

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

PERU

EAT THIS DISH
FIRST
EAT THIS DISH



SMOKY ROAST CHICKEN

with Avacado Quinao Salad & Herby Yoghurt

WANNA WING IT?

- Cook the chicken on a BBQ, weighing it down with a cast iron pan to ensure it cooks evenly and develops a nice colour
- Add sundried tomatos to the quinoa

 2 SERVINGS

 35 MINS + PREP

ATLAS  WEEKLY

INGREDIENTS

- ATLAS marinated chicken
- 1 Greek yoghurt tub
- 1 green capsicum
- 1 cucumber
- 1 avocado
- 1 coriander bunch*
- 1 spring onion bunch

PANTRY STAPLES

Cooking oil

UTENSILS / EQUIPMENT

Lined baking tray, saucepan, sieve

ALLERGENS

Garlic, onion, chilli (mild), dairy

Please note - coriander is split across other dishes. Please read each recipe carefully and divide accordingly.



1. Roast the chicken

Read the recipe in full before you begin. Preheat the oven to 200°C. Bring a saucepan of water to the boil. Place the marinated chicken skin side up on a lined baking tray. Roast for 35-40 minutes or until golden brown and the juices run clear. Rest for 5 minutes before carving.



2. Prepare the ingredients

Wash the vegetables. Dice the capsicum, cucumber & avocado into 1-2cm pieces. Roughly chop 1 sprig per person of coriander* leaves and stems and thinly slice 1 spring onion per 2 people.



3. Cook the quinoa

Once your saucepan of water is boiling, add the quinoa and cook for 10-12 minutes or until cooked through. Remove from the heat, strain and return to the pan or a bowl. Let cool slightly before combining with the cucumber, capsicum & avocado. Season with a drizzle of olive oil and a pinch of salt.



4. Prepare the herby yoghurt

Combine the chopped coriander & spring onion with the Greek yoghurt and stir to combine.

Serve



Divide the chicken between serving plates, top with a piece of chicken each and serve with the herby yoghurt. Drizzle over any juices that released from the cooked chicken while it was resting.

G R E E C E



KEFTEDES - GREEK BEEF MEATBALLS

with Lentil & Pumpkin Seed Salad and Honey Yoghurt Dressing

Please note that in the cooking imagery, you may see the beef mince and spice mixture not combined. Please disregard this, as we have already pre-spiced your beef.

🚩 WANNA WING IT?

- Add coriander in with your parsley in step 3 and/or 4
- Use our Made Well Shawarma Spice to add extra seasoning to your lentil & pumpkin seed salad

🍴 2 SERVINGS

🕒 20 MINS + PREP



INGREDIENTS

- ATLAS shawarma beef mince
- 1 honey & cumin yoghurt tub
- 1 sultana & pumpkin seed pack
- 1 lentil tin
- 1 red onion
- 1 cucumber
- 1 parsley*

Please note - parsley is split across other dishes. Please read each recipe carefully and divide accordingly.

PANTRY STAPLES

Olive oil, salt, pepper, red wine vinegar

UTENSILS / EQUIPMENT

Lined baking tray, frying pan, sieve

ALLERGENS

Garlic, onion, dairy

CHEF'S TIPS

Step 1: Get the honey and cumin yoghurt out of the fridge to come to room temperature.



1. Prepare the meatball mixture

Read the recipe in full before you begin. Wash the vegetables. Preheat the oven to 180°C fan forced. Thinly slice 1 tablespoon of the parsley leaves per person add it to a bowl with the shawarma beef mince, and a pinch of salt. Use your hands to combine the mixture well.



2. Make the meatballs

Using slightly wet hands, roll a heaped tablespoon of the mixture into a ball. Repeat until all the mixture has been used. Place the meatballs on a lined baking tray. Thinly slice the red onion and place over the top of the meatballs along with a splash of olive oil, a sprinkle of salt and pepper. Place in the preheated oven for about 15 minutes or until cooked through.



3. Cook the lentils

Heat a splash of oil in a frying pan over medium heat. Drain and wash the lentils. Add the lentils to the pan with another third of the parsley. Cook for about 4 minutes, stirring often, or until the lentils have heated through. Season to taste with salt and red wine vinegar.



4. Make the cucumber mixture

Meanwhile, cut the cucumber into small pieces. Combine with the pumpkin seeds, sultanas and the remaining parsley. Season with salt and olive oil.

Serve

Divide the lentil mixture between serving plates. Top with the beef meatballs, roasted onions, cucumber mixture and the honey and cumin yoghurt.

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MEXICO

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PRAWN & RICE SALAD BOWL

with Corn, Rocket & Mango Tomatillo Salsa

🚩 WANNA WING IT?

- Serve with some smoky chipotle sauce or BBQ sauce
- Add tortilla chips for some crunch
- Add fresh tomato to the salad

🍴 2 SERVINGS

🕒 20 MINS + PREP



INGREDIENTS

- 1 prawn pack
- 1 ATLAS mango & tomatillo salsa tub
- 1 basmati rice sachet
- 1 red onion
- 2 corn cobs
- 1 wild rocket pack
- 1 coriander bunch*
- 1 lime

Please note - coriander is split across other dishes. Please read each recipe carefully and divide accordingly.

PANTRY STAPLES

White wine vinegar, sugar, salt, olive oil

UTENSILS / EQUIPMENT

2 saucepans, frying pan, sieve

ALLERGENS

Garlic, onion, crustacean, chilli (mild)

CHEF'S TIPS

Step 1: Get the mango and tomatillo salsa out of the fridge to serve at room temperature.

Step 2: If you have left over pickled onion, store it in the fridge submerged in the pickle liquid.



1. Prepare the ingredients

Read the recipe in full before you begin. Bring a saucepan of water to the boil. Wash the vegetables. Thinly slice the red onion. Cut the corn off the cob. Cut the lime into wedges. Pick a few coriander* leaves per person.



2. Pickle the onion

In a second saucepan, combine 1/4 cup each of water, sugar and white wine vinegar. Bring to the boil to dissolve the sugar, then add the onion and remove from the heat. Set aside to pickle for 5-10 minutes.



3. 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, lid on, until required.



4. Cook the corn

Meanwhile, heat a splash of oil in a frying pan over medium-high heat. Add the corn and cook for 1-2 minutes or until vibrant yellow and beginning to char. Season with a pinch of salt and set aside, reserving the frying pan.



5. Cook the prawns

Return the pan to the heat with a splash of oil. Add the prawns and sear for 2-3 minutes, turning halfway through or until opaque and cooked through.

Serve



Divide the rice between serving bowls. Toss the rocket with the strained pickled onion and serve atop the rice. Divide the corn and prawns between the serving bowls and top with a squeeze of lime and the mango tomatillo salsa.

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 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. 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.