

Mindful Chef

Your ultimate BBQ guide



We'll bring the food.
You bring the sunshine.



Mindful Chef Founders Myles & Giles

Right on 'cue

This year we set our chefs a challenge: make our healthy summer recipes twice as good. Every dish featured here can be cooked on the barbecue, from start to finish!

From peri peri chicken to lamb koftas, and veggies galore (we're looking at you, butternut & lentil burger), you'll be grilling your way to tasty feasts come rain or shine. Everything can be cooked on your grill, though in some cases you may need BBQ-friendly trays and pans. If you don't have any, just follow the relevant parts of the recipe in your usual recipe magazine. It all tastes great cooked inside, too!

Our BBQ recipe collection runs until early July, simply look for the BBQ symbol and pop them in your weekly box. And, as always, we'll send you all the pre-measured, sustainably sourced ingredients to cook them in a few simple steps.

The great outdoors is calling. So let's get together over great-tasting food and make it a summer to remember.

Happy BBQ'ing,

Myles & Giles

Discover your favourite salads, kebabs, burgers and steaks, and save room for fresh fish and tasty vegan recipes too.

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How to BBQ like a pro



01

NICE AND HOT

When it comes to those coals, timing is key – get them white-hot before you start cooking (no flames please!). If you're using an electric or gas BBQ, preheat it for 10-20 minutes.



Chef James shares top 5 tips

04

QUALITY IS KEY

When you're using good-quality meat, it comes through in the flavour. All your Mindful Chef meat is 100% British – free-range chicken and pork, grass-fed beef from native breeds and pasture-grazed lamb.

02

PICTURE PERFECT BURGERS

Press your thumb into the middle of your burger before you put it on the grill to keep it from puffing up.

03

DON'T CROWD YOUR BBQ

Or your food will steam! And, if you've got a coal BBQ, lots of different heat zones can lead to uneven cooking.

05

KEEP AN EYE OUT

Don't walk away from a hot BBQ – and keep children and animals safely away from it, too.

1-2
Person
Recipe

Chicken with apple & fennel salad

Cals pp 627 | Protein 58g | Carbs 49g | Fat 23g

We deliver

Serves 2

Halve ingredients for 1

- 2 free-range chicken breasts
- 250g ready-to-eat puy lentils
- 1 lemon
- 1 fennel head
- Handful of fresh dill
- 1 apple
- 30g honey & wholegrain mustard dressing (mustard, sulphites)
- 20g walnuts (nuts)

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Slice each **chicken breast** horizontally to create **chicken escalopes**, then season with sea salt and black pepper.
2. Place the **chicken** on the BBQ and cook for 4-5 mins on each side or until cooked through. Check your **chicken** is cooked through by cutting a large piece in half; the flesh should be white and the juices running clear. Then, transfer the **chicken** to a BBQ-friendly dish or pan. Add the **lentils** to warm through (for 2-3 mins), then add a **squeeze of lemon juice** (to taste).
3. Meanwhile, thinly slice the **fennel** (trim away a little of the root first). Chop the **dill**. Thinly slice or julienne the **apple**. Add all to a large bowl with the **dressing**, **walnuts**, **dill** and **lentils**. Mix thoroughly; season with sea salt and black pepper. Add **lemon juice** (to taste). Thinly slice the **chicken**.
4. Serve the **lentil salad** topped with the **chicken**.



Speedy
recipe



Free-range
British
chicken



1-2
Person
Recipe

Peri peri chicken, sautéed peppers & potato wedges

Cals pp 682 | Protein 60g | Carbs 50g | Fat 28g

We deliver

Serves 2

Halve ingredients for 1

- 2 free-range breasts
- 2 tsp peri peri seasoning
- 1 **chicken stock cube** (celery)
- 1 shallot
- 1 red pepper
- 2 garlic cloves
- 400g large white potatoes
- 180g tenderstem broccoli
- 1 lime

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Rub the **peri peri** all over the **chicken breast**. Dissolve the **stock cube** in 200ml boiling water.
2. Slice the **shallot**. Thinly slice the **pepper**. Chop the **garlic**. Cut the **potatoes** into wedges. Place all into a metal BBQ-proof dish, season with sea salt and black pepper, mix and pour in the stock. Cover with foil and place on the BBQ for 30 mins, until cooked.
3. Season the **chicken** with sea salt and black pepper, then add to the BBQ. Cook for about 30 mins, turning regularly, until the **chicken** is cooked through (reduce the heat if needed). Check the **chicken** is cooked by inserting a skewer into the thickest part of the meat; the juices should run clear. Cook for longer if necessary.
4. Trim the **broccoli**, lightly oil and season with sea salt and black pepper. Place on the BBQ to crispen up. Quarter the **lime**.
5. Serve the **chicken** with the **wedges** and **broccoli**. Spoon over the **vegetables** and **cooking juices**. Garnish with the **lime wedges**.




Free-range
British
chicken

1-2
Person
Recipe

Smoky pork kebabs, green beans & herby rice

Join our live
cook along
at 7pm on
May 26th

Cals pp 615 | Protein 39g | Carbs 53g | Fat 27g

We deliver

Serves 2

Halve ingredients for 1

- 180g green beans
- 80g brown rice
- 1 red onion
- 1 red pepper
- Handful of fresh flat-leaf parsley
- 2 free-range pork loins
- 2 tbsp Belazu sundried tomato paste
- 2 tsp dried oregano
- 2 tsp smoked paprika
- 4 skewers
- ½ lemon

Allergens in bold

Please wash all fresh
produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Trim the **beans**. Rinse the **rice**, then place in a BBQ-friendly saucepan with 600ml lightly salted boiling water. In the last 5 mins of cooking, add the **beans** to the pan and cook until tender.
2. Cut the **onion** and the **pepper** into bite-sized pieces. Roughly chop the **parsley**. Trim the fat from the **pork** and discard. Cut the **pork** into bite-sized pieces.
3. In a bowl, mix the **tomato paste** with the **oregano** and **paprika**. Season with a pinch of sea salt and black pepper, and add 1 tsp oil. Spoon **half the mix** into a small ramekin – this is your drizzle. In the **remaining bowl of sauce**, stir in the **pork** until well coated.
4. Thread a **piece of pepper**, **2 onion slices** and the **pork** alternately onto the **skewers**. Cook the **pork kebabs** on the BBQ for 15 mins, turning occasionally, until golden brown and cooked through.
5. Drain the **rice** and **beans**, then stir through the **parsley**.
6. Serve the **smoky pork kebabs** with the **beans** and the **rice**. Spoon over the **drizzle**; squeeze over **juice from the lemon**.



