



# Great RECIPES

*Quick and easy meals using...*



## **Moredough Kitchen Stock**

### **Quick & Healthy Winter Broth**

Sweat carrot, onion, turnip and celery in some olive oil until the onions have softened. Add thinly sliced garlic (and chopped chilli if you want some heat) then add Chicken Stock and cook until carrots are tender. Check for seasoning. Dice a poached chicken breast and add to the broth along with chopped parsley. Then devour!

### **Super Speedy Potato Gratin**

Thinly slice potatoes and boil until just tender, drain. In a separate pan, fry off thinly sliced onion with sage leaves and garlic. Deglaze the pan with  $\frac{1}{2}$  cup of stock (Chicken, Veal or Vegie) and reduce to a third, then season. Toss potato slices through the onion mix. Put in a shallow baking dish and top with grated parmesan – put under a griller until brown.

### **Rocket & Red Lentil Soup**

Sweat off chopped onion in olive oil until soft. Stir in freshly grated ginger and cumin powder. Add a generous amount of cracked black pepper, a couple of big pieces of lemon rind and stir. Toss in Raw Materials Red Lentils and Vegetable Stock, cook until the lentils are soft. Remove lemon rind & taste for seasoning. To serve – put rocket in bottom of a soup bowl, ladle soup over the top and add a dollop of Greek yoghurt. Enjoy!

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