

FOOD BREAKDOWNS

Challenge yourself to take more control of your meals...



Directions

1. Finely chop one onion and soften in the pan with a little oil and garlic puree
2. Add 6-8 diced tomatoes, 1tbsp. tomato puree and a big pinch of chopped basil and let the mixture reduce on a low heat
3. Season with salt and add olive oil to achieve desired texture

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Directions

1. In a small dish, mix together 1 tbsp sesame oil, 3 tbsp soy sauce, 1 tbsp honey and 1 tsp garlic puree/crushed garlic
2. Mix well for 1 minute until all ingredients are combined
3. Adjust to taste by adding more honey or soy sauce as needed

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Directions

1. In a saucepan mix together 1 jar of passata, 1 tsp garlic puree, 1 tbsp olive oil, 1 tbsp mixed herbs, and a pinch of salt and pepper
2. Cook on a low heat for 10 minutes to thicken, then spread 2-3 tbsp of the sauce on your pizza base before adding toppings

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Directions

1. Add 3 tbsp honey, 2 tbsp wholegrain mustard, 1 tbsp red wine vinegar and 1 tbsp olive oil to a dish
2. Whisk well for 1 minute until all ingredients are well-combined
3. Taste and add a little more honey or mustard to achieve desired taste
4. Store in an airtight jar until needed

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1. Chop two onions and cook in the pan with a little oil until soft and tender
2. Add the chopped tomatoes, 2 big pinches of herbs, salt and pepper and 1tbsp of olive oil
3. Mix in 2-3 tbsp. of tomato puree and simmer on a medium heat for 10-15min

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Directions

1. Add 1 tbsp garlic puree, a small bunch of coriander, 3 tbsp soy sauce, 1 tbsp sesame oil and a 2cm cube of ginger to a food processor or pestle & mortar
2. Squeeze in the juice of $\frac{1}{2}$ a lime, then blitz/crush to a paste
3. Fry the paste on a low heat for 2 mins, then add the tin of coconut milk. Stir well and season.