Free-range
British pork



1-2
Person
Recipe

Peri peri pork with red pepper rice & coleslaw

Cals pp 674 | Protein 39g | Carbs 52g | Fat 34g

We deliver

Serves 2

Halve ingredients for 1

- 80g brown rice
- 1 shallot
- 1 red pepper
- 2 spring onions
- 150g sweetheart cabbage
- 1 carrot
- Handful of fresh flat-leaf parsley
- 80g coconut yoghurt
- 2 tsp **dijon mustard (mustard)**
- 1 tbsp **apple cider vinegar (sulphites)**
- 2 free-range pork loins
- 1 tsp peri peri seasoning
- 2 tbsp Belazu romesco

Allergens in bold

Please wash all fresh produce before use

Special equipment:
julienne peeler

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Rinse the **rice**, then place in a BBQ-friendly saucepan with 600ml salted boiling water. Simmer for 25-30 mins, then drain.
2. Finely dice the **shallot**. Dice the **pepper**. Thinly slice the **spring onions**. Thinly slice the **cabbage**. Peel the **carrot** and cut into matchsticks (use a julienne peeler for this, if you have one). Finely chop the **parsley**.
3. Make the **slaw**. In a bowl, mix the **yoghurt, mustard and vinegar** with sea salt and black pepper. Add the **cabbage, carrot and spring onions** and mix thoroughly.
4. Season the **pork** with the **peri peri**, sea salt and black pepper. Cook the **pork loin** on the BBQ for 4 mins on each side, then brush the **romesco** over; cook for a further minute, basting the **pork loin**. When the **pork** is cooked through, leave in a warm spot on the BBQ to rest.
5. Meanwhile, heat a medium, BBQ-friendly frying pan with 1 tsp oil. Add the **shallot and pepper** and cook for 5 mins, until softened. Once the **rice** is cooked, add to the pan with **half the parsley** to heat through.
6. Serve the **pork** with the **rice** and the **coleslaw**. Sprinkle over the **remaining parsley**.



Free-range
British pork

1-2
Person
Recipe

Southern bun-less burger & cheezy carrot chips

Cals pp 645 | Protein 43g | Carbs 29g | Fat 40g

We deliver

Serves 2

Halve ingredients for 1

- 4 carrots
- 20g **cashew 'parmesan' (nuts)**
- Handful of fresh chives
- 20g **gherkins (mustard)**
- 80g coconut yoghurt
- 300g American flavoured beef mince
- 2 **eggs (eggs)**
- 1 baby cucumber
- 120g baby plum tomatoes
- 1 little gem lettuce

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Peel the **carrots**, cut into **thick fries**, then mix with 1 tsp oil; lightly season with sea salt and black pepper. Place on a BBQ-friendly lined tray, cover tightly with foil and cook for 20–25 mins, until golden and cooked through. For the last 5 mins of cooking, sprinkle over the **cashew 'parmesan'**.
2. Make the **dip**. Finely chop the **chives** and **gherkins**, then mix in a bowl with the **yoghurt**.
3. Shape the **mince** into 2 **equal-sized burgers**, 1.5cm thick. Cook the **burgers** on the BBQ for 7 mins on each side, until golden. When the **burgers** are nearly ready, fry the **eggs** in 1 tsp oil in a BBQ-friendly pan.
4. Make the **salad**. Slice the **cucumber**. Halve the **tomatoes**. Quarter the **little gem**, remove the core and slice. Mix in a bowl with 1 tsp olive oil, sea salt and black pepper.
5. Serve the **burgers** with the **fried eggs**, **carrot fries**, **yoghurt dip** and **mixed salad**.




Grass-fed
British beef

1-2
Person
Recipe

Smoky BBQ steak & miso poke bowl

Cals pp 651 | Protein 39g | Carbs 69g | Fat 23g

We deliver

Serves 2

Halve ingredients for 1

- 80g brown rice
- 1 carrot
- 1 spring onion
- 1 baby cucumber
- 150g sweetcorn (drained)
- 2 tbsp honey
- 2 tbsp rice wine vinegar (sulphites)
- 1 tbsp white miso paste (soya)
- 1 tsp smoked paprika
- ½ tsp shichimi togarashi (sesame)
- 2 bavette steaks
- 50g fresh edamame beans (soya)
- 1 tsp white sesame seeds (sesame)

Allergens in bold

Please wash all fresh produce before use

Special equipment:

julienne peeler/spiralizer

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Rinse the **rice**, then place in a BBQ-friendly saucepan with 600ml lightly salted boiling water. Simmer on the BBQ for 20-25 mins, then drain. Rinse under cold water to cool down, then leave to drain from excess water.
2. Peel the **carrot**, then use the peeler to peel into long, thin strips (use a julienne peeler/spiralizer, if you have one). Thinly slice the **spring onion** and **cucumber**. Drain the **sweetcorn**.
3. Make the dressing. In a bowl, mix together the **honey**, **vinegar** and **miso**. Transfer **half the dressing** to a separate bowl and mix with the **paprika**, **shichimi togarashi** and 1 tbsp water.
4. Season the **steaks** with sea salt and place on the BBQ. Cook until golden brown (as a guide: 3 mins on each side for medium-rare or 5-6 mins on each side for well-done). Brush with the **paprika sauce**. Remove from the heat to rest before slicing.
5. Mix the **carrot** with the miso dressing. Mix **half the spring onion** with the **cooled rice**.
6. Serve the **rice** with the **carrot**, **sliced cucumber**, **steak**, **sauce**, **sweetcorn** and **edamame**. Garnish with the **sesame seeds** and **remaining spring onion**.



Hot-smoked salmon with new potato salad

Cals pp 476 | Protein 33g | Carbs 46g | Fat 19g

We deliver

Serves 2

Halve ingredients for 1

- 300g baby white potatoes
- 1 red onion
- Handful of fresh dill
- 1 baby cucumber
- 1 carrot
- 90g baby plum tomatoes
- 1 lemon
- 1 tbsp balsamic vinegar (sulphites)
- 2 tbsp wholegrain mustard (mustard)
- 180g green beans
- 2 hot-smoked salmon fillets (skin on) (fish)

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Cut the **potatoes** into wedges, then add to a BBQ-friendly saucepan and cover with lightly salted boiling water; boil for 20 mins.
2. Finely slice the **onion**. Finely chop the **dill**. Dice the **cucumber**. Peel the **carrot**, then peel into ribbons. Halve the **tomatoes**. Quarter the **lemon**. To a bowl, add **half the onion**, **half the dill**, the **cucumber**, **carrot** and **tomatoes**. Add 2 tsp olive oil and the **juice from 1 lemon wedge**. Season with sea salt and black pepper. Mix.
3. Make the **dressing**. In a small bowl, whisk the **vinegar** and **mustard** with the **juice from one lemon wedge**. Season with sea salt and black pepper.
4. Trim the **beans** and cut into thirds. In the last 5 mins of the **potatoes** cooking, add the **beans** and **remaining onion**. When done, drain all together, return to the saucepan and stir through the **remaining dill**, 1 tsp olive oil, sea salt and black pepper. Keep warm.
5. Meanwhile, place the **salmon** onto some foil. Season with sea salt and black pepper, then cook on the BBQ for around 10 mins. Spoon over **half the mustard dressing**, then return to the BBQ for a further 2 mins.
6. Serve the **potatoes** with the **salad** and **salmon**. Drizzle over the **remaining dressing** and serve with the **remaining lemon wedges**.



