

the organic cook

personal chef service

Spring sample menu for busy professionals

Ocean trout with preserved lemon, parsley and sourdough breadcrumbs with asparagus and kohlrabi salad

Baked line caught snapper with Celtic sea salt/pepper with baby cherry tomatoes and basil salad

Grass-fed scotch fillet with sautéed rainbow silver beet and roasted potatoes in wagu oil

Lamb back strap with beetroot, sheep's feta, rocket and pomegranate dressing

All chef packages include a menu designed for the specific dietary requirements of the individual

The menu includes:

- High quality protein sources from sustainable fish and grass fed meats
- Where possible seasonal organic and biodynamic produce
- Cold pressed oils, organic animal fats and extra virgin coconut oil
- Healthy cook techniques that will not compromise your immunity and will promote optimum health for sustainable energy all day long

Give us a try, you will feel great and notice many changes from having home cooked meals lovingly prepared in your home from scratch, real food just like your mother and grandmother made but more greens!

