

# 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)

**Maccaronada** (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



FREE RANGE EGGS



LOCAL

FRUIT & VEG



WHOLEMEAL PASTA

**fresh** ingredients  **fresh** food

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## RECIPE BOOK

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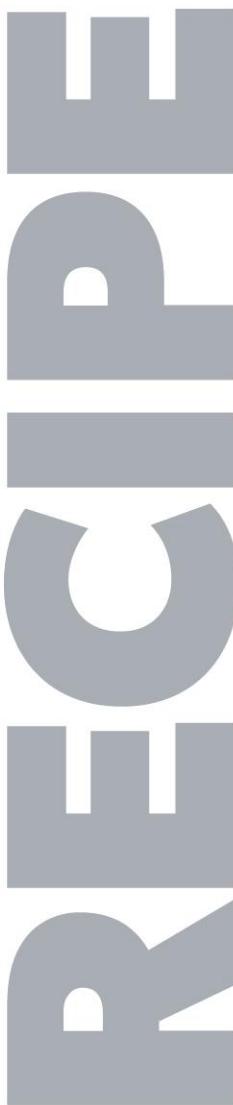


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## FRANGO GRELHADO COM LIMÃO (Grilled Lemon Chicken) (MAKES 50 PORTIONS)

### 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 margarine
- 8 eggs
- $\frac{1}{2}$  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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