Sustainably sourced fish

Jackfruit burger, crushed avocado & beet slaw VG

Cals pp 623 | Protein 13g | Carbs 84g | Fat 27g

We deliver

Serves 2

Halve ingredients for 1

- 300g sweet potato
- 2 portobello mushrooms
- 1 red onion
- 2 garlic cloves
- 1 red chilli
- Handful of coriander
- 4cm fresh ginger
- 225g jackfruit (drained)
- 4 tbsp buckwheat flour
- 1 tbsp **sesame oil (sesame)**
- 200g beetroot
- 1 lime
- 1 avocado
- 2 tsp **white sesame seeds (sesame)**

Allergens in bold

Dietary symbols | Vegan **VG**

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Leaving the skin on, cut the **potato** into **thin fries** and place on a BBQ-friendly baking tray with 1 tsp oil and a pinch of sea salt. Cover with foil and cook on the BBQ for 25 mins, turning occasionally, until becoming golden. After 15 mins, add the **mushrooms** to the tray and cook for 10 mins, until softened.
2. Dice the **onion**. Finely chop the **garlic**, **chilli** (remove the seeds for reduced heat) and **coriander**. Peel the **ginger** and finely chop.
3. Heat a medium, BBQ-friendly frying pan with 1 tsp oil. Cook the **garlic**, **ginger**, **chilli** and **onion** for 5 mins, until softened. Add the **jackfruit** and cook for 2 mins. Pull apart the **jackfruit** with forks, then place in a bowl for 5 mins, until cooled. Stir in **three-quarters of the flour** and **three-quarters of the coriander**. Form the **jackfruit mix** into 2 **burgers** (2cm thick) and dust with the **remaining flour**.
4. Heat the same pan with the **sesame oil** on a medium heat. Fry for 3-4 mins on each side until cooked through.
5. Trim the **beetroot** and grate. Place in a small bowl with **half the juice from the lime** and the **remaining coriander**. Sprinkle with a pinch of sea salt and black pepper.
6. Peel the **avocado** and destone. In another small bowl, roughly crush the **avocado** with a fork. Squeeze in the **juice from the remaining lime**; add a sprinkle of sea salt.
7. Serve the **fries** with the **mushrooms**, **slaw** and **burgers**. Top the **burgers** with **avocado**; sprinkle over the **sesame seeds**.



Black bean burger with sweet potato fries **VG**

Cals pp 620 | Protein 18g | Carbs 75g | Fat 28g

We deliver

Serves 2

Halve ingredients for 1

- 300g sweet potato
- 2 tsp smoked paprika
- 1 red onion
- 240g black beans (drained)
- ½ tsp red chilli flakes
- 1 tsp ground cumin
- 2 tbsp buckwheat flour
- 1 avocado
- 2 large tomatoes
- Handful of fresh coriander
- ½ lime

Allergens in bold

Dietary symbols | Vegan **VG**

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Peel the **potato** and cut into **fries**. Combine in a bowl with **half the paprika**, ½ tbsp oil and a pinch of black pepper. Place on a BBQ-friendly baking tray, cover with foil and bake for 20-25 mins, turning occasionally.
2. Thinly slice **half the onion** and finely dice the **other half**. Heat a BBQ-friendly frying pan with 1 tsp oil on the BBQ. Add the **sliced onion**. Cook for 2-3 mins, until softened, then transfer to a bowl. Keep warm.
3. Keep the frying pan on the heat, add the **diced onion** and cook for 2 mins. Drain the **beans** and rinse. Add the **beans, chilli, cumin** and **remaining paprika** to the pan with the **diced onion**. Cook for 3 mins, adding 4 tbsp water during the last minute of cooking. Place the **bean mixture** in a bowl, mash well, then add the **flour**. Season with sea salt and black pepper, then let rest until it's cool enough to handle.
4. Shape the **mix** into **2 burgers**. Heat the same frying pan with 1 tbsp oil on the BBQ and cook the **burgers** for 3-4 mins on each side, until golden.
5. Meanwhile, make the **guacamole**. Peel the **avocado** and destone. Spoon the flesh into a bowl and mash with the back of a fork. Dice the **tomatoes** and roughly chop the **coriander**; add to the bowl with the **juice from the half lime** sea salt and black pepper. Mix.
6. Serve the **burgers** topped with the **fried onions**, alongside the **fries** and **guacamole**.



Share your snaps



When you're grillin', flippin' and doing your thing on the BBQ, don't forget to share your snaps with us on social - just tag [@mindfulchefUK](#) [#mindfulchef](#).

We'll be choosing our favourites each week to win a recipe box!



Try our Tofu skewers, pak choi & zingy potato salad



Our Spiced chicken kebabs are a BBQ winner



1-2
Person
Recipe

Barbecue glazed duck with noodle stir-fry

Cals pp 549 | Protein 42g | Carbs 61g | Fat 15g

We deliver

Serves 2

Halve ingredients for 1

- 1 carrot
- 1 pak choi
- 80g sugar snap peas
- 2 spring onions
- 100g brown rice noodles
- 1 tbsp **white miso paste (soya)**
- 1 tbsp **tamari (soya)**
- 2 tbsp honey
- 2 tbsp **rice wine vinegar (sulphites)**
- 1 tsp smoked paprika
- ½ tsp **shichimi togarashi (sesame)**
- 2 duck breasts

Allergens in bold

Please wash all fresh
produce before use

British
duck

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Peel the **carrot** and cut into matchsticks. Trim the root off the **pak choi**, then cut the leaves off the white part. Thinly slice the white part and cut the leaves in half. Halve the **sugar snaps** lengthways. Thinly slice the **spring onions**.
2. Place the **noodles** in a bowl or pot and cover with 800ml boiling water. Leave to soak for 5 mins, or until softened. Drain, rinse with cold water and set aside to drain again.
3. Make the **sauce**. In a bowl, mix together the **miso, tamari, honey, vinegar, paprika** and **shichimi togarashi**. Set aside.
4. Score the **duck skin** with a sharp knife. Place the **duck** on the BBQ and cook for 6-7 mins on each side. Brush with the **sauce** and cook for another 5 mins. Once the **duck** is cooked, remove from the grill and let it rest for 5 mins, then slice.
5. Meanwhile, heat a BBQ-friendly frying pan with 1 tbsp oil. Add the **white pak choi** and stir-fry for 2 mins. Add the **sugar snaps** and **carrot**, then cook for a further 1-2 mins. Add the **pak choi leaves, half the spring onions, noodles, half the sauce** and 2-3 tbsp water. Heat through for 2 mins.
6. Serve the **noodles** topped with the **sliced duck**. Drizzle over the **sauce** and garnish with the **remaining spring onions**.



