



MENU

DISH ONE

lentil bolognaise tagliatelle

DISH TWO

Herby chicken and honey bacon wrap

DISH THREE

strawberry and chocolate Pastizzi

Cooking with Arthane
+





Ingredients

Mixed peppers- One of each colour

Chopped tomatoes - One tin

Tomato puree - Two table spoons

Lentils - One cup

Brown Onion- x2

Garlic- One Bulb

Paprika-One teaspoon

Parsley-A bunch

Basil A bunch

Vegetable stock cubes-X2

Red wine VINEGAR A splash

Salt and pepper-To taste

Serve with tagliatelle - 3 balls per Adult, one for child

Adjust measurements and Ingredients to size of your family and requirements





Method for lentil bolognaise

Method to make lentil bolognaise tagliatelle

Step 1: Chop onions, mixed peppers, garlic, herbs, place into a pan of oil, fry until soft.

Step 2: Add 500 mls of water with a dissolved vegetable stock cube and Lentils

Step 3: Add a splash of red wine vinegar and simmer for 20 minutes

Step 4: Boil tagliatelle

Step 5: Mix together and serve





Ingredients

Chicken mixture of thigh, leg and breast or just one choice

Honey-Two Tablespoons

Garlic-x One Bulb

Mixed herbs-A handful of them or a jar shaker of dried

Bacon- One packet

Wraps-One to two per person

Lettuce- A bunch

Mayonaise-1/2 a cup





Method for wraps

Method for Chicken garlic honey bacon wraps

Step 1: Ensure you have a frying pan of oil, fry the chicken meat until cooked, add the bacon and crisp up

Step2- Chop and add bulb of garlic

Step 3- Cook garlic until soft, add to chicken and bacon with honey

Step 4- Put some lettuce Into a wrap, add Mayonaise and the chicken and bacon honey mixture, sprinkle with mixed herbs, serve





Ingredients

Short crust pastry- One roll
Strawberries-One punnet
Icing sugar-To sprinkle on top
Chocolate, one bar of white and one milk
Dark chocolate chips- One bag
Ricotta cheese- One tub



Method for Pastizzi

Step 1- roll out your pastry

Step 2- wash and slice strawberries

Step 3- Place chocolate in a bowl and melt

Step 4- cut out circles in pastry

Step 5- Add chocolate chips to pastry circles

Step 6- Add chocolate and strawberries to
pastry circle

Step 7- Add spoon of ricotta cheese

Step 8- deep fry in oil minute each side

Step 9- Dust in icing sugar and enjoy