PANTRY STAPLES

Cooking oil, olive oil, salt, pepper

UTENSILS / EQUIPMENT

Oven roasting tray, baking paper, fry pan, grill plate/BBQ

ALLERGENS

Garlic, dairy, chilli (mild)

CHEF'S TIPS

Step 4: If you prefer to make the green beans tender before you sear them, blanch them in boiling water for 1-2 minutes then immediately transfer them into ice water to stop the cooking process.



1. Prepare the ingredients

Read the recipe in full before you begin. Preheat the oven to 200°C. Wash the vegetables thoroughly. Cut the potato into wedges. Cut the butter lettuce then rewash it. Trim the tails from the green beans.



2. Roast the potatoes

Toss the potatoes in olive oil and a pinch of salt and arrange in a lined roasting tray. Place in the oven and roast for 25 minutes or until golden brown.



3. Cook the sirloin

Add a splash of oil to a pan over medium-high heat. Sear the sirloin for 3 minutes on either side, then remove from the pan. Leave the pan on medium-high heat.



4. Sear the green beans

In the same pan, add the green beans and sear them. Let them sear on one side for around two minutes so they become golden-brown, then flip them and allow to sear for another 2-3 minutes.

Serve



Plate up each sirloin and drizzle over the ATLAS green herb butter. Serve with the roast potatoes, green beans and butter lettuce.

FRANCE



CAULIFLOWER, BACON & LEEK GRATIN

with Butter Lettuce & Shallot Vinegar

 2 SERVINGS

 45 MINS + PREP



INGREDIENTS

- pre-sliced bacon
- 1 parmesan pack
- 1 ATLAS creamy chees sauce
- 1 ATLAS vinaigrette tub
- 1 panko breadcrumb sachet
- 1 cauliflower piece
- 1 leek
- 1 butter lettuce piece
- 1 shallot

PANTRY STAPLES

Salt, pepper

UTENSILS / EQUIPMENT

Baking dish, grater, aluminium foil, frying pan, saucepan

ALLERGENS

Dairy, onion

CHEF'S TIPS

Step 1: After you've sliced the leek, add to a bowl of cold water and swish around with your hands to thoroughly wash and remove any sand from between the layers.



1. Prepare the ingredients

Read the recipe in full before you begin. Preheat the oven to 190°C fan forced. Wash the vegetables. Cut the cauliflower into small pieces, including the stems. Remove the thick dark leaves of the leek and thinly slice the remaining part. Separate the lettuce leaves. Finely dice the shallot and add to the vinaigrette. Grate the parmesan.



2. Cook the bacon

Heat a non-stick frying pan over medium heat. Once the pan is hot, add your bacon in a single layer. Cook the bacon for 3-4 minutes on each side, or until it reaches your desired doneness. Once done, transfer the cooked bacon to a plate lined with paper towels to absorb excess grease. Set aside for step 4.



3. Cook the leek

Heat a splash of oil in a saucepan over medium heat. Add the leek with a splash of water. Cover and cook for 3 minutes. Remove the lid and simmer for a further 2-3 minutes or until the water has evaporated.



4. Make the gratin mix

Combine the bacon, cauliflower, leek, creamy cheese sauce, and half of the parmesan in a bowl. Season to taste with salt and pepper. Place into a baking dish and cover with foil. Place into the oven for 25-30 minutes or until the cauliflower is tender.



6. Bake the gratin

Combine the remaining parmesan with the breadcrumbs. Take the baking dish from the oven, remove the foil and stir the filling. Sprinkle with the parmesan breadcrumbs and place back in the oven uncovered to cook for a further 10 minutes or until the breadcrumbs are golden.



7. Make the salad

Mix the vinaigrette and shallot dressing through the butter lettuce.

Serve



Divide the gratin onto serving plates alongside the butter lettuce salad.