1-2
Person
Recipe

Spicy barbecue beef bibimbap with spinach & egg

Cals pp 685 | Protein 45g | Carbs 51g | Fat 34g

We deliver

Serves 2

Halve ingredients for 1

- 300g beef mince
- 120g baby plum tomatoes
- 4 tbsp tomato puree
- 2 tbsp **tamari (soya)**
- 1 tbsp honey
- ½ tsp **shichimi togarashi (sesame)**
- 1 tbsp **sesame oil (sesame)**
- 4 spring onions
- 1 yellow pepper
- 80g baby spinach
- 250g steamed brown basmati rice
- 2 **eggs (eggs)**

Allergens in bold

Please wash all fresh produce before use



Speedy
recipe



Grass-fed
British beef

You cook

1. Light your BBQ and get it nice and hot. Heat a medium, BBQ-friendly frying pan with 1 tsp oil on your grill. Add the **beef and whole tomatoes**. Cook for 10 mins, until the **mince** is browning and the **tomatoes** are softening.
2. Meanwhile, make the **barbecue sauce**. To a bowl, add the tomato puree, tamari, honey, shichimi togarashi, 80ml cold water and half the sesame oil. Mix well.
3. Finely slice the **spring onions**. Thinly slice the **pepper**.
4. On your grill, heat another large, BBQ-friendly frying pan with the **remaining sesame oil**. Add the **pepper** and cook for 2 mins, then add the **spinach, rice, half the spring onions** and 2 tbsp cold water. Cook for 3 mins, until the **rice** is hot and the **spinach** has wilted.
5. When the **mince** is cooked, add the **barbecue sauce** and **remaining spring onions**; simmer for 3 mins. Crush the **cooked tomatoes** with the back of a fork.
6. Spoon the **rice** into warm bowls, then cover to keep warm. Clean the frying pan and heat with 1 tsp oil on a medium heat. Crack the **eggs** into the pan; season with sea salt and black pepper. Cook for a few mins, until ready.
7. Serve the **beef** with the **rice**, topped with the **fried eggs**.



1-2
Person
Recipe

Miso & edamame burgers with peanut slaw **VG**

Cals pp 567 | Protein 30g | Carbs 58g | Fat 26g

We deliver

Serves 2

Halve ingredients for 1

- 1 lime
- 2 tbsp **deep roast peanut butter (peanuts)**
- 120g chestnut mushrooms
- 240g cannellini beans (drained)
- 200g **fresh edamame beans (soya)**
- 2 tbsp **brown miso paste (soya)**
- 4 tbsp buckwheat flour
- 80g mangetout
- 2 carrots
- Handful of fresh coriander
- 10g toasted coconut chips

Allergens in bold

Dietary symbols | Vegan **VG**

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Halve the **lime**. Make the **peanut sauce**. In a bowl, mix the **peanut butter** with the **juice from half the lime** and 1 tbsp cold water. Set aside.
2. Finely chop the **mushrooms**. In a large BBQ-friendly frying pan heat 1 tsp oil on your grill. Fry the **mushrooms** for 3-5 mins, until softened, then remove from the pan.
3. Drain the **beans**, rinse, then add to a bowl with the **edamame**; roughly mash. Stir in the **cooked mushrooms, miso and half the flour**. Season with black pepper. Form into **4 burgers** and dust with the **remaining flour**.
4. In the same frying pan, heat 2 tsp oil on your grill and cook the **burgers** for 4-5 mins on each side until golden brown.
5. Meanwhile, thinly slice the **mangetout**. Peel the **carrots** and grate. Finely chop the **coriander**. Place the **carrots and mangetout** in a bowl with the **coconut chips, three-quarters of the coriander and half the peanut sauce**. Stir to mix.
6. Serve the **burgers** drizzled with the **remaining peanut sauce**, alongside the **slaw** and topped with the **remaining chopped coriander**. Serve with the **remaining half lime**.



Jerk chicken, rice & edamame

Cals pp 550 | Protein 38g | Carbs 51g | Fat 22g

We deliver

For the jerk chicken

- 1 **chicken stock cube** (celery)
- 500g free-range chicken thighs
- 160g brown rice
- 2 tbsp jerk seasoning
- 1 brown onion
- 150g courgette
- 1 red pepper
- 200g **fresh edamame beans** (soya)

For the lime yoghurt

- ½ lime
- Handful of fresh coriander
- 80g coconut yoghurt

To serve

- ½ lime
- Handful of fresh coriander

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Dissolve the **stock cube** in 50ml boiling water. Rinse the **rice**, then place in a BBQ-friendly saucepan with 800ml salted boiling water. Simmer on the BBQ for 20-25 mins, then drain.
2. Dice the **chicken** into small chunks. Heat a medium, non-stick BBQ-friendly pan with 1 tbsp oil on your grill. Cook the **chicken** for 5-10 mins, until turning golden, then add the **jerk seasoning**.
3. Meanwhile, dice the **onion**, **courgette** and **pepper** into similar-sized pieces. Add these to the pan with the **chicken** and cook for 5 mins, then add the **stock** and simmer for a further 5 mins.
4. Make the **lime yoghurt**. Roughly chop the **coriander**. Halve the **lime**. Add the **yoghurt** to a bowl and mix with the **juice from half the lime**, a **pinch of coriander**, sea salt and black pepper.
5. Check your **chicken** is cooked through by cutting a large piece in half; the flesh should be white and the juices running clear. Cook for longer if necessary. Add the **drained rice**, **edamame** and **half the remaining coriander** to the **chicken** and **vegetables**. Mix together; season with sea salt and black pepper.
6. Serve the **jerk chicken rice** drizzled with the **lime yoghurt**. Garnish with the **remaining coriander** and a **squeeze of lime**.




Free-range
British
chicken

Peri peri pork skewers with maple sweet potatoes

Cals pp 679 | Protein 41g | Carbs 67g | Fat 28g

We deliver

For the peri peri pork

- ½ lime
- 4 pork loins
- 2 tsp peri peri seasoning
- 8 skewers

For the dip

- Handful of fresh coriander
- 80g coconut yoghurt
- 1 tsp chipotle paste

For the sweet potatoes

- 900g sweet potatoes
- 1 tbsp smoked paprika
- 2 tbsp maple syrup

For the salsa

- Handful of fresh coriander
- 120g baby plum tomatoes
- 1 baby cucumber
- ½ lime

For the broccoli

- 180g tenderstem broccoli

Allergens in bold

Please wash all fresh
produce before use

You cook

1. Light your BBQ and get it nice and hot. Peel the **potatoes** and cut into **1cm-thick fries**. Mix the **fries** with 1 tbsp oil, the **paprika**, **maple syrup**, a pinch of sea salt and black pepper, and 1 tbsp water. Place on a BBQ-friendly tray lined with parchment paper, cover with foil and add to the BBQ for 30 mins, until cooked.
2. Make the **salsa**. Roughly chop the **coriander**, keeping a pinch back for the **dip**. Halve the **tomatoes**. Quarter the **cucumber** lengthways, then slice. Halve the **lime**. Mix together the **cucumber**, **tomatoes**, **coriander** and **juice from half the lime**; season with sea salt and black pepper.
3. Cut each **pork loin** into 8 pieces, then add to a bowl with the **peri peri** and a pinch of sea salt. Make the **dip**. In a small bowl, mix together the **yoghurt**, **chipotle** (to taste), **remaining coriander** and 2 tbsp water. Set aside.
4. Thread **4 pork pieces** onto each **skewer**. Cook the **pork kebabs** on the BBQ for 12-15 mins, turning regularly, until golden in colour. Season with sea salt and black pepper. Squeeze the **remaining lime juice** over the **pork**, then transfer to a plate to rest.
5. Meanwhile, oil and season the **broccoli** with sea salt and black pepper. Grill on the BBQ for 5 mins, until cooked but still retaining a slight bite.
6. Serve the **fries**, **broccoli** and **kebabs** with the **chipotle dip** and **salsa**.



