

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

G R E E C E

EAT THIS DISH
FIRST
EAT THIS DISH



CHICKEN DONER KEBAB

with Lemon Potatoes, Tzatziki & Pita

Although not shown in our hero dish photo or recipe method images, this dish now includes pita bread. Picture it lightly toasted and served on the side for an added crunch!

Wanna Wing It?

- Skip peeling the potatoes or cut them smaller for a faster cook
- Serve with a delicious pickle or chilli sauce
- Mix your Made Well Za'atar with olive oil (or your favourite Mediterranean spice) and drizzle it over your pita bread

🍴 2 SERVINGS

🕒 30 MINS + PREP

ATLAS WEEKLY

INGREDIENTS

- ATLAS paprika marinated chicken
- 1 ATLAS tzatziki dip tub
- 1 mixed herb fetta
- 2 desiree potatoes
- 1 baby cos lettuce
- 1 garlic clove
- 1 lemon
- 2 pita breads

PANTRY STAPLES

Salt, olive oil

UTENSILS / EQUIPMENT

Microplane/garlic press, peeler, saucepan, sieve, lined baking tray, skewers

ALLERGENS

Garlic, onion, dairy, mild chilli

CHEF'S TIPS

Step 1: Scan this QR code for our tips on segmenting citrus. Alternatively, just zest and juice the lemon.



Step 2: If cooking for more than 2 people, make 2 chicken kebabs for a shorter cooking time or cook as one, but your cooking time may be extended.

Soak the skewers in water for about 30 minutes to prevent them burning whilst cooking.

Step 3: Save on dishes by cooking the potatoes on the same tray as the chicken, if it's not too crowded.

Step 4: To toast flatbread in the oven, preheat the oven to 200°C. Place the flatbread directly on the oven rack or a baking sheet and toast for about 5-7 minutes, or until it is lightly golden and crispy. Keep an eye on it to prevent burning.



1. Prepare the ingredients

Read the recipe in full before you begin. Preheat the oven to 200°C. Separate the lettuce leaves and wash thoroughly. Mince the garlic. Zest and segment the lemon. Peel the potatoes and roughly chop into bite sized pieces.



2. Cook the chicken

Stack the chicken maryland fillets on top of one another, skin side up, securing in place with skewers. Place on a lined baking tray, season with a pinch of salt and place in the oven for 25-30 minutes or until golden brown and cooked through. Rest for 5 minutes before carving.



3. Cook the potatoes

Place the potatoes in a saucepan of salted water and bring to the boil. Once boiling, cook for 8 minutes or until par cooked. Strain the potatoes and toss them with the lemon zest, garlic, a drizzle of oil and a pinch of salt. Place on a lined baking tray and roast for 10-15 minutes or until golden brown and crispy.



4. Make the salad

In a bowl, crumble the mix herb fetta into small pieces. Add to the lettuce with a drizzle of olive oil and the lemon. Taste before adding any salt as the mixed herb fetta may be salty enough.

Toast the pita in the oven and serve it on the side.

Serve

Slice the chicken kebab thinly and serve it with potatoes, salad, tzatziki, and a side of pita bread. Opa! Enjoy your meal!

G R E E C E



LAMB MOUSSAKA

with Béchamel Cheese Sauce, Potato & Eggplant

Although many of us know moussaka as a Greek dish, it's also very popular in the Middle East. In Saudi Arabia it's known as musagga'a, in Turkey it's mussaka and often served at room temperature and in Egypt it's commonly made vegetarian and called messa'aa.

🚩 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

Please note - dill is to be split between dishes 1 & 4. In this dish, you'll use half of the bunch you receive.

PANTRY STAPLES

Cooking oil, salt

UTENSILS / EQUIPMENT

Lined baking dish, mandoline, frying pan

ALLERGENS

Garlic, dairy, wheat, gluten

CHEF'S TIPS

Step 3: 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.

G R E E C E



SAGANAKI HALOUMI

with Babaganoush, Couscous Salad & Toasted Almonds

Saganaki is a dish that is prepared in a small frying pan, the most well known being that of fried cheese such as haloumi. Do you think you can guess why haloumi is also know as the squeaky cheese? Maybe take a bite first...

