

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



TURKEY



TURKISH ORANGE CHICKEN

with Rice, Black Lentils & Broccolini

🚩 WANNA WING IT?

- Cook everything as a pilaf/ tray bake by placing the lentils and rice in the roasting tray with water and stock and placing the chicken and vegetables on top and roasting.
- Add dried currants or raisins to the rice

🍴 2 SERVINGS

🕒 35 MINS + PREP



INGREDIENTS

- 1 ATLAS marinated chicken half
- 1 lentil pack
- 1 basmati rice sachet
- 1 carrot
- 1 orange
- 1 red onion
- 1 parsley bunch*

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

PANTRY STAPLES

Salt

UTENSILS / EQUIPMENT

Lined roasting tray, saucepan, sieve, peeler (optional)

ALLERGENS

Onion, garlic

CHEF'S TIPS

Step 1: Scan this QR code for Charlie's tips for segmenting orange. Or just roughly chop the flesh if you don't want to segment.



1. Prepare the ingredients

Read the recipe in full before you begin. Preheat the oven to 200°C. Bring saucepan of water to the boil. Wash the vegetables. Cut the carrot lengthways into quarters and then into 2cm pieces. Pick one sprig of parsley* leaves per 2 people. Cut the onion into thin wedges. Peel the orange and segment the flesh. Wash and drain the lentils. Cut the chicken into even pieces, separating the breast end from the thigh end.



4. Cook the rice

Meanwhile, wash the rice in cold water until the water runs clear. Add the rice to the boiling water and cook for 8 minutes, stirring often, or until cooked through. Remove from the heat, strain and return to the saucepan. Add the strained lentils and stir to combine and warm through. Set aside with the lid on to keep warm.



2. Roast the chicken

Place the marinated chicken, skin side up, on a lined roasting tray with the orange peel and a 1/4 cup of water per person. Season with a pinch of salt and place in the oven for 25-30 minutes or until cooked through and golden brown.



3. Roast the vegetables

Once the chicken has been in the oven for 10-15 minutes and is beginning to colour, add the carrot and onion to the tray and return to the oven for the remaining 15 minutes to finish cooking the chicken and vegetables.

Serve

Divide the lentils and rice between serving plates. Top with a piece of chicken each. Mix the orange segments with the roasted vegetables and season with a pinch of salt before serving with the chicken. Top with fresh parsley.



MEXICO



CHILLI & LIME MARINATED CHICKEN

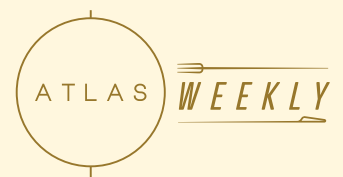
with Hasselback Potatoes, Pico de Gallo & Sour Cream

WANNA WING IT?

- Add spring onion
- Oven roast or BBQ the chicken
- Cook the potato in an air fryer or thinly slice all the way through for crispier chips
- Add a fresh chilli to the salad

 **2 SERVINGS**

 **30 MINS + PREP**



INGREDIENTS

- 2 ATLAS chilli & lime marinated chicken maryland fillets
- 1 sour cream tub
- 1 tomato
- 2 desiree potatoes
- 1 red onion
- 1 lime
- 1 coriander bunch

PANTRY STAPLES

Cooking oil, salt, pepper

UTENSILS / EQUIPMENT

Lined baking tray, frying pan

ALLERGENS

Dairy, garlic, chilli, onion

CHEF'S TIPS

Step 1: Get the sour cream out of the fridge to come to room temperature.

Step 2: Scan this QR code for Charlie's tips for finely dicing onion:



Step 3: Keep an eye on the heat and reduce if necessary to prevent the marinade from burning / sticking. Add a splash of water if necessary to deglaze the pan.



1. Prepare hasselback potatoes

Read the recipe in full before you begin. Preheat the oven to 200°C. Cut a thin slice off one side of the potato so you've got a flat base. Then thinly slice the potato but don't cut all the way through, leaving the base intact. Place on a lined baking tray, lightly drizzle with oil and sprinkle with salt and pepper and place in the oven for around 25 minutes or until golden brown, and a knife or skewer can easily be inserted through the potato.



2. Prepare the other ingredients

Meanwhile, wash the vegetables. Roughly chop one sprig of coriander* leaves and stems per person and cut the lime into thin wedges. Finely dice the red onion and tomato.



3. Cook the chicken

Heat a splash of oil in a frying pan over medium-high heat. Add the chicken, skin side down, with any extra marinade and half the lime, cook for about 8 minutes, then flip and continue cooking on the other side for another 4 minutes or until cooked through.



4. Make the Pico de Gallo

Combine the tomato, onion and coriander in a bowl and season with remaining lime wedges, a pinch of salt and a splash of oil.

Serve

Divide the hasselback potato and chilli lime chicken between serving plates. Serve with the Pico de Gallo, sour cream and any remaining lime.

