

JUNE 2021

Mindful Chef

Your ultimate BBQ guide



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



Mindful Chef Founders Myles & Giles

Fire up the grill

Your second collection of BBQ recipes are here – hot off the coals.


Ready for round two? We've got lots of flavours in store for you! Enjoy free-range British pork ribeye with miso-honey BBQ sauce, or tender spring lamb with a mind-blowing mint sauce you can whip up in seconds. For the veggies out there, we're turning up the heat on South American flavours, with blackbean and jackfruit burgers and cajun-spiced tofu.

Every dish we feature has that brilliant summer twist: you can cook it on the BBQ or – should our British weather not quite cooperate – in the kitchen. If rain stops play, just swap these instructions for the usual printed recipe magazine in your box.

Get ready to celebrate as summer heats up and restrictions ease. And if you're inviting friends round? Don't miss page X, where we show how to pop extra portions in your box.

Happy grilling,

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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Picture- Perfect



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 5 top 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. Happy grilling!

1-2
Person
Recipe

Pesto chicken with hasselback potatoes & salad

Cals pp 458 | Protein 46g | Carbs 34g | Fat 16g

We deliver

Serves 2

Halve ingredients for 1

- Handful of fresh thyme
- 300g baby white potatoes
- 1 lemon
- 2 free-range chicken breasts
- 2 tbsp basil pesto
- 1 baby cucumber
- Handful of fresh chives
- 1 little gem lettuce
- 120g baby plum tomatoes

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Remove the **thyme leaves** from their stalks, then finely chop.
2. Prepare the **hasselback potatoes**. Cut thin slices into each **potato**, being careful not to cut right down to the bottom. In a large bowl, mix the **thyme**, **potatoes** and $\frac{1}{2}$ tbsp oil with sea salt and black pepper. Transfer to a BBQ-friendly baking tray, cover with foil and cook on the BBQ for 25–30 mins, until golden.
3. Zest and quarter the **lemon**. In a BBQ-proof dish, mix the **chicken**, **pesto** and **zest**. Place on the BBQ for 20 mins, until cooked through. Check your **chicken** is cooked through by inserting a skewer into the thickest part of the meat; the juices should run clear. Cook for longer if necessary. Char on the BBQ for the last 3–4mins.
4. Meanwhile, make the **salad**. Slice the **cucumber**. Finely chop the **chives**. Shred the **little gem**. Halve the **tomatoes**. Add all to a large bowl with the **juice from 2 lemon wedges** and 1 tsp oil. Mix to combine.
5. Serve the **pesto chicken** with the **hasselback potatoes**, **salad** and **remaining lemon wedges**.


Free-range
British
chicken



1-2
Person
Recipe

Roasted cod with caponata & lemon drizzle

Cals pp 531 | Protein 41g | Carbs 44g | Fat 20g

We deliver

Serves 2

Halve ingredients for 1

- 1 aubergine
- 150g courgette
- 100g **celery (celery)**
- Handful of fresh flat-leaf parsley
- 240g chickpeas (drained)
- 1 garlic clove
- 20g raisins
- 2 tbsp **red wine vinegar (sulphites)**
- 200g passata
- 1 lemon
- 2 **cod fillets (skin off) (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. Dice the **aubergine** and **courgette** into 1cm cubes. Place on a lined, BBQ-friendly baking tray, drizzle with 1 tbsp oil and season with black pepper. Cook on the BBQ for 25 mins, until softened and golden.
2. Peel the outer strings off the **celery**, then slice on an angle. Place in a bowl and cover with boiling water. Leave for 1 min, then drain and set aside.
3. Finely chop the **parsley**. Drain the **chickpeas** and rinse. Finely chop the **garlic**.
4. Heat a medium BBQ-friendly pan with 1 tbsp oil on a medium heat. Add the **garlic**, **chickpeas** and **raisins** and cook for 3-5 mins. Add the **vinegar** and reduce slightly, then add the **passata**. Rinse the passata carton out with 50ml water and add to the pan. Simmer for 10 mins, then add **half the parsley** and season with black pepper.
5. Zest the **lemon**, then halve. Mix the **zest** with the **juice from half the lemon** in a bowl. Place the **cod** onto another lined, BBQ-friendly baking tray, season with black pepper and pour over the **zesty juice**. Place on the BBQ for 10-12 mins, until cooked through. Add the **celery** to the tray for the last few mins of cooking to warm through.
6. Serve the **chickpea tomato sauce** topped with the **aubergine**, **courgette** and **cod**. Scatter the **celery** around the dish. Garnish with the **remaining parsley** and **lemon juice**.


