



**The Nourishing Point classic menu
FEB 2024**

Please note once cooked, these meals must be consumed within 4 days or frozen ASAP for a later date. These can be frozen up to 6-12 months

*Indicates slow cooked meal options.

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)

Chicken

1. Coconut chicken curry with coconut or plain rice, cooked with curry powder, ginger and garlic, cooked with broccoli and served with white/brown rice.

Garnish- Fresh spring onions and raw cashews.

2. Chicken, quinoa and garden vegetable soup- cooked in chicken broth.

3. Middle eastern chicken and chickpea Stew- cooked with bone broth, fragrant spices, peas and parsley. Served with quinoa. (slow cooker dish*)

4. Poached chicken and soba noodle salad served with sesame soy and mirin dressing

*Menu favourite

5. Superfood poached chicken salad- quinoa, pepitas, sunflower seeds, raw vegetables. Served with honey, lemon and olive oil dressing or green herb dressing.

6. Butter chicken (gluten and dairy free) served with brown/white rice and steamed spinach or broccoli.

*Menu favourite

7. Butter chicken (regular)- yoghurt marinated chicken thighs with spices, cream, passata and butter, served with brown/white rice and steamed spinach or broccoli.

*Menu favourite

8. Chicken, pumpkin and spinach risotto- cooked slowly served with parmesan cheese.
(You can adjust veggies to your preference)



9. Chicken, parsley and mushroom risotto- cooked slowly served with parmesan cheese.
(You can adjust veggies to your preference)
10. Immune chicken stew- leek, onion, veggies, broccolini and parsley cooked in broth with ginger, turmeric, garlic served with a side of quinoa (slow cooker dish) *Menu favourite
11. Chicken san choy bow with lettuce cups, basmati rice, bean sprouts and peanuts/cashew
12. Crunchy chicken breast schnitzel served roasted potatoes and steamed greens
Chicken can be prepared and cooked fresh later.
13. Chicken pesto pasta with cherry tomatoes and garlic- pesto made from scratch gluten free and can be made dairy free (no cheese)
14. Chicken meatballs (harissa-medium spice or paprika- mild spice) served with bulgur or quinoa, broccoli, leek and almond salad served with greek yoghurt dressing
15. Chicken and cheese meatballs, garlic, roasted veggies,
16. Sticky soy chicken, coconut rice, bok choy or broccolini, coriander, spring onions and sesame seeds (slow cooker dish*) *Menu favourite
17. Sesame Soba Noodles with Chicken and mixed stir fried vegetables *Menu favourite
18. Lemon Herb Roasted Chicken sticks roasted with garlic and vegetables
19. Fried rice (brown/white) with nitrate free ham or bacon, mushrooms, zucchini, peas, onions, garden peas and soy sauce. Topped with a fried egg or mixed in the rice. Optional to add Chicken
20. Panko Herbed Chicken Strips and roasted sweet potato with steamed vegetables. *Menu favourite
21. Chicken, mushroom and parmesan buckwheat/rice risotto
22. Chicken, apricot and chickpea tagine served with couscous or quinoa* (slow cooked on the bone or thigh)



23. Chicken chipotle tacos (slow cooked, mild/medium spice) served with soft tortillas or rice Mash avocado and tomato salsa on top (slow cooker dish)* or can be made as a bowl
24. Mexican quesadillas with chicken and black beans served with roasted potato/or sweet potato fries (GF not recommended) *Menu favourite
25. Crusted chicken breast with almonds and cranberries, sweet potato baked gratin and steamed broccolini
26. Lemon coconut chicken noodle soup- fragrance flavours, coconut milk, chicken broth, lemon (optional no noodles)
27. Chicken and thyme stew* -broth, carrots, celery, potatoes, thyme, parley, lemon (slow cooker dish) *Menu favourite
28. Chicken and leek pie served with side of seasonal greens (dairy free sauce, not gluten free)
29. Chicken and pesto risoni (not gluten free)
30. Kaffir lime and ginger chicken meatballs with coconut rice and steamed Asian greens. Served with fresh lemon wedge
31. Miso chicken noodle soup (slow cooker dish*)
32. Vietnamese chicken pho- chicken broth, rice noodles, bean sprouts, coriander, basil and ginger (slow cooker dish)* *Menu favourite
33. Lemon chicken with roast vegetables and rosemary served with steamed broccolini
34. Chicken and mushroom casserole served with green beans and quinoa or couscous
35. Harissa chicken, lentils and kale served with quinoa or couscous
36. Healthy hearty chicken noodle soup- cooked in broth, cherry tomatoes, chilli, lemongrass, ginger



36. Homemade teriyaki chicken sushi bowl- white/brown rice, avocado, cucumber, corn, topped with sesame seeds, 'good fat' mayo, spring onion with a side of crispy seaweed. (slow cooker dish*) *Menu favourite

38. Tandoori marinated chicken thighs, roasted veggies and rice served with mint and yoghurt or raita (Indian cucumber yoghurt condiment)

39. Honey soy chicken skewers served with basmati rice and sautéed or steamed broccolini

40. Chicken burrito bowl- packed with sauteed capsicum, onion, spices, black beans, rice, tomato salad and a chipotle dressing.

