

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

ARGENTINA

EAT THIS DISH  
FIRST  
EAT THIS DISH



# BUTTER CRUMBED CHICKEN BREAST

*with Zucchini & Rocket, Pear and Parmesan Salad*

## 🚩 WANNA WING IT?

- Pan fry the chicken or cook in the air fryer
- Season your flour or crumbs with spices like pepper, paprika or mixed herbs

🍴 2 SERVINGS

🕒 45 MINS + PREP



## INGREDIENTS

- 2 chicken breast fillets & tomato butter
- 1 parmesan pack
- 1 panko breadcrumb sachets
- 2 pears
- 1 wild rocket pack
- 2 zucchinis

## PANTRY STAPLES

Flour, egg, cooking oil, salt, white wine vinegar, olive oil

## UTENSILS / EQUIPMENT

Peeler, lined baking tray

## ALLERGENS

Dairy, garlic, wheat, gluten, yeast

## CHEF'S TIPS

**Step 1:** Scan this QR code to see how Chef Steve stuffed and crumbed the chicken:



**Serve:** Use a fine microplane for soft, fluffy parmesan.



### 1. Prepare the ingredients

Read the recipe in full before you begin. Preheat the oven to 190°C. Using a sharp knife, make an incision in the fat end of the chicken breast, about 2cm deep and wide. Divide the butter between your portions and insert into the incision, pressing the chicken to enclose. Then, set up a crumbing station by adding 1/4 cup per 2 people of flour to a bowl, 1 whisked egg per person to another bowl and the panko breadcrumbs to another bowl.



### 2. Crumb the chicken

Working one at a time, dip the chicken in the flour then dust off the excess, dip in the egg, flipping to ensure an even coat and then place the chicken fillet in the panko crumbs, pressing to coat and ensure the crumbs are stuck to the chicken. Arrange on a lined baking tray, drizzle with oil, sprinkle with salt and bake in the oven for 30 minutes or until golden brown and cooked through.



### 3. Prepare the salad ingredients

Wash the vegetables. Using a peeler, thinly slice the zucchini into ribbons. Thinly slice the pear.



### 4. Prepare the salad

Combine the rocket, pear and zucchini in a bowl. When ready to serve, dress with a dash of olive oil and white wine vinegar. Season with a pinch of salt and toss to combine.

## Serve



Divide the crumbed chicken between serving plates. Serve with the salad and top everything with a dusting of freshly grated parmesan.

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MEXICO



# SOFTSHELL CHICKEN TACOS

*with Cheese, Cabbage, Avocado & Lime Salsa*

## 🚩 WANNA WING IT?

- Serve with sour cream or mojo verde
- Serve with jalapeños or hot sauce

🍴 2 SERVINGS

🕒 15 MINS + PREP



## INGREDIENTS

- 2 chicken maryland fillets
- 6 small tortillas
- 1 ATLAS taco seasoning sachet
- 1 cheddar cheese pack
- 1 red cabbage piece
- 1 avocado
- 1 lime
- 1 red onion

## PANTRY STAPLES

Olive oil, salt

## UTENSILS / EQUIPMENT

Mandoline (optional), frying pan, microplane / zester

## ALLERGENS

Wheat, gluten, soy, garlic, onion, dairy

## CHEF'S TIPS

**Step 1:** Scan this QR code for Charlie's tips for finely dicing onion.



### 1. Prepare the ingredients

Read the recipe in full before you begin. Thinly slice the cabbage and finely dice the red onion. Zest and juice the lime. Dice the avocado. Slice the chicken into strips.



### 2. Cook the chicken

Heat a splash of oil in a frying pan over medium-high heat, add the chicken and cook for 8-10 minutes or until golden brown. Add the taco spice mix and cook for another minute or until aromatic and well coated.



### 3. Prepare the salsa

In a bowl, combine the avocado, lime zest and red onion. Season to taste with lime juice, olive oil and salt.



### 4. Soften the cabbage

In a bowl, add a pinch of salt and dash of olive oil to the cabbage. Using your hands, scrunch to soften.



### 5. Warm the tortillas

Warm the tortillas by microwaving for 20 seconds or heating in a dry frying pan over medium heat for 30 seconds. Cover with a clean tea towel to keep warm and soft until ready to use.