Our recipes are tested for 2 people, you may need to adjust cooking times if cooking for more or less people. ATLAS.WEEKLY

FRANCE



SEARED LAMB LEG

with Creamy Jus Cannellini Beans & Broccolini

Jus is really just the French word for juice... in this case, meat juice. *Jus* is used a lot in French restaurants and is a concentrated meaty sauce made by cooking down the juices released from meat during the cooking process. *Jus* is great at enhancing the earthy, meaty flavour of a given protein.

🚩 WANNA WING IT?

- When the lamb is resting, if it releases any juices, pour into the beans
- Add some bacon and onion to the dish at the start of step 4
- Toast the almonds in a dry frying pan for a nuttier flavour

🍴 2 SERVINGS

🕒 25 MINS + PREP



INGREDIENTS

- lamb leg
- 1 ATLAS creamy jus tub
- 1 cannellini beans tin
- 1 slivered almond sachet
- 1 broccolini bunch
- 1 garlic clove
- 1 parsley bunch*

PANTRY STAPLES

Olive oil, salt, pepper

UTENSILS / EQUIPMENT

Lined baking tray, frying pan, microplane

ALLERGENS

Garlic, nuts (almonds), dairy, onion

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



1. Prepare the ingredients

Read the recipe in full before you begin. Preheat the oven to 180°C. Get the lamb out of the fridge to come to room temperature. Trim the ends of the broccolini, mince the garlic. Wash and drain the beans. Roughly chop 1 teaspoon per person of parsley* leaves.



2. Sear the lamb

Heat a splash of oil in a frying pan over medium-high heat. Add the lamb and cook for around 3 minutes, turning regularly or until browned on all sides. Transfer to a lined baking tray, reserving the pan, and place in the oven for 10-12 minutes or until cooked to your liking, we like medium rare. Once cooked, rest for 3-4 minutes.



3. Cook the broccolini

Return the reserved pan to the heat on medium-high. Add another splash of oil, if needed, and add the broccolini and cook for 1-2 minutes or until charred and vibrant. Season and set aside, reserving the pan.



4. Cook the beans

Return the reserved pan to the heat on medium. Add another splash of oil, and the garlic, and briefly sweat, taking care not to burn. Add the beans, creamy jus and parsley, stirring to combine. Cook gently, taking care not to boil the creamy jus as it may split. Cook for 3-4 minutes or until warmed through.

Serve

Carve the lamb, cutting against the grain. Divide the beans between serving plates and top with the lamb and broccolini. Drizzle with any meat juices and sprinkle with the almonds.

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BEEF & LAMB CEVAPI

with Ajvar Relish, Pear, Rocket & Mint Salad

Kindly be informed that, due to availability constraints, cabbage has been substituted with pear & rocket in this recipe. Wherever visual reference to cabbage is made, please visualise it as pear & rocket.

🚩 WANNA WING IT?

- Serve the cevapi with sliced raw onions or sour cream
- Pickle the sultanas

🍴 2 SERVINGS

🕒 15 MINS + PREP



INGREDIENTS

- o cevapi mince with gyros
- o 1 ATLAS ajvar relish tub
- o pear & rocket
- o 1 sultana pack
- o 2 pita breads
- o 1 lemon
- o 1 mint bunch*
- o 1 parsley bunch*

*Mint & parsley are split across other dishes, please read each recipe carefully.

PANTRY STAPLES

Cooking oil, salt, olive oil

UTENSILS / EQUIPMENT

2 frying pans, saucepan, microplane / zester, mandoline (optional)

ALLERGENS

Onion, garlic, mild chilli, wheat, gluten



1. Prepare the ingredients

Read the recipe in full before you begin. Wash the vegetables. Roughly chop one tablespoon each of parsley* and mint* leaves per person. Zest and juice the lemon. Thinly slice the pear and set aside the rocket.



2. Make the cevapi

In a bowl, mix the mince with the gyros seasoning and a pinch of salt. Divide the mix evenly into 3-4 cevapi per person and shape with your hands.



3. Cook the cevapi

Heat a splash of oil in a frying pan over medium-high heat. Add the cevapi and cook for 8-10 minutes or until cooked through, turning regularly or until browned on all sides.



4. Warm the ajvar relish

Place the relish in a saucepan over low heat. Keep stirring until warm, making sure that the sauce does not boil. Alternatively, microwave the sauce in 10 second intervals until warm.



5. Make the salad

Combine the pear, rocket, sultanas, lemon zest and chopped herbs. Season to taste with lemon juice, olive oil and salt, tossing to combine.



6. Warm the bread

Heat a splash of oil in a frying pan over medium heat. Add the flatbread and toast for 30-60 seconds each side or until warmed through. Cover with a clean tea towel to keep warm while you repeat with the remaining flatbread.

Serve



Divide the cevapi between serving plates and top with the warm ajvar relish. Serve with the salad and flatbread.

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