

MEDITERRANEAN



CHICKEN & VEGETABLE SKEWERS

with Tatziki & Pearl Cous Cous

Did you know, Mediterranean chicken skewers have ancient origins? Picture this: in ancient Greece, soldiers skewered meat on their swords and cooked it over open flames during campaigns. Talk about a flavourful and ingenious cooking method passed down through the centuries!

🚩 WANNA WING IT?

- Add additional fruits or vegetables to your skewers (button mushrooms, baby potatoes, eggplant or olives!)
- Sprinkle crumbled feta atop your couscous salad to add a tangy burst of flavour
- Dust your ATLAS Tzatziki with paprika for a subtle smoky flavour

🍴 2 SERVINGS

🕒 20 MINS + PREP



INGREDIENTS

- o 2 chicken breasts
- o ATLAS tzatziki tub
- o pearl cous cous
- o 1 zucchini
- o 1 orange
- o 1 cherry tomato punnet
- o 1 red onion
- o mint*
- o parsley*

*Mint and parsley may be split across other dishes, please read each recipe carefully.

PANTRY STAPLES

Olive oil, salt, pepper

UTENSILS / EQUIPMENT

Saucepan, sieve, skewers, frying pan, kettle

ALLERGENS

Garlic, dairy, wheat, gluten, onion

CHEF'S TIPS

Step 1 - Attempt to cut the zucchini and red onion wedges into similar sizes as the chicken (step 2) for an even cook.



1. Prepare the ingredients

Read the recipe in full before you begin. Start by boiling a kettle of water. Wash the vegetables thoroughly. Halve half of the cherry tomatoes, leaving the others whole. Slice the zucchini in half lengthwise, then into 1cm thick slices. Dice half of the red onion finely, and cut the remaining half into wedges, separating the layers. Prepare one sprig each of mint and parsley leaves per person. Cut the orange into wedges.



2. Make the skewers

Cut the chicken into bite-sized pieces. Then, thread the chicken and vegetables onto skewers, alternating between the different ingredients until all the chicken, zucchini, whole cherry tomatoes, and onion wedges are used up.



3. Cook the pearl couscous

In a saucepan over medium heat, heat a splash of oil. Add the pearl couscous and toast for 1-2 minutes until lightly golden brown. Pour in plenty of boiling water, cover, and bring it back to a boil. Let it boil for 8-10 minutes or until it reaches the desired al dente texture. Rinse the couscous under cold water to halt the cooking process, then strain it.



4. Cook the skewers

In a frying pan over medium-high heat, heat a splash of oil. Place the skewers in the pan and grill them for 7-10 minutes, turning regularly, until they are golden brown, the vegetables are lightly charred and softened, and the chicken is thoroughly cooked.



5. Make the salad

Mix the cooled pearl couscous with the halved tomatoes, diced red onion, fresh herbs, and half of the tzatziki. Season to taste with salt, pepper, and a squeeze of orange juice.

Serve

Divide the couscous salad and skewers evenly among serving plates. Serve each plate with an orange wedge and the remaining tzatziki on the side.

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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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CHEESY PUMPKIN & KALE PASTA BAKE

Just like all classic pastas, pasta bake (or baked pasta) originates in Italy. It's a versatile dish that allows for a wide variety of vegetables to be used. Italians take pride in creating delicious vegetarian pasta bakes with fresh, locally sourced ingredients, showcasing the diverse and colorful flavours of their cuisine.

🍴 2 SERVINGS

🕒 30 MINS + PREP



INGREDIENTS

- ATLAS creamy parsley bechamel
- pasta
- panko & parmesan mix
- 1 brown onion
- pumpkin
- kale
- orange*

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

PANTRY STAPLES

Olive oil, salt, pepper

UTENSILS / EQUIPMENT

Saucepan, sieve, frying pan, baking dish, microplane/zester

ALLERGENS

Garlic, dairy, wheat, gluten, yeast

CHEF'S TIPS

Step 5 - If your frying pan is not ovenproof, transfer the mixture to an ovenproof baking dish.



1. Prepare the ingredients

Read the recipe in full before you begin. Preheat the oven to 190°C. Bring a large saucepan of salted water to a boil. Wash the vegetables. Peel the skin off the pumpkin and cut it into 1-2cm cubes. Zest the lemon. Slice the onion thinly. Remove the kale leaves from the tough stems and slice them into 2-3cm pieces.



2. Blanch & mash the pumpkin

Place the pumpkin cubes in the boiling water and cook for about 8 minutes or until they are just soft enough to mash. Using a slotted spoon, remove the pumpkin from the boiling water, draining it well. Keep the pot of boiling water on the stove for the pasta. Once drained, mash the pumpkin and mix it with the lemon zest, a generous crack of black pepper, and the béchamel sauce.



3. Cook the pasta

Add the pasta to the boiling water and cook for 8-10 minutes (or until just under 'al dente'). Strain and set aside, reserving a mug full of the pasta water.



4. Sauce the onion & kale

In a large ovenproof frying pan, heat a splash of oil over medium-high heat. Add the onion and sauté for 5-6 minutes until it begins to soften and lightly color. Then, add the kale and sauté for another 3 minutes until it becomes glossy, vibrant, and slightly softened.



5. Combine & bake

Mix the mashed pumpkin and béchamel mixture with the cooked pasta, onion, and kale. If necessary, add a small splash of the reserved pasta water to help everything combine smoothly. Top it with the panko and parmesan mixture, lightly drizzle with oil, and bake for approximately 8 minutes or until the top is golden brown and crisp.

Serve

Divide the pasta bake between serving plates and enjoy!

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CYPRIOT PORK FILLET

with Lentil Salad & Yoghurt Sauce

WANNAWING IT?

- Add dill to the yoghurt
- Add preserved lemon to the lentil salad

2 SERVINGS

15 MINS + PREP



INGREDIENTS

- o pork tenderloin
- o 1 Greek yoghurt tub
- o 1 lentil tin
- o 1 pepita, almond & sultana pack
- o 1 green bean bag
- o 1 red onion
- o 1 cherry tomato punnet
- o 1 parsley bunch*

PANTRY STAPLES

Salt, olive oil

UTENSILS / EQUIPMENT

Saucepan, sieve

UTENSILS / EQUIPMENT

Dairy, nuts (almonds), 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. Wash the vegetables. Bring a saucepan of water to the boil. Finely dice the red onion, cut the cherry tomatoes in half. Top and tail and cut the green beans into small pieces. Roughly chop 1 teaspoon per person of parsley leaves. Wash and drain the lentils.



2. Cook the pork

Heat a splash of oil in a frying pan over medium heat, add the pork fillet and sear for 10 minutes or until golden brown and caramelised on all sides, turning regularly. Season with salt and pepper. Remove from the heat and rest for 4-5 minutes before serving.



3. Cook the beans

Add the beans to the boiling water for 30-60 seconds or until al dente. Strain and rinse under cold water to stop the cooking process.



4. Make the salad

In a bowl, combine the lentils with the pepitas, sultanas, almonds, beans, half of the red onion and half of the parsley. Season with olive oil and a pinch of salt.



5. Make the herb yoghurt

In a separate bowl, combine the yoghurt with the remaining red onion and parsley.

Serve



Divide the lentils between serving plates, top with the pork fillet and serve with the herb yoghurt.