## Serve



Take the chicken to the table with the cabbage, avocado salsa, cheese and tortillas. Let everyone build their own tacos.

SPAIN



# GRILLED ANGUS BEEF STEAK

*with Romesco Sauce, Zucchini Ribbons & Roast Potato*

## WANNA WING IT?

- Top with toasted almonds
- Add shaved asparagus or fennel to the salad

 2 SERVINGS

 25 MINS + PREP

ATLAS  WEEKLY

## INGREDIENTS

- ATLAS Angus beef rump
- 1 ATLAS romesco sauce
- 2 Desiree potatoes
- 2 zucchinis
- 1 lemon
- garlic
- 1 parsley bunch

## PANTRY STAPLES

Olive oil, salt

## UTENSILS / EQUIPMENT

Frying pan, peeler, zester / microplane, lined baking tray

## ALLERGENS

Nuts (almonds), garlic, mild chilli

## CHEF'S TIPS

**Step 1:** Get the romesco sauce and the steak out of the fridge to come to room temperature.



### 1. Prepare the ingredients

Read the recipe in full before you begin. Preheat the oven to 200°C. Wash the vegetables. Peel and thinly slice the garlic. Slice the potato into 1cm rounds. Pick and finely slice 1 sprig of parsley leaves per person. Using a peeler, thinly slice the zucchini into ribbons. Zest the lemon and cut into wedges. Cut the beef into 1 steak per person.



### 2. Roast the potatoes

Toss the potato slices and garlic in a drizzle of olive oil and a pinch of salt. Transfer to a lined baking tray and place in the oven to roast for 20 minutes or until golden brown, flipping half way to ensure an even colour on each side.



### 3. Cook the steak

Heat a splash of oil in a frying pan over high heat. Add the steak, and cook for 4 minutes each side or until evenly browned and cooked to your liking. Rest for 5 minutes before carving.



### 4. Make the zucchini salad

Once the potatoes are nearly ready, combine the zucchini ribbons in a bowl with the parsley, lemon zest, a squeeze of juice, a drizzle of oil and a pinch of salt. Gently toss to combine.

## Serve



Divide the potatoes between serving plates, serve with the steak, zucchini ribbons and romesco.

G R E E C E



# LAMB MOUSSAKA

*with Béchamel Cheese Sauce, Potato & Eggplant*

## 🚩 WANNA WING IT?

- Grill the eggplant slices before cooking the moussaka
- Serve with fresh cucumbers or wilted spinach
- Top with grated parmesan

🍴 2 SERVINGS

🕒 50 MINS + PREP



## INGREDIENTS

- ras el hanout seasoned lamb mince
- 1 ATLAS béchamel sauce tub
- 1 tomato polpa
- 1 eggplant
- 2 desiree potatoes
- dill

## PANTRY STAPLES

Cooking oil, salt

## UTENSILS / EQUIPMENT

Lined baking dish, mandoline, frying pan

## ALLERGENS

Garlic, dairy, wheat, gluten

## CHEF'S TIPS

**Step 1:** Blanch the eggplant and potato in boiling water prior to assembling. Then, you only need to bake the moussaka for 20 minutes to colour the béchamel and warm everything through.



### 1. Cook the lamb

Read the recipe in full before you begin. Preheat the oven to 180°C. Heat a splash of oil in a frying pan over high heat. Add the ras el hanout seasoned lamb mince and cook for 3-5 minutes, breaking up the mince, until it's crispy, brown and aromatic. Add the tomato polpa with a splash of water, bring to the boil and then reduce to a simmer for 3-5 minutes. Season to taste with a pinch of salt.



### 2. Prepare the ingredients

Meanwhile, wash the vegetables. Thinly slice the potato and eggplant into thin slices. We cut ours about 2mm thick using a mandoline. If you don't have a mandoline, just slice them as thin as possible and they may take longer to cook. Pick and roughly chop 1 teaspoon per person of dill leaves.



### 3. Build the moussaka

To assemble the moussaka; layer the eggplant, mince mixture, a little bit of béchamel and potatoes in a lined baking dish. Repeat again to create another layer of each, finishing with a layer of béchamel on top. Bake in the oven for 40 minutes or until the béchamel is golden and the vegetables are cooked through.

## Serve



Divide the moussaka between serving plates, top with dill and enjoy.