

Around the World



BRAZIL

TUESDAY 17 MARCH
MENU

Frango Grelhado com Limão with Arroz Branco (8, 11)
(Lemon Chicken and Steamed White Rice)

Moqueca de Legumes Vegan
(Brazilian Vegetable Stew)

Maccarronada (1)
(Tomato Pasta)

Jacket Potato with Choice of Topping

Couve Refogada
(Sautéed Greens with Carrot)

Bolo de Banana (1,7)
(Banana Sponge Cake)

WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREERANGE EGGS



LOCAL FRUIT & VEG



WHOLE MEAL PASTA

freshingredients  **freshfood**

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MARCH

BRAZIL

RECIPE BOOK

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FRESH

FRANGO GRELHADO COM LIMÃO (Grilled Lemon Chicken) (MAKES 50 PORTIONS)

INGREDIENTS

- Chicken 50/50 - 6kg
- Garlic Puree - 50g
- Lemons (juice and zest) - 6
- Olive oil - 300ml
- Dried oregano - 3 tbsp
- Paprika - 2 tbsp
- Salt - 2 tbsp
- Black pepper - 2 tsp
- Fresh parsley (chopped, optional garnish) - 1 bunch

METHOD

- In a large mixing bowl or container, combine the lemon juice and zest, olive oil, crushed garlic, oregano, paprika, salt, and pepper.
- Add the chicken and mix well to coat. Cover and refrigerate to marinate for at least 2 hours (or overnight for best flavour).
- Preheat the oven to 200°C (180°C fan) or prepare a grill/hotplate if cooking fresh.
- Spread chicken out on baking trays lined with parchment or foil.
- Bake for 25-30 minutes or until the chicken is fully cooked through (internal temp 75°C). If grilling, cook until golden and cooked through, turning occasionally.
- Sprinkle with fresh parsley before serving if desired.
- Serve with rice, salad, or seasonal vegetables.



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MOQUECA DE LEGUMES (Brazilian Vegetable Stew) (MAKES 50 PORTIONS)

INGREDIENTS

- Red peppers (sliced) - 10
- Yellow peppers (sliced) - 10
- Courgettes (sliced) - 10
- Carrots (sliced) - 10
- Sweet potatoes (peeled & diced) - 4kg
- Onions (sliced) - 5 large
- Garlic puree) - 50g
- Chopped tomatoes (tinned) - 3kg
- Coconut milk - 3 litres
- Vegetable stock - 1 litre
- Lime juice - from 5 limes
- Palm oil or vegetable oil - 300ml
- Paprika - 2 tbsp
- Fresh coriander (optional) - 1 bunch
- Salt and pepper - to taste

METHOD

Method

- Heat the oil in a large pan. Add sliced onions and garlic, cooking until softened.
- Add the peppers, courgettes, carrots, and sweet potatoes. Cook for 10 minutes, stirring occasionally.
- Stir in the paprika, chopped tomatoes, and vegetable stock. Simmer for 15 minutes until vegetables begin to soften.
- Add the coconut milk and lime juice. Simmer gently for another 15-20 minutes until all vegetables are tender and the stew is creamy.
- Season to taste with salt and pepper.
- Garnish with chopped fresh coriander if using.
- Serve with rice or crusty bread.



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COUVE REFOGADA (Sautéed Greens with Carrot) **(MAKES 50 PORTIONS)**

INGREDIENTS

- Spring greens or cavolo nero (shredded) - 2kg
- Sliced carrots - 1kg
- Garlic puree - 50g
- Olive oil or vegetable oil - 200ml
- Salt - 2 tbsp
- Black pepper - 1 tsp
- Lemon juice (optional) - from 2 lemons

METHOD

- Heat the oil in a large pan over medium heat.
- Add the crushed garlic and cook for 1-2 minutes until fragrant (not browned).
- Add the shredded greens in batches, stirring well after each addition.
- Season with salt and pepper.
- Steam or boil sliced carrots until tender.
- Cook for 5-10 minutes, stirring regularly, until the greens are tender but still vibrant.
- Drizzle with lemon juice if using before serving.

BOLO DE BANANA (Banana Cake)

SPONGE MIX

INGREDIENTS

- Ripe bananas (mashed) - 2.5kg (approx. 20 medium bananas)
- 1lb self-raising flour
- 1lb caster sugar
- 1lb phase
- 8 eggs
- ½ tsp baking powder

METHOD

- Cream phase and sugar, add eggs, flour and baking powder and mashed banana.
- Pour into lined baking tin.
- Bake until cooked.



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