41. Chicken goodness bowl- dukkah chicken, avocado, quinoa, feta, baby spinach, pomegranate, seeds and a herb dressing

42. 500ml of Organic Chicken broth. Our house made broth is slowly cooked with veggies and is nutritious, gut healing and supports the whole body and immunity! You can sip this on its own or add to your meals- replace store bought stock cubes and stocks without the hidden preservatives and nasties! \$14 per jar

43. 500ml of Organic immunity broth. Same as above with extra goodies- ginger, lemon, turmeric, chilli and parsley. Not to be added to dishes and designed especially to drink \$18 per jar

Beef/Lamb/Pork

1. Beef spag bol loaded with veggies served with spaghetti.
Garnish- parmesan cheese *Menu favourite

2. Stuffed sweet potatoes with Mexican beef and beans topped with avocado mash (option vegetarian)

3. Beef and Vegetable Lasagna*- made with homemade tomato sauce, garlic cooked with cheese (vegetarian option) Please allow 2-2.5 hours prep and cooking time

4. Shepards Pie made with beef and vegetables topped with sweet potato mash and cheese

5. Mexican Beef Mince Tacos- served with hard taco shells and guacamole and tomato salad (shells not made. Corn chip option to be made from 'mountain bread wraps')



6. Beef and Broccoli Stir fry served with brown/white steamed rice.
7. Beef meatballs slowly cooked in a homemade tomato and herb sauce, served with rice, Spaghetti, mash* (optional cheese garnish) *Menu favourite
8. Beef and vegetable noodle stir fry with ginger, garlic and soy
9. Baked sweet potatoes with beef and vegetable bolognese, served with parmesan cheese
10. Mexican beef rib/brisket tacos served with soft tortillas and mashed avocado and cheese*
11. Beef and kidney bean chilli con carne served with basmati rice, sour cream or coconut kefir (optional to add steamed greens and or cheese) Can be made with mince or slow cooked (slow cooker dish*)
12. Lamb shanks with coconut, lemongrass and kaffir lime served with cauliflower rice or plain rice and green peas* (slow cooker dish, allow 3 hours)
13. Lamb and chickpea stew served with wholemeal couscous or quinoa topped with almonds (slow cooker dish, allow 3 hours)
14. Korean beef broth with cabbage/regular noodles, exotic mushrooms and shallots* (slow cooker dish) *Menu favourite
15. Beef Birria served with steamed rice, pickle onions, sour cream and baked 'chips'* (mountain bread) (slow cooker dish)
16. Beef and mushroom bourguignon served with mash and green beans (slow cooker dish*)
17. Osso Bucco (slow cooked beef shank), celery, carrots, broth, herbs, tomatoes served with mash/pasta/polenta and roasted brussel sprouts (slow cooker dish*)
18. Lamb shanks cooked with red onion, raisins, broth and rosemary (slow cooker dish, allow 3 hours*)
19. Paleo beef or lamb burger, served with gluten-free/grain free bun, roasted plain or sweet potatoes, side salad, tomato chutney and 'good fat' aioli or mayo



20. Beef ragu slowly cooked with onion, garlic, celery, red wine and broth served with pasta or low carb pasta and parmesan (slow cooker dish*)

21. Vietnamese beef pho- chicken or beef broth, rice noodles, bean sprouts, coriander, basil and ginger (slow cooker dish)*

22. Slow cooker pulled pork with rice/quinoa/pasta, baked paprika sweet potato and natural yoghurt (slow cooker dish, allow 3 hours*)

23. Lamb ragu- tender meat cooked in garlic, broth, red wine, herbs served with spaghetti (slow cooker dish)*

24. Massaman beef curry, cooked with curry paste, cinnamon, carrots, potatoes topped with nuts, coriander and served with basmati rice/quinoa

25. Slow cooked chipotle pulled pork and beans, basmati rice, avocado and lime. Served with coriander and sour cream. Optional to add extra side corn tortillas (slow cooker dish, allow 3 hours*)

25. 500ml of Beef bone broth (\$14). Our house made broth is slowly cooked with veggies and is nutritious, gut healing and supports the whole body and immunity! You can sip this on its own or add to your meals- replace store bought stock cubes and stocks without the hidden preservatives and nasties!

Vegetarian and seafood

Please refer to plant based/vegetarian and pescatarian menu

Vegetable Stock Concentrate 250ml- replace your store bought stock cubes with this handmade organic stock paste. Our stock paste is made from organic seasonal vegetables, herbs, olive oil and rock salt. No preservations, palm oil, flavours, fillers or nasties! \$25 and makes 12 litres of stock and lasts 4-6 months once open.