

MEDITERRANEAN VEGETARIAN

PREHEAT YOUR OVEN TO 375 DEGREES

BLACKENED CAULIFLOWER WITH CHICKPEAS & FAVA BEANS
PLACE IN THE OVEN WITH THE LID ON FOR 12-15 MINUTES
ONCE HOT, REMOVE FROM THE CONTAINER AND SPOON ONTO YOUR PLATE

PANEER LENTILS
PLACE IN THE OVEN WITH THE LID OFF FOR 12-15 MINUTES
ONCE HOT, STIR
SPOON ONTO YOUR PLATE & ENJOY

SQUASH CURRY
PLACE IN THE OVEN WITH THE LID ON FOR 12-15 MINUTES
ONCE HOT, STIR
SPOON ONTO YOUR PLATE

MEZE SALAD HUMMUS, MARINATED CUCUMBERS, TOMATOES, SPICES, CARROTS

HOUSE MADE FLATBREAD WITH APPLE CHUTNEY
YOUR FLATBREAD IS READY TO EAT BUT IS BEST ENJOYED SLIGHLY WARM
PLATE IN THE OVEN FOR 3-5 MINUTES
REMOVE AND ENJOY

KIDS MEAL
ROASTED VEGETABLES AND HOUSE MADE CHEESE
PLACE IN THE OVEN WITH THE LID OFF FOR 10-12 MINUTES
SPOON ONTO PLATE OR BOWL

BLACK CURRANT TAPIOCA