 2 SERVINGS

 15 MINS + PREP

ATLAS  WEEKLY

INGREDIENTS

- 1 haloumi pack
- 1 ATLAS babaganoush tub
- 1 ATLAS dukkah sachet
- 1 slivered almond sachet
- 1 couscous pack
- 1 baby spinach leaf pack
- 1 tomato
- 1 mint bunch
- 1 parsley bunch

PANTRY STAPLES

Salt, olive oil

UTENSILS / EQUIPMENT

Saucepan, frying pan, paper towel

ALLERGENS

Dairy, sesame, wheat, gluten, nuts (almonds, hazelnuts), garlic

CHEF'S TIPS

Step 1: Get the babaganoush out of the fridge to come to room temperature before serving.

Step 4: Cook the haloumi once you are ready to eat. Haloumi is best eaten hot when it is the softest. As it cools, it becomes harder.



1. Cook the couscous

Read the recipe in full before you begin. Bring a saucepan of water or kettle to the boil. Combine the couscous with equal amounts of the boiling water into a bowl. Remove from the heat, cover and set aside to cook for at least 5 minutes. Once cooked, use a fork to fluff the couscous. Stir in half of the dukkah.



2. Prepare the ingredients

Meanwhile, wash the vegetables. Cut the tomato into thin wedges. Thinly slice 1 teaspoon of mint leaves and 1 teaspoon of parsley* leaves per person. Cut the haloumi into 1cm thick slices.



3. Toast the almonds

Heat a small splash of oil in a frying pan over medium heat. Add the almonds and cook for about 1-2 minutes, stirring often, or until browned. Drain on absorbent paper, reserve the frying pan.



4. Cook the haloumi

Heat a small splash of oil in the reserved pan over medium heat. Add the haloumi slices and cook for 1-2 minutes, on each side, or until golden.

Serve

Divide the couscous between serving bowls. Top with the spinach, tomato, herbs, haloumi, almonds and remaining dukkah. Serve with the babaganoush and a splash of olive oil.

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

G R E E C E

EAT THIS DISH
FIRST
EAT THIS DISH



GREEK DILL PRAWN & RICE

with Fetta & Tomato

🚩 WANNA WING IT?

- Add paprika to the prawns
- Serve with fresh lemon or rocket on the side

🍴 2 SERVINGS

🕒 25 MINS + PREP

ATLAS WEEKLY

INGREDIENTS

- 1 prawn pack
- 1 ATLAS cooked tomato sauce tub
- 1 jasmine rice pack
- 1 fetta tub
- 1 cannellini bean tin
- 1 tomato
- 1 capsicum
- 1 spring onion bunch
- 1 dill bunch*

Please note - dill is to be split between dishes 1 & 4. In this dish, you'll use half of the bunch you receive.

PANTRY STAPLES

Olive oil, salt

UTENSILS / EQUIPMENT

Saucepan, sieve, frying pan

ALLERGENS

Garlic, onion, dairy, crustacean

CHEF'S TIPS

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

Step 4: Go easy on the salt because the fetta is salty.



1. Prepare the ingredients

Read the recipe in full before you begin. Bring a saucepan of water to the boil. Wash the vegetables, slice the tomato into thin wedges and the capsicum into 1-2cm pieces. Roughly chop 1-2 sprigs of dill* leaves per 2 people. Thinly slice 1 spring onion* per 2 people. Rinse and drain the cannellini beans.



2. Cook the rice

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 heat, strain and return to the saucepan. Stir through the fresh dill, and set aside with the lid on, until required.



3. Sear the prawns

Meanwhile, heat a splash of oil in a frying pan over medium- high heat. Add the prawns and sear for 1 minute before flipping and searing for another minute on the other side. Remove from the pan and set aside.



4. Cook the beans

Return the pan to a medium heat, add the beans, capsicum, tomato, spring onion and cooked tomato sauce and bring to the boil, adding a splash of water if necessary. Reduce the heat slightly and continue to simmer for 6-7 minutes or until the tomato and capsicum have softened and the sauce has slightly reduced. Season to taste with a pinch of salt.



5. Add the prawns

Once you're happy with the flavour and consistency of the sauce, return the prawns to the pan to warm through and finish cooking.

Serve

Divide the dill rice and prawn bean mix between serving plates. Top with any remaining fresh dill and sprinkle with a crumbling of fetta.