

PORTUGAL



PIRI PIRI CHICKEN

with Garlic Potatoes & Carrot and Olive Salad

You might be wondering if we've misspelled peri peri, but we haven't. Piri piri is a Portuguese sauce beloved by Australians, thanks to a popular fast-food chicken chain. Its origins trace back to Portuguese-occupied Mozambique, where it was created. The term "piri piri" comes from the Swahili word "pilipili," meaning "pepper." While often referred to as peri peri in African and English contexts, it's typically spelled piri piri in Portuguese.

🚩 WANNA WING IT?

- Serve with pita bread.
- Add some extra chilli if you like it hot.

🍴 2 SERVINGS

🕒 25 MINS + PREP



INGREDIENTS

- 2 chicken maryland fillets
- ATLAS piri piri sauce tub
- Green olive tub
- 2 carrots
- 2 desiree potatoes
- 1 garlic clove
- 1 parsley bunch*

*Parsley may be split across other dishes, please read each recipe carefully.

PANTRY STAPLES

Olive oil, salt

UTENSILS / EQUIPMENT

Frying pan, lined baking tray, peeler

ALLERGENS

Garlic, mild chilli

CHEF'S TIPS

You can choose to roughly chop the parsley leaves if you prefer, but we decided to keep them whole.



1. Cook the potatoes

Before you start, read the recipe in full. Preheat the oven to 190°C. Cut the potatoes into large dice. Toss them with a light drizzle of olive oil and a pinch of salt, then spread them evenly on a lined baking tray. Roast for 20-25 minutes or until golden brown and cooked through.



2. Prepare remaining ingredients

Thinly slice the olives and one garlic clove per two people. Peel and thinly slice the carrot. Pick one teaspoon per person of parsley leaves.



3. Cook the chicken

Heat a splash of oil in a frying pan over medium-high heat. Cook the chicken, skin side down, for about 5 minutes or until golden brown. Use a weight, like a plate, to ensure even cooking. Flip the chicken, coat it with the piri piri sauce, and continue cooking for roughly 6 minutes until fully cooked. Let it rest before serving.



4. Add the garlic

Once the potatoes have been cooking for about 15 minutes, add the garlic, stirring to combine, and continue cooking for an additional 5-10 minutes or until golden brown.



5. Make the salad

Mix the carrots, olives, and parsley in a bowl with a light drizzle of oil and a small pinch of salt.

Serve



Serve the piri piri chicken alongside the garlic potatoes and carrot salad.

URUGUAY



ANGUS RUMP CAP STEAK

with Chimichurri, Potato & Butter Lettuce

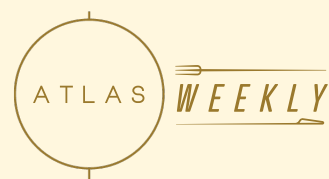
Throughout South America, there are numerous variations of chimichurri. It's a sauce that inspires passionate debates; everyone claims their mother's recipe is the best! In fact, there's an annual competition called the Chimichurri Cup held every October, where both professionals and amateurs submit their versions for judging.

🚩 WANNA WING IT?

- Roast or airfry the potatoes.
- Add anchovies or a buttermilk dressing to the salad,

🍴 2 SERVINGS

🕒 20 MINS + PREP



INGREDIENTS

- ATLAS beef rump cap
- ATLAS chimichurri base tub
- Pepitas/pumpkin seed sachet
- 2 desiree potatoes
- 1 butter lettuce
- 1 cherry tomato punnet
- 1 parsley bunch*

* Parsley may be split across other dishes, please read each recipe carefully.

PANTRY STAPLES

Olive oil, salt, pepper, red wine vinegar

UTENSILS / EQUIPMENT

Frying pan / griddle, second frying pan

ALLERGENS

Garlic, onion



1. Prepare the ingredients

Before you start cooking, read the entire recipe. Wash the vegetables thoroughly. Cut the cherry tomatoes in half and dice the potatoes into 1cm pieces. Separate the outer leaves of the lettuce and shred the heart. Lastly, roughly chop one tablespoon of parsley leaves per person.



2. Sauté the potatoes

Heat a generous splash of oil in a frying pan over medium heat. Sauté the potatoes for 12-15 minutes, tossing regularly, until cooked through and golden brown on the outside. When the potatoes are almost ready, add the pumpkin seeds and toss to warm through and crisp up. Season with a pinch of salt.



3. Make the chimichurri

Meanwhile, in a bowl, combine the chopped parsley with the chimichurri base.



4. Grill the steak

Heat a splash of oil in a frying or griddle pan over high heat. Add the steak and sear for 3 minutes on each side or until charred and cooked to your liking. Season with salt and pepper, then let it rest for 3 minutes before carving.



5. Make the salad

In a bowl, mix together the butter lettuce and cherry tomatoes. Season with a touch of olive oil and red wine vinegar.

Serve



Divide the potatoes and steak between serving plates, and drizzle with any resting juices from the steak. Serve with the salad and chimichurri.

JAPAN



MISO ROAST CHICKEN

with Rice & Cabbage and Pear Salad

Miso is produced by fermenting soybeans with salt and *kōji*, a fungus. In Japan, there are numerous miso variations, each contributing a salty and umami flavor to dishes like miso soup, meats, and vegetables. The fermentation process for miso can range from one week to several years, resulting in significant changes in its flavor profile over time.