Naked beef burger, slaw & hasselbacks

Cals pp 589 | Protein 37g | Carbs 44g | Fat 31g

We deliver

For the burger

- 500g American flavoured beef mince

For the hasselbacks

- 660g jersey royal pearls

For the slaw

- 1 red onion
- 300g red cabbage
- 2 carrots
- 4 garlic cloves
- 1 tbsp balsamic vinegar (sulphites)

To serve

- 1 red onion
- 1 avocado
- 4 eggs (eggs)
- 1 red beef tomato

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Score the **potatoes** 6-7 times each, cutting at least halfway through. Place on BBQ-friendly baking tray and drizzle with ½ tsp oil; season with sea salt and black pepper. Wrap with foil and place on the BBQ for 45 mins, until the **potatoes** are golden and crispy.
2. Shape the **mince** into 4 **burgers**. Place on the BBQ and cook for 15-20 mins, turning regularly, until browned.
3. Slice **half the onion** into rings and thinly slice the **other half**. Thinly shred the **cabbage**. Peel the **carrots** and grate. Finely chop the **garlic**.
4. Make the **slaw**. To a bowl, add the **sliced onion, garlic, carrots, cabbage, vinegar** and 1/2 tsp olive oil. Mix thoroughly; season with sea salt and black pepper.
5. Peel the **avocado**, destone and slice thinly into a fan. Heat a medium, BBQ-friendly, non-stick pan with ½ tsp oil on a medium heat. Crack the **eggs** into the pan and cook to your liking.
6. Slice the **tomato** and serve with the **slaw, potatoes, burgers, fanned avocado** and **fried eggs**. Garnish with the sliced onion rings.



Lentil burger with avocado, salad & tahini VG

Cals pp 578 | Protein 15g | Carbs 62g | Fat 30g

We deliver

For the lentil burger

- 1 red onion
- 3 garlic cloves
- 120g sundried tomatoes
- 10g sunflower seeds
- 4 tbsp buckwheat flour
- 480g lentils in water (drained)
- 1 tbsp Belazu apricot harissa paste

For the roasted carrots

- 6 carrots

For the dressings

- 2 tbsp tahini (sesame)
- 2 tbsp balsamic vinegar (sulphites)

To serve

- 2 avocados
- 1 green living lettuce
- 1 pomegranate

Allergens in bold

Dietary symbols | Vegan VG

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Peel the **carrots**, cut into **thin fries** and place on a BBQ-friendly baking tray. Season, drizzle with $\frac{1}{2}$ tbsp oil and mix. Cover with foil and place on the BBQ for 20-25 mins, until golden and cooked through.

2 Finely dice the **onion** and **garlic**. Roughly chop the **sundried tomatoes**. Heat a dry, BBQ-friendly, medium frying pan on the grill. Add the **sunflower seeds** and cook for 1-2 mins, until toasted, then add $\frac{1}{2}$ tbsp oil, the **onion**, **garlic** and **sundried tomatoes**. Cook for 3 mins, until the **onion** starts to soften, then add the **flour** and cook for a further 2 mins, stirring often. Turn off the heat.

3. Make the **burgers**. Drain the **lentils**, rinse and place into a large bowl. Add the **harissa** and **cooked veg**. Season and mash all together, until soft and binding. Shape into **4 equal-sized burgers** (wet your hands to prevent sticking). Place onto a BBQ-friendly lined tray and cook on the BBQ for 20 mins, turning occasionally.

4. Make the **tahini dressing**. Add the **tahini** to a bowl and gradually mix in 2-3 tbsp water, until it reaches a drizzling consistency; season with a pinch of salt. Make the **balsamic dressing**: to a separate bowl, add the **vinegar** and 1 tbsp olive oil, then mix well.

5. Peel the **avocados**, destone and thinly slice. Cut the **leaves** from the **lettuce head**. Slice the **pomegranate** in half, discarding the white flesh but reserving the **seeds**.

6. Serve the **lettuce** drizzled with the **balsamic dressing**, along with the **fries**, **avocado** and **lentil burgers**. Drizzle with the **tahini dressing**. Sprinkle with the **pomegranate seeds**.



Bavette steak, corn salsa salad & smoky chips

Cals pp 612 | Protein 34g | Carbs 49g | Fat 31g

We deliver

For the steak

- 4 bavette steaks

For the salsa

- 120g baby plum tomatoes
- 1 avocado
- 2 spring onions
- 150g sweetcorn (drained)
- 1 little gem lettuce
- 1 lime

For the chips

- 600g sweet potatoes
- 1 tsp smoked paprika
- 1 tbsp maple syrup

To serve

- 2 tbsp Belazu smoky chimichurri

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Peel the **potatoes** and cut into **1.5cm-thick chips**. Add to a large bowl with the **paprika, maple syrup**, 1 tbsp oil, sea salt and black pepper. Mix to coat then place on a lined, BBQ-friendly baking tray and cover with foil. Cook on the BBQ for 20-30 mins, until golden and cooked through.
2. Meanwhile, make the **salsa**. Quarter the **tomatoes**. Peel the **avocado**, destone and cut into 1cm dice. Thinly slice the **spring onions**. Drain the **sweetcorn**. Quarter the **little gem**, remove the core and thinly slice. Halve the **lime**.
3. In a bowl, mix together the **tomatoes, spring onions, avocado, sweetcorn, little gem, juice from the lime** and 2 tsp olive oil. Lightly season with sea salt and black pepper.
4. Season the **steaks** on both sides with sea salt, then place on the BBQ. Cook until golden brown (as a guide: 2-3 mins on each side for medium-rare or 4-5 mins on each side for well-done). Remove the **steaks** from the pan and leave to rest on a plate before slicing.
5. Serve the **chips, salsa and steaks** with the **smoky chimichurri**.



