

the organic cook

personal chef service

Sample Menu for Busy Professionals

Note about the menu:

We cook to aid digestion and build immunity, both important factors for busy professionals!

All menus are gluten free and can be dairy free if requested. (In any case only a tiny amount of dairy will be used in any of the dishes and it's always goat or sheep.)

We cook in organic ghee, coconut oil and cold pressed olive oil.

1. Wild Alaskan salmon patties with Thai red curry spices roasted sweet potato and quinoa with garlic kale
2. Beetroot and goat's feta olive meatballs with spicy tomato sauce and steamed broccoli
3. Lamb shepherds pie with sweet potato crust, crunchy walnuts, beetroot, kale, carrot and garam masala spices
4. Pulled chicken slow cooked in cinnamon, cumin and smokey paprika with basmati pilaf and roasted cauliflower
5. Paleo white fish pie with lemongrass, coconut milk, seasonal sustainable white fish (usually ling or monk fish) cabbage, kale ginger and kale