✂️ WANNA WING IT?

- Use mirin, honey or brown sugar to sweeten if the seasoning of the miso glaze is too strong.
- We've provided coriander for this dish, but you could garnish with spring onion, mint or garlic chives instead.

🍴 2 SERVINGS

🕒 20 MINS + PREP



INGREDIENTS

- 2 chicken maryland fillets
- ATLAS miso marinade tub
- Japanese rice sachet*
- Sesame seed sachet
- 1 carrot
- 1 pear
- 1 red cabbage piece
- 1 spring onion bunch*

*You may need to use jasmine rice and spring onion across other dishes. Please read each recipe carefully before you begin.

PANTRY STAPLES

Sesame oil (preferred), salt

UTENSILS / EQUIPMENT

Grater, peeler, lined baking tray, saucepan

ALLERGENS

Sesame, wheat, gluten, soy, onion

CHEF'S TIPS

Step 1: When the chicken is halfway through cooking, remove from the oven and baste it with the marinade from the baking tray. This will help give you a juicy, delicious chicken with a caramelised marinade.



1. Cook the chicken

Before you start, read through the recipe. Preheat the oven to 180°C fan forced. Bring a saucepan of water to a boil. Coat the chicken with most of the marinade (save some for serving). Place the chicken, skin side up, on a lined baking tray and bake for approximately 15 minutes, or until the chicken is cooked through and the skin is golden brown.



2. Cook the rice

Wash your rice in cold water until the water runs clear. Use a 1:1 ratio of water to rice. Place your rice in a pot with the measured water and bring water to a boil. Then, reduce the heat to low, cover, and simmer until the water is absorbed and rice is tender.



3. Make the salad

While the chicken is cooking, wash the vegetables. Thinly slice the cabbage. Peel and grate the carrot. Cut the pear in half, then thinly slice it. Combine the cabbage, carrot, pear, and half of the spring onion. Season to taste with salt and oil, preferably sesame oil.

Serve



Divide the rice, cabbage salad, and chicken among serving plates. Sprinkle with sesame seeds, remaining coriander, and reserved miso marinade.

ASIA



SOY GLAZED BEEF

with Bok Choy, Sesame & Cucumber

Did you know that "Gyutan," or soy glazed beef, hails from Sendai, Japan? Despite its name suggesting it's made from beef tongue, it's actually thinly sliced beef grilled with savoury soy sauce, offering a perfect blend of sweet and umami flavours. Gyutan is a beloved specialty across Japan, highlighting the country's culinary creativity and love for quality beef dishes.

WANNA WING IT?

Get creative with your garnish!

- Radishes offer a crisp texture and a refreshing, slightly peppery flavour that can contrast nicely with the richness of the beef.
- Pickled ginger adds a tangy, slightly sweet flavour that complements the savoury soy glaze while providing a palate-cleansing element.

 **2 SERVINGS**

 **15 MINS + PREP**



INGREDIENTS

- ATLAS beef rump
- 1 ATLAS sweet soy glaze
- 1 japanese rice pack
- 1 white sesame seed sachet
- 1 bok choy bunch
- 1 cucumber
- 1 spring onion bunch*
- 1 coriander bunch*

*Spring onion and coriander may be split across other dishes, please read each recipe carefully.

PANTRY STAPLES

Cooking oil

UTENSILS / EQUIPMENT

Saucepans (x2), sieve, frying pan, mixing bowl.

ALLERGENS

Onion, soy, sesame, wheat, gluten, garlic, mild chilli

CHEF'S TIPS

If you're aiming for a crispy outer crust, use a high heat when searing your beef rump (before coating with sweet soy glaze).

If time allows, let your beef rump rest for 10-15 minutes before you carve it. This resting period allows the juices to redistribute throughout the meat. Resulting in a juicier, more flavourful finish.



1. Prepare the ingredients

Before starting, read the entire recipe. Wash the vegetables thoroughly. For each two people, thinly slice one sprig of coriander leaves. Cut the cucumber in half lengthwise then slice it into bite-size pieces. Cut the bok choy bunches lengthwise, dividing them into halves or quarters.



2. Cook the rice

Wash your rice in cold water until the water runs clear. Use a 1:1 ratio of water to rice. Place your rice in a pot with the measured water and bring water to a boil. Then, reduce the heat to low, cover, and simmer until the water is absorbed and rice is tender.



3. Toss the cucumber

Toss the cucumber into a bowl with a pinch of sesame seeds. Add in the sliced spring onions. Set aside.



4. Blanch the bok choy

Add the bok choy stems to the saucepan of boiling water for 30 seconds before pushing the leaves under the water for an additional 30 seconds. Strain and set aside.



5. Cook the beef

Heat oil in a frying pan over medium-high heat. Sear beef for 3-4 minutes on each side until browned and cooked to your liking. In the final minute, lower the heat and coat the beef with sweet soy glaze. Set aside before slicing.

Serve



Divide the rice among serving bowls. Serve with bok choy, beef, and cucumber. Sprinkle with any remaining herbs and an additional pinch of sesame seeds.