Stuffed peppers with lentils & almond crumb VG

Cals pp 453 | Protein 13g | Carbs 35g | Fat 29g

We deliver

For the peppers

- 2 red peppers
- 2 yellow peppers
- 2 garlic cloves
- Handful of fresh flat-leaf parsley
- 80g sundried tomatoes
- 60g Belazu naturally ripened pitted black olives
- 480g lentils in water (drained)
- 400g passata
- 1 tbsp dried Italian herbs

For the crumb

- Handful of fresh flat-leaf parsley
- 6 tbsp **ground almonds** (nuts)

For the salad

- 240g baby plum tomatoes
- 1 tbsp **balsamic vinegar** (sulphites)
- 80g mixed salad leaves

Allergens in bold

Dietary symbols | Vegan VG

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Slice the **peppers** in half lengthways and remove the seeds. Place on a BBQ-friendly baking tray, drizzle with 1 tbsp oil and cook on the BBQ for 15 mins, until softening.
2. Meanwhile, finely chop the **garlic**. Roughly chop the **parsley**. Roughly chop the **sundried tomatoes**. Quarter the **olives**. Drain the **lentils** and rinse.
3. Heat a medium BBQ-friendly pan with 1 tbsp oil on a medium heat. Cook the **garlic** for 1 min, then add the **lentils**, **passata**, **dried herbs**, **sundried tomatoes**, **olives** and **three-quarters of the parsley**. Season with sea salt and black pepper. Cook for 5 mins, until thickened.
4. In a small bowl, mix the **almonds** with a pinch of sea salt, black pepper and the **remaining parsley**. Spoon the **lentils** into the **roasted peppers** and sprinkle the **almond crumb** on top. Cover with foil and cook on the BBQ for 10 mins, until the **crumb** turns golden.
5. Meanwhile, halve the **fresh tomatoes**. Mix or whisk the **vinegar** with 1½ tbsp olive oil to make a dressing.
6. Serve the **stuffed peppers** with the **salad leaves** and **tomatoes**. Drizzle the **salad** with the **dressing**.



1-2
Person
Recipe

Spiced chicken kebabs & tomato salad

Cals pp 496 | Protein 47g | Carbs 41g | Fat 15g

We deliver

Serves 2

Halve ingredients for 1

- 80g brown rice
- 2 tbsp Belazu zhoug paste
- 2 free-range chicken breasts
- ½ red onion
- 180g baby plum tomatoes
- 1 tbsp apple cider vinegar (sulphites)
- 2 tsp cumin seeds
- 4 skewers
- ½ tsp turmeric
- 1 tsp ground cumin
- 40g baby spinach

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Rinse the **rice**, then place in a BBQ-friendly saucepan with 600ml boiling water. Simmer for 20–25 mins.
2. In a bowl, mix together the **zhoug paste** with 1 tsp oil. Cut the **chicken** into bite-sized pieces and place into the bowl, coating with the **paste**. Leave to marinate while you make the **salad**.
3. Make the **salad**. Finely slice the **half onion**. Roughly chop the **tomatoes**. Add both to a bowl with the **vinegar**, **cumin seeds** and 1 tsp olive oil.
4. Thread the **chicken** onto the **skewers** and brush with any **remaining zhoug** from the bowl. Add to the BBQ and grill for 10–15 mins, turning regularly until the **chicken** is becoming golden brown. Check the **chicken** is cooked through by cutting a large piece in half; the flesh should be white and the juices running clear. Remove the **chicken kebabs** and keep warm.
5. Drain the **rice**. Heat a BBQ-friendly frying pan with 1 tsp oil on a medium heat. Add the **turmeric** and **ground cumin** to the pan along with the **rice** and **spinach**. Season with black pepper, mix well and cook for 3–4 mins, until the **spinach** has wilted.
6. Serve the **rice** topped with the **chicken kebabs**, and the **tomato salad** on the side.





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Middle Eastern lentils & rice stuffed peppers VG

Cals pp 497 | Protein 13g | Carbs 53g | Fat 26g

We deliver

For the stuffed peppers

- 80g brown rice
- 4 red peppers
- 1 red onion
- 240g lentils in water (drained)
- 2 tbsp Mindful Chef Middle Eastern spice mix
- 60g sultanas
- Handful of fresh mint
- Handful of fresh dill

For the herby yoghurt

- Handful of fresh mint
- Handful of fresh dill
- 160g coconut yoghurt

For the sides

- 300g tenderstem broccoli
- 1 tbsp Belazu chermoula

To serve

- 40g flaked almonds (nuts)

Allergens in bold

Dietary symbols | Vegan VG

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Rinse the **rice**, then place in a BBQ-friendly saucepan with 800ml lightly salted boiling water. Simmer for 20–25 mins, then drain and set aside.
2. Meanwhile, cut the **peppers** in half lengthwise and deseed (leave the stalks on). Place the **peppers** on a lined BBQ-friendly baking tray, cover with foil and cook on the BBQ for 15 mins, until they are soft but still have a slight bite.
3. Finely dice the **onion**. Drain the **lentils** and rinse. Heat a large BBQ-friendly frying pan with 2 tbsp oil on a medium heat, add the **onion** and fry for 5 mins, until golden. Add the **spice mix**, **lentils**, **sultanas** and **rice** and cook for a further minute. Season with sea salt and pepper; turn off the heat and set aside. Chop the **mint** (removing the stalks) and **dill**. In a small bowl, mix a **quarter of the herbs** with the **yoghurt**. Mix the **remaining herbs** into the **rice mix**.
4. Spoon the **rice mix** into each **half pepper**. Keep warm on the BBQ.
5. BBQ the **broccoli** for 2–3 mins on each side, until cooked but still retaining a slight bite. Transfer to a bowl and toss with the **chermoula**. Season with sea salt and black pepper.
6. Serve the **peppers** with the **broccoli** and **herby yoghurt**. Garnish with the **flaked almonds**.



1-2
Person
Recipe

Harissa roasted aubergine with garlic & chilli chicken

Cals pp 505 | Protein 36g | Carbs 32g | Fat 26g

We deliver

Serves 2

Halve ingredients for 1

- 1 aubergine
- 2 tsp harissa paste
- 300g baby white potatoes
- 1 red chilli
- 2 garlic cloves
- Handful of fresh coriander
- 300g free-range chicken thighs
- 1 baby cucumber
- 1 tbsp basil pesto

Allergens in bold

Please wash all fresh
produce before use

You cook

1. Light your BBQ and get it nice and hot. Halve the **aubergine** and score its flesh. Mix 1/2 tbsp oil with **half the harissa**, then rub into the **aubergine flesh**. Season with sea salt and pepper, then cook on the BBQ for 15-20 mins, turning occasionally. Halve the **potatoes** lengthways, then score lines into the rounded side. Cook on the BBQ for 30 mins, turning occasionally. Season with sea salt and pepper.
2. Thinly slice the **chilli**. Finely chop or crush the **garlic**. Finely chop the **coriander**. Dice the **cucumber**.
3. In a bowl, mix the **chicken** with the **garlic**, **remaining harissa**, **half the chilli**, **half the coriander** and 1/2 tbsp oil. Cook on the BBQ for 15-20 mins, until the **chicken** is cooked and its juices are running clear.
4. Slice the **chicken**. In a bowl, mix the **pesto** with 1/2 tbsp olive oil.
5. Serve the **harissa aubergine** topped with the **garlic chicken**. Serve the **potatoes** alongside, drizzled with **pesto**. Garnish with the **cucumber**, **remaining chilli** and **remaining coriander**.



