



### **Pescatarian menu MAY 2022**

**Please note once cooked, these meals must be consumed within 2 days or frozen ASAP for a later date. These can be frozen up to 3 months**

**Meals marked with \*\*\*\* are \$38 per meal (May price increase of wild caught fish)**

Package sizing 12- 15 meals (3 dishes, 1 maximum slow cooking dish)

16-20 meals (4 dishes, 2 maximum slow cooking dish)

25-30 meals (5 dishes 3 maximum slow cooking dish)

42 meals (7 dishes 3 maximum slow cooking dish)

1. Pesto pasta with cherry tomatoes, peas and Alaskan salmon or prawns (nut free option made with pumpkin seeds)
2. Fish Coconut Curry- cooked with broccoli and pumpkin served with brown rice. Garnish- Fresh spring onions, coconut flakes and raw cashews.
3. Middle Eastern Fish and Chickpea Stew- cooked with bone broth, fragrant spices and parsley. Served with quinoa.
4. Grilled Salmon, Roast Vegetable and Quinoa salad- served with fragrant quinoa\*\*\*\*
5. White fish, Lemon and Mushroom risotto- cooked slowly served with parmesan cheese (cheese optional)
6. Crispy Salmon and Sweet Potato Patties served with homemade sweet chilli sauce and crunchy cos salad or steamed broccolini
7. Sesame Soba Noodles with Salmon and Mixed stir fried vegetables
8. Grilled Salmon, steamed broccolini and pesto sauce\*\*\*\*
9. Panko Crusted Fish Tacos with Pineapple salsa\*\*\*\*
10. Macadamia or almond and Cranberry crusted Salmon with cauliflower rice



11. Classic Crumbed Fish and oven baked potato wedges with steamed broccoli\*\*\*\*
12. Fish and Peanut curry with zucchini, carrot and bok choy- served with brown/white rice
13. Fried rice (brown/white) with prawns, mushrooms, zucchini, peas, onions, garden and soy sauce. Topped with a fried egg or mixed in the rice.
14. Tuna, herb and quinoa patties served with steamed broccoli
15. Miso chilli glazed salmon, asian greens, brown rice and black sesame seeds\*\*\*\*
16. Prawn or fish 'butter' curry, broccolini and rice
17. Miso marinated salmon with brown rice and steamed\*\*\*\*
18. Fish potato top pie made with white fish and salmon cooked in a white sauce served with steamed greens\*\*\*\*
19. Sesame soy baked salmon served with black rice, bok choy and shallots\*\*\*\*
20. Alaskan salmon, goats cheese and green peas frittata (high protein) with broccolini
21. Sweet and sour prawn and coconut soup
22. Crispy skin barramundi and sauteed garlic broccolini topped with almonds served with a side of salsa verde\*\*\*\*
23. Cheesy tuna pasta bake (not dairy free)
24. Cooked tuna/salmon sushi bowl- white/brown rice, avocado, cucumber, corn, sesame seeds, 'good fat' mayo, spring onion with a side of crispy seaweed.

\*\*\*\*Please note these dishes are priced at \$38 per meal. Wild caught fish prices have increased since May 2022



THE  
NOURISHING  
POINT