

# Pre Prepared Bespoke Meals

Pre prepared bespoke meals cooked just for you, individually portioned up and ready to be stored in your freezer, for you to enjoy whenever you want.

Can't see your favourite meal? Just ask and Taste The Love can create it for you.

## Chicken

### Basque Chicken

Chicken, olives, peppers, sun-dried tomatoes and chorizo slow cooked in a rich tomato sauce.

### Chicken, leek and mushroom pie

Chicken breast, bacon, leek and mushroom in a creamy sauce topped with crunchy, buttery pastry

### Chicken and vegetable pie

Chicken breast and seasonal vegetables topped with crunchy, buttery pastry

### Sweet and sour chicken

Chicken breast, pineapple chunks, peppers and baby corn in a tangy sweet sauce served with wholemeal rice.

### Thai style coconut curry

Chicken breast marinated in homemade Thai green curry paste, stirred through coconut milk with sweet potato, carrots peppers and butternut squash

### Tandoori style chicken curry

A mix of chicken thigh and breast marinated in a mild tandoori spice mix slow cooked in a tomato and onion sauce

## Beef

### Spaghetti bolognese

Beef mince in a tomato sauce reduced with onions garlic and lemon. A classic

### Double drunk beef stew

Diced chuck steak and root vegetables stewed in Guinness and red wine for a deep rich flavour.

### Roasted vegetable and meat lasagne

Roasted root vegetables and traditional beef mince layered between lasagne sheets topped with white sauce and parmesan cheese

### Burgers with a difference

These burgers taste great and have hidden vegetables in them to give your kids a vitamin boost without all of the moaning

### Steak and Ale Pie

Diced chuck steak and root vegetables stewed in Guinness and red wine for a deep rich flavour topped with pastry

### Beef Meatballs

Beef and parmesan meatballs served in a harrisa tomato ragout served with cinnamon potato chunks

## Pork

Braised pork belly with red pepper sauce

Pork belly braised with sweet pepper due peppers until mouth-wateringly tender

Spaghetti carbonara

Pancetta, parmesan and white onion in a creamy sauce with a hint of nutmeg

Orange and ginger pork

Pork tenderloin marinated in honey, orange and soy sauce, stir fried with mixed peppers, carrot and onion.

Chickpea and Chorizo stew

Picante chorizo, chickpeas, sweet potato and carrots all stewed together to make a deliciously umami hearty stew

Sweet and sour pork

Chicken breast, pineapple chunks, peppers and baby corn in a tangy sweet sauce served with wholemeal rice.

## Lamb

Braised lamb with carrot and pearl barley

Lamb neck slowly braised with herbs, potatoes carrots and pearl barley

Cottage pie

A Taste The Love twist on the classic, topped with a mash mix up of sweet and white potato.

Lamb tagine

Lamb chunks slow cooked with root vegetables, peppers, dates and aromatic spices

Lamb Curry

Lamb chunks slow cooked with spices and finished with a fresh mint and coriander sauce

Lamb Shank

Lamb shanks slow cooked in aromatic spices with a rich tomato and pepper sauce until it falls off the bone

## Fish

Salmon, spinach and Kale lasagne

Salmon steak, peppers, courgette, spinach and kale layered between lasagne sheets topped with a béchamel sauce

Fish pie

Salmon fillet and smoked haddock with vegetables in a creamy dill sauce topped with potato mash.

Fish Chowder

Smoked fish and seasonal white fish in creamy vegetable broth

Karalan Fish Curry

Seasonal Fish served in a tamarind and coconut sauce.

Braised Fish and Bacon

Braised peas with bacon, puy lentils and cod

Salmon Parcels

Salmon and leek in a creamy sauce wrapped in pastry parcels

## Vegetable

### Butterbean Stew

Butterbean and kale red wine ragout served with roasted butternut squash

### Sweet potato curry

Sweet potato, pumpkin and peanut butter in an aromatic sauce

### Roasted vegetable lasagne

Seasonal vegetables slow roasted and layered between lasagne sheets, rich tomato sauce and topped with cheese

### Roasted vegetables and mash

Roasted pumpkin, beetroot served with homemade kale pesto and cannellini bean mash

### Vegetable chilli

Sweet potato, peppers, carrots and kidney beans simmered with smoked paprika and spices

### Courgette and rice filo pie

Grated courgette, rice, red onion, dill and parsley baked in filo pastry

### Thai style coconut curry

Sweet potato, carrots peppers, courgette and butternut squash marinated in a Thai green curry paste, stirred through coconut milk.

### Chickpea and Preserved Lemon

Chickpea, sweet potato and preserved lemons cooked in a fresh tomato and aromatic spices

### Puy lentil bake

Braised puy lentils, roasted seasonal vegetables, capers and goats cheese bake

### Canalini bean and leek broth

Cannellini beans, leeks and seasonal vegetable broth

### Shepherds Pie

Quorn, grated carrot and peas in a rich tomato sauce topped with potato and grated cheese

### Mushroom Risotto

Chestnut mushrooms slowly cooked in white wine with orzo rice

### Macaroni peas

Macaroni pasta with peas braised in onions and white wine topped with grated cheese

Please note that all vegetarian meals can be modified to suit Vegans

# Sides and Light Bites

## Mash potato

Can be prepared plain, garlic, whole grain mustard or with sweet potato

## Cananili bean mash

White beans mashed with sautéed onions and rosemary. This is a great, protein alternative to mash potato.

## Potato dauphinoise

Sliced potato slow baked with cream and garlic.

## Potato boulangere

Sliced potato layered with onions, thyme and stock. A healthier alternative to potato dauphinoise

## Cauliflower and broccoli cheese

Broccoli and cauliflower in a creamy, cheese sauce topped with toasted flaked almonds.

## Dahl

Red lentils and Chana dahl cooked with turmeric and topped with crispy onions and spices

## Vegetable Fritta

Courgette, spinach, dill, parsley and kale baked with egg

## Parcels

Whole chicken breast topped with delicious ingredients and individually wrapped ready to defrost and bake.

### Healthy topping suggestion

### Mediterranean vegetables

Leek and mushroom

Lemon and garlic

Honey and lemon

White fish fillet topped with delicious ingredients and wrapped ready to defrost and bake.

### Healthy topping suggestion

Lemon, lime and coriander

Indian mild spices, courgette, coconut and yoghurt

Orange, carrot and ginger

Pak choi, ginger and soya sauce

Taste the Love offers a bespoke service, please contact for a personalised menu or quote

All dishes are subject to seasonal variations.

May contain allergens. Please contact Taste the Love for more ingredient



Personal Chef & Event Catering