Free-range
British
chicken

1-2
Person
Recipe

Monkfish, crushed potatoes & lime-chive sauce

Cals pp 532 | Protein 30g | Carbs 43g | Fat 26g

We deliver

Serves 2

Halve ingredients for 1

- 200g large white potato
- 1 parsnip
- 1 shallot
- 2 garlic cloves
- Handful of fresh chives
- 1 lime
- 1 **vegetable stock cube** (celery)
- 80g **almond yoghurt** (nuts)
- 280g **diced monkfish tail** (skin off) (fish)
- 2 tbsp basil pesto
- 30g samphire
- 180g green beans

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Peel the **potato** and **parsnip** and dice into small cubes. Place in a BBQ-friendly pan, cover with lightly salted boiling water and boil for 20 mins, then drain and mash with 1 tbsp olive oil, sea salt and black pepper. Dissolve the **stock cube** in 100ml water.
2. Finely dice the **shallot** and **garlic**. Finely chop the **chives**. Quarter the **lime**.
3. Heat a medium, BBQ-friendly, non-stick pan with 1 tbsp oil on a medium-high heat. Add the **samphire** and cook for a minute, then transfer to a plate. To the same pan, add the **shallot** and **garlic**, and cook for 3 mins. Add the **stock** and simmer for 3 mins, then add the **yoghurt** and **pesto**. Simmer for 5 mins, then add the **juice from 2 lime wedges**.
4. Add the **monkfish** and **half the chives** to the **sauce**. Simmer for 10 mins, until the **monkfish** is cooked through.
5. Trim the **beans** and place into a BBQ-friendly pan of boiling water. Cook for 5 mins, then drain and season with sea salt and black pepper.
6. Serve the **creamy pesto monkfish** with the **mash** and **beans**. Garnish with the **samphire**, **remaining chives** and **lime wedges**.




Sustainably
sourced
fish

1-2
Person
Recipe

Honey mustard rump steak & onion rings

Cals pp 645 | Protein 35g | Carbs 46g | Fat 36g

We deliver

Serves 2

Halve ingredients for 1

- 200g large white potato
- 2 carrots
- 80g coconut yoghurt
- 2 tbsp honey
- 1 tbsp **wholegrain mustard (mustard)**
- 1 garlic clove
- 1 brown onion
- 1 tsp cornflour
- 2 rump steaks
- 160g baby spinach

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Peel the **potatoes** and **carrots**, then cut into **thin fries**. Place on a BBQ-friendly baking tray and drizzle with 1 tsp oil; season with sea salt and black pepper. Mix together, cover in foil and cook on the BBQ for 35 mins, until golden, turning halfway through.
2. Make the **dip**. Add the **yoghurt** to a bowl with **half the honey** and **half the mustard**. Finely chop or crush the **garlic** and add to the bowl. Season with sea salt and black pepper and mix together. Set aside.
3. Slice **half the onion** into thick rings and add to a bowl with the **cornflour**; toss to coat. Finely dice the **remaining onion**.
4. Season the **steaks** on both sides with sea salt. Cook on the BBQ until golden brown (as a guide: 2-3 mins on each side for medium-rare or 4-5 mins; on each side for well-done). While the **steaks** are cooking, place the **onion rings** to cook in a BBQ-friendly pan on the grill for 5 mins, until crispy. Remove the **steaks** and **onion rings** from the BBQ and leave to rest on a plate. Brush the **steaks** with the **remaining honey** and **mustard**.
5. To a BBQ-friendly pan, add the **diced onion** and cook for 3 mins. Add the **spinach** and cook for a further 3 mins, until wilted. Season with sea salt and pepper.
6. Slice the **steaks** and serve with the **fries**, **onion rings** and **wilted spinach**. Serve with the **garlic dip**.



1-2
Person
Recipe

Lamb steak, crushed jersey royals, peas & mint

Cals pp 661 | Protein 39g | Carbs 43g | Fat 36g

We deliver

Serves 2

Halve ingredients for 1

- 1 **chicken stock cube** (celery)
- 330g jersey royal pearls
- 150g fresh peas
- Handful of fresh mint
- 2 tbsp **red wine vinegar** (sulphites)
- 1 tsp honey
- 100g spring greens
- 3 spring onions
- 2 garlic cloves
- 120g baby plum tomatoes
- 2 lamb leg steaks
- 10g capers

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Dissolve the **stock cube** in 150ml boiling water. Quarter the **potatoes**, place into a saucepan and cover with salted boiling water. Boil for 12 mins, then add the **peas** and boil together for a further 4 mins. Drain and return to the saucepan.
2. Meanwhile, make the **mint sauce**. Finely chop the **mint leaves** and add to a bowl with the **vinegar**, 2 tbsp cold water and 1 **tsp honey**. Mix and set aside.
3. Thinly slice the **spring greens**. Thinly slice the **spring onions**. Finely chop the **garlic**. Halve the **tomatoes**.
4. Season the **lamb**, then BBQ for 2 mins on each side, until turning golden. Transfer the **steaks** to a BBQ-friendly dish, add the **garlic** and cook for a further 30 seconds. Pour the **stock** in and cook (5 mins for medium-rare or 8-10 mins for well-done). Remove when cooked to your liking.
5. Add the **spring onions** to the **peas** and **potatoes**. Drizzle with 2 tsp oil and season with a pinch of sea salt and black pepper. Lightly crush. Keep warm.
6. Heat a BBQ-friendly frying pan with 2 tsp oil. Add the **spring greens**, cook for a minute, then add a splash of water; keep cooking until softened. Add the **tomatoes** to one side of the pan for the final minute to warm through.
7. Serve the **lamb steaks** with the **potatoes**, **spring greens** and **tomatoes**. Finish with the **gravy**, a **drizzle of mint sauce** and the **capers**.



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Tofu skewers, pak choi & zingy potato salad **VG**

Cals pp 470 | Protein 27g | Carbs 38g | Fat 24g

We deliver

Serves 2

Halve ingredients for 1

- 300g baby white potatoes
- 4cm fresh ginger
- 1 red chilli
- 2 spring onions
- 1 pak choi
- 2 tbsp deep roast peanut butter (peanuts)
- 2 tbsp tamari (soya)
- 300g firm tofu (soya)
- 4 skewers
- 2 tsp maple syrup
- 1 lime

Allergens in bold

Dietary symbols | Vegan **VG**

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Halve the **potatoes**, place into a BBQ-friendly saucepan and cover with lightly salted boiling water. Simmer for 10-15 mins, until tender, then drain.
2. Peel the **ginger** and finely chop. Finely chop the **chilli** (remove the seeds for less heat). Finely slice the **spring onions**. Cut the **pak choi** in half lengthways and rub with ½ tbsp oil.
3. Make the **satay sauce**. In a small bowl, mix the **peanut butter** with **half the tamari** and 1-2 tbsp cold water to make a smooth sauce.
4. Drain the **tofu**, pat dry with paper towel, then cut into 2cm cubes. Add ½ tbsp oil, mix and thread the **tofu** onto the **skewers**. Cook the **tofu skewers** on the BBQ for 10 mins, turning occasionally, until becoming golden. Pour over the **maple syrup** and **remaining tamari** and cook for a further 5 mins.
5. Cook the **pak choi** on the BBQ for 2-5 mins on each side, until softened.
6. Halve the **lime**. In a bowl, mix the **potatoes**, **ginger**, **chilli**, **spring onions** and the **juice from half the lime**. Season with sea salt.
7. Serve the **tofu skewers** with the **potatoes**. Drizzle over the **satay sauce** and the **remaining lime juice**.



