Participant’s Name: Contact Phone/Email:

Delivery/Class Date: Please indicate if you wish to Split your Entrees-

Delivery Address: Allergies/Dietary Restrictions:

|  |  |
| --- | --- |
| **Entrees** (Select a total of 8) | **Qty** |
| **\*NEW-Mustard Chicken with Leeks**  We need to thank Jamie Oliver for this recipe. We just tweaked his to lighten it up a bit. Chicken smothered w Dijon Mustard and fresh rosemary & thyme, then cooked with beautiful leeks in a light mustard cream/white wine sauce (we cut the cream in half and added chicken broth). Such an amazing dinner thanks Jamie! | 0 |
| **Beef Stew with Red Wine and Mushrooms topped with Blue Cheese**  Gorgeous chunks of beef slow cooked with a savoury mixture of sliced mushrooms, red wine, carrots, potatoes seasoned with rosemary and served with crumbled blue cheese. Wow! | 0 |
| **Sweet BBQ Pulled Pork**  Traditional and delicious sweet bbq pulled pork. Place it in your crock-pot in the morning and in the evening come home to the delicious sugary smell and it is ready to go. Serve sloppy on a crusty bun to soak up all the goodness. | 0 |
| **Maple/Soy and Rosemary Wild Salmon**  This wonderful scrumptious salmon recipe is a combo of sweet maple, salty soy, and hint of savoury with fresh rosemary. | 0 |
| **Chipotle Chicken Chili with Black Beans & Sweet Potato** A little bit of smoky adobe sauce rounds out the flavours of this delicious and healthy chilli. With chicken breast, fibre rich black beans and nutrient dense sweet potato. After a hot bowl of this you will definitely be warmed up and fuelled up! | 0 |
| **Beef Fajitas**  Fantastic Triple AAA Sirloin Steak seasoned with fajita spices, with sliced peppers onions and whole wheat tortilla shells. | 0 |
| **Pumpkin Tomato/Pesto Roll Ups**  Inspired by the season. This meat free pasta dish is a mix of sweet pumpkin, rich and flavourful ricotta, sage, nutmeg. Topped off with a brilliant tomato/pesto sauce and parmesan cheese. Yum! | 0 |
| **Mediterranean Fish Stew**  Tomato based fish stew with chunks of salmon, shrimp and tilapia, in a tomato/white wine based broth with fennel, and spices. We suggest you serve it with a crunchy loaf of French stick at home to soak up this hearty fish stew. | 0 |
| **Moroccan Chicken Stew**  Cubed chicken breast with chick peas, red lentils, onions, tomatoes, butter, turmeric and cinnamon. I love the combination of turmeric and the cinnamon with a little bit of butter for richness. We suggest you serve this with rice and top with yogurt, fresh lemons and fresh cilantro and/or mint! Delicious. Veggie Option-Tofu | 0 |
| **Rigatoni Sausage Bake**  Perfect for an easy no fuss family dinner. Layers of rigatoni pasta, tomato sauce, sweet Italian sausage, sweet peppers, onions, spinach topped off with a crunchy parmesan crust! Yummy... | 0 |
| **Barbequed Honey Lime Chicken Thighs**  Perfectly portioned for the kids. Delicious skin on chicken thighs with a delicious lip smacking and finger licking (literally) sweet/sour (honey/lime) sauce. | 0 |
| **Three Bean/Spinach Enchiladas**  Fantastic vegetarian entree. Whole Tortilla Shells filled w black beans, kidney beans & white beans, seasoned with chilli, cilantro and salsa. Topped w Mexican tomato sauce & three cheese blend. This family favourite is delicious & nutritious! | 0 |

**Instructions:** Select 8 entrees below (you can double up on your favourites) and send to Well Fed on or before the Thursday prior to your class. One menu sheet per participant. Send your selections to: [info@wellfedstudio.com](mailto:info@wellfedstudio.com).

Meal Assembly Menu – November 2013

***\*All Well Fed Chicken is free run, antibiotic and hormone free***