



Penelope Dupré Cuisine

# Bowl Food

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## **Fish based**

1. Fish tagine with preserved lemons & olives with couscous
2. Cold poached salmon on hot crushed minted new potatoes with a watercress mayonnaise.
3. Lemon penne with salmon and petits pois

## **Meat based**

4. Thai chicken curry with rice
5. Chicken & prawn paella with artichokes & chorizo
6. Penne with chicken, lemon and mushrooms
7. Coq au vin with parsnip mash
8. Honeyed duck & vegetable stir-fry with fragrant rice
9. Chilli con carne with soured cream & avocado salsa
10. Bangers & mash with caramelised red onion gravy

## **Vegetarian**

11. Wild mushroom risotto with fresh asparagus & parmesan shavings
12. Vegetable tagine with couscous