

Rest, recover and restore The New Family Menu

Fill your freezer with delicious, nutritious meals you can easily heat and enjoy, even while holding a baby.

All meals come in sustainable, freezer safe containers with instructions on defrosting and re-heating, and recommendations for accompaniments and sides

Please allow 48 hours between ordering and delivery.

Choose x3 meals for £60 (*or £10 each per meal*)

Choose x5 meals for £85 (*or £8.50 each per meal*)

Choose x10 meals for £130 (*or £6.50 each per meal*)

Delicious fish

Stews & casseroles

Curries

Soups

Sweet treats

Delicious fish

Smoked haddock gratin.

Smoked haddock and ham folded into creamy sauce,
under a crispy sliced potato crust.

Smoked mackerel kedgeree.

The aromatic classic, with lightly spiced rice, peas, tomatoes
soft-boiled eggs and flaked peppered mackerel.

Classic Fish Pie

Cod, smoked haddock and chunky prawns in silky parsley sauce,
topped with fluffy mashed potatoes

Stews & casseroles

Smokey bean stew with jalapeno and cheese dumplings

Butternut squash, black beans and kidney beans slow-cooked in smoky tomato & chipotle sauce, topped with cheddar and green chilli herbed dumplings.

Warming chicken with rice and aubergine

Tender chicken thighs baked on top of rich aromatic rice and soft aubergines.

Recommended accompaniment:

crisp green salad and Maille d'Originale vinaigrette

Simple English chicken casserole

Classic English flavours of corn-fed chicken layered on a base of onions, celery, carrots, thyme and bacon, and wrapped in a rich gravy.

Recommended accompaniment:

Roasted baby potatoes & broccoli

Classic French pork and prune casserole

Meltingly soft pork shoulder slow roasted with white wine and prunes. This meal comes with creamy mashed potatoes.

Recommended accompaniment:

Savoy cabbage

Uncle David's Winter Warmer Beef Casserole

A family favourite. Rich, zesty and piquant beef casserole. This meal comes with parsnip bake.

Recommended accompaniment:

Cavalo Nero

Aromatic campfire chilli with rice and roasted peppers

Richly flavoured, slow roasted and warmly spiced shredded beef brisket chilli, served with charred roasted peppers.

*Recommended accompaniment:
Rice, sour cream, jalapenos & guacamole*

Slow cooked caraway beef and beetroot stew

Caraway and dill infused beef and beetroot stew.

*Recommended accompaniment:
Buttered tagliatelle*

Lamb shoulder puttanesca

Lamb shoulder slow cooked with in an unctuous Mediterranean sauce with tomato and black olives, served with orzo and kale

*Recommended accompaniment:
Orzo & stir fried kale*

The cosiest lasagne

Reassuring layers of rich Bolognese ragu, soft bechamel and toothsome pasta, topped with Gruyere and parmesan

*Recommended accompaniment:
crisp green salad and Maille d'Originale vinaigrette*

Classic Shepherd's Pie

Uncomplicated rich lamb base topped with smooth and then crisped mashed potatoes.

*Recommended accompaniment:
Minted peas*

Curries

Palak paneer

Golden fried paneer folded through aromatic spinach.

*Recommended accompaniment:
Flat breads and coriander tomato salad*

Spinach, cashew, black pepper and paneer curry

Earthy and warming cashew butter and spinach curry
with golden fried paneer

*Recommended accompaniment:
Basmati rice*

Fresh coriander chicken

Tender chicken thighs lightly marinated in zesty
coriander and green chilli

*Recommended accompaniment:
Nutty brown rice with coriander & tomato salad*

Soups

Duncan's Mighty Pasta Soup

Italian flavours of pancetta and parmesan build on a soffrito base for this rib-sticking tomato , herb and spaghetti soup: my son Duncan's favourite

Smoky potato and corn chowder

Creamy, hearty, potato and corn soup,
with a warming smoked paprika kick

Cauliflower cheese soup

Soft and earthy roasted cauliflower soup with cheddar and stilton for richness and piquancy. Topped with toasted pumpkin seeds and herbed sourdough croutons.

Turmeric chicken laksa with rice noodles

Lightly fragrant butternut squash soup, enriched with ginger and turmeric and topped with honey and sesame chicken

Sweet treats

Each whole cake, can be sliced into 12 servings (or more)

Courgette and pistachio cake

Beetroot, ginger and chocolate brownies

Maple and parsnip cake

Spiced muscovado cake

Warming honey cake

Cappuccino cake

Lemon and elderflower cake

Chocolate orange cake

Chocolate and peanut butter cookies

White chocolate and cardamom cookies