Honey & harissa turkey skewers with quinoa

Cals pp 532 | Protein 52g | Carbs 50g | Fat 13g

We deliver

For the skewers

- 600g free-range diced turkey breast
- 2 tbsp rose harissa paste
- 2 tbsp honey
- 80g coconut yoghurt
- 8 skewers

For the quinoa

- 160g quinoa
- 150g courgette
- 2 red peppers
- 150g sweetcorn (drained)

For the salad

- 1 green living lettuce
- 2 baby cucumbers
- 180g baby plum tomatoes
- 1 tbsp balsamic vinegar (sulphites)

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Rinse the **quinoa**, then place in a BBQ-friendly saucepan with 600ml lightly salted boiling water. Simmer for 15 mins, then drain.
2. In a bowl, mix the **turkey** with the **harissa**, **honey** and **yoghurt**. Season with sea salt and black pepper. Thread the **turkey pieces** onto **skewers** and place on the BBQ, brushing the **remaining marinade** over the **turkey**. Cook for 15–20 mins, until the **turkey** is cooked and its juices run clear.
3. Meanwhile, dice the **courgette** and **peppers**. Drain the **sweetcorn**. Heat a medium, BBQ-friendly pan with 1 tbsp oil on your grill, then fry the **peppers** and **sweetcorn** for 3–5 mins. Add the **courgette** and cook for a further 2–3 mins, until softened. Add the **cooked quinoa** and mix, then season with sea salt and black pepper. Cover to keep warm.
5. Make the **salad**. Cut the **salad leaves** from the head. Quarter the **cucumbers** lengthways, then thinly slice. Halve the **tomatoes**. Mix all in a bowl with 1 tbsp olive oil and the **vinegar**.
6. Serve the **turkey skewers** with the **vegetable quinoa** and **salad**.




Free-range
British
turkey

Lamb koftas with roasted veggie rice & salad

Cals pp 627 | Protein 33g | Carbs 51g | Fat 33g

We deliver

For the koftas

- 2 garlic cloves
- 500g lamb mince
- 2 tbsp Mindful Chef Middle Eastern spice mix
- 4 skewers

For the rice

- 160g brown rice
- 2 red onions
- 300g courgettes
- 180g heritage cherry tomatoes

For the salad

- 1 romaine lettuce
- 2 baby cucumbers
- ¾ lemon

For the harissa dip

- 80g coconut yoghurt
- 2 tbsp Belazu apricot harissa paste
- ¼ lemon

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil a kettle. Rinse the **rice**, then place in a BBQ-friendly saucepan with 600ml lightly salted boiling water. Simmer for 20–25 mins, then drain.
2. Dice the **onions** into bite-sized pieces. Slice the **courgettes** into half-moons. Place both onto a large, BBQ-friendly baking tray, drizzle with 1 tbsp oil and season with sea salt and black pepper. Cook on the BBQ for 15 mins, turning occasionally.
3. Make the **lamb koftas**. Finely chop or crush the **garlic**, then place into a bowl with the **mince** and **spice mix**. Season with sea salt and black pepper. Mix well, then roll into 12 equal-sized balls. Thread **3 koftas** onto each **skewer**. Place the **koftas** on the BBQ for 15–20 minutes, rotating occasionally until cooked through.
4. Meanwhile, halve the **tomatoes** and add to the **onions** and **courgettes** for the last 10 mins of cooking time.
5. Cut the **tomatoes** in half. Add to the **onions** and **courgettes**, cooking all together for the last 10 mins. Make the **harissa dip**. In a bowl, mix the **yoghurt** and **harissa** (to taste). Cut the **lemon** into quarters, then **squeeze in the juice from 1 quarter**. Season with sea salt.
6. Make the **salad**. Thinly slice the **lettuce** and **cucumber**; place into a bowl. Drizzle with 1 tbsp olive oil and a **squeeze of lemon juice**.
7. Stir the **roasted vegetables** through the **cooked rice**. Serve the **rice** with a **lamb skewer** over the top, and the **salad** and **harissa yoghurt** on the side.



Free-range
British lamb

Butternut & lentil burger with mushroom sauce VG

Cals pp 531 | Protein 17g | Carbs 80g | Fat 15g

We deliver

For the burgers

- 800g butternut squash
- 250g black beluga lentils
- ¾ red onion
- 2 garlic cloves
- 180g chestnut mushrooms
- 1 leek
- Handful of fresh flat-leaf parsley
- 1 tbsp dried Italian herbs
- 40g whole oats (gluten-free)

For the mushroom sauce

- ¼ red onion
- 60g chestnut mushrooms
- 200ml cashew cream (nuts)
- 1 tbsp wholegrain mustard (mustard)

For the sides

- 160g quinoa
- 300g green beans

Allergens in bold

Dietary symbols | Vegan VG

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Peel the **squash** (500g diced weight) and cut into 1cm dice. Mix on a BBQ-friendly tray with ½ tbsp oil, a pinch of sea salt and black pepper. Cover with foil and cook on the BBQ for 20 mins, until soft and cooked.
2. Finely dice the **onion** and **garlic**. Finely chop the **mushrooms**. Heat a medium BBQ-friendly pan with 1 tbsp oil on a medium heat. Add the **onion** and **mushrooms** and cook for 3–5 mins, until softened, then transfer a **quarter of the mix** into a bowl and set aside.
3. Meanwhile, finely chop or crush the **garlic**. Finely slice the **leek** into half-moons. Finely chop the **parsley**. Add the **garlic** and **leek** to the **remaining mushroom mix** and cook for a further 5 mins, then transfer to a large bowl. Add the **squash** and **lentils** and mash well, then stir in the **Italian herbs**, **oats** and **half the parsley**. Season with sea salt and black pepper. Shape equally into 8 patties. Place on a lined BBQ-friendly tray and cook on the BBQ for 15–20 mins, turning halfway.
4. Rinse the **quinoa**, then place in a BBQ-friendly saucepan with 600ml lightly salted boiling water. Simmer for 15 mins, then drain.
5. Put the **reserved mushroom mix** back in the pan on your BBQ. Add the **cashew cream** and **mustard**; heat through. Simmer for 5 mins. Meanwhile, bring a BBQ-friendly pan of salted water to the boil. Trim the **beans** and place in the pan, boil for 3–4 mins, then drain.
6. Serve the **green beans** with the **patties** and top with the **mushroom cream sauce**. Garnish with the **remaining parsley**.





Live BBQ cook along with Myles & Giles

Fire up the grill and join us on **May 26th at 7pm** as we cook up our BBQ Special Smoky pork kebabs, green beans & herby rice. Make sure you pop it in your box to cook with us!



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