Sustainably
sourced
fish



1-2
Person
Recipe

Korean glazed BBQ pork with Asian jewelled rice

Cals pp 631 | Protein 39g | Carbs 56g | Fat 28g

We deliver

Serves 2

Halve ingredients for 1

- 80g brown rice
- 1 red pepper
- 1 pak choi
- 2 tbsp honey
- 1 tbsp white miso paste (soya)
- 2 tbsp rice wine vinegar (sulphites)
- 1 tsp smoked paprika
- ½ tsp shichimi togarashi (sesame)
- 1 tbsp tamari (soya)
- 50g fresh edamame beans (soya)
- 2 free-range pork ribeye steaks
- 50g kimchi (soya)

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 on the BBQ for 20-25 mins, then drain.
2. Dice the **pepper** into 1.5cm cubes. Cut away the root from the **pak choi**, then slice into bite-sized pieces.
3. Make the **sauce**. In a bowl, mix together the **honey, miso, vinegar, paprika, shichimi togarashi** and **tamari**.
4. When the **rice** has been cooking for 15 mins or so, heat a medium BBQ-friendly pan with 1 tbsp oil on a medium-high heat. Add the **pepper** and cook for 3 mins to soften, then add the **pak choi**. Cook on the BBQ for 2 mins before adding the **cooked rice** and **edamame**. Cook for a further 2 mins to heat through. Then place a lid on to keep warm.
5. Cook the **pork**. Heat a medium, non-stick, BBQ-friendly pan with 1 tsp oil on a medium-high heat. Sear the **pork** on both sides for 4 mins, until golden. Add the **sauce** and cook for 2-3 mins, until slightly reduced, thick and glossy.
6. Slice the **pork**, then drizzle with the **remaining sauce**. Serve with the **rice** and **kimchi**.



Free-range
British pork

1-2
Person
Recipe

Mexican steak & eggs with black bean salsa

Cals pp 614 | Protein 47g | Carbs 40g | Fat 31g

We deliver

Serves 2

Halve ingredients for 1

- 2 Mexican-style bavette steaks
- 2 spring onions
- Handful of fresh coriander
- 1 lime
- 120g baby plum tomatoes
- 150g sweetcorn (drained)
- 240g black beans (drained)
- 1 tsp smoked paprika
- 1 tsp maple syrup
- 2 **eggs (eggs)**
- 1 tsp rose harissa paste

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Season the **steaks** with sea salt, then 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). Remove the **steaks** and leave to rest on a plate before slicing.
2. Meanwhile, thinly slice the **spring onions**. Finely chop the **coriander**. Zest the **lime** and quarter. Quarter the **tomatoes**.
3. Drain the **sweetcorn**. Drain the **black beans** and rinse. Add both to a large bowl with the **tomatoes**, **coriander** (keep a pinch back for garnish), **spring onions**, **lime zest**, the **juice from 2 lime wedges**, **paprika**, **maple syrup** and 1 tsp olive oil. Season with sea salt and black pepper; mix.
4. In a medium, BBQ-friendly pan, heat 1 tsp oil. Fry the **eggs**.
5. In a bowl, mix the **harissa** with 1 tbsp water.
6. Serve the **bean salsa** topped with the **sliced steaks** and **fried eggs**. Drizzle over the **harissa dressing**; garnish with the **remaining coriander**.



Chicken with pesto pea mash & charred asparagus

Cals pp 492 | Protein 34g | Carbs 33g | Fat 24g

We deliver

For the chicken

- 500g free-range chicken thighs
- 240g baby plum tomatoes

For the pesto pea mash

- 600g baby white potatoes
- 150g fresh peas
- 4 spring onions

For the pesto dressing

- 4 tbsp basil pesto
- 20g capers

For the charred asparagus

- 140g asparagus
- 160g baby spinach

To serve

- 20g 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. Drizzle the **chicken** with $\frac{1}{2}$ tbsp oil; season with sea salt and black pepper. BBQ for 20–25 mins, until golden and cooked through. Check your **chicken** is cooked through by inserting a skewer into the thickest part of the meat; the juices should run clear. Cook for longer if necessary.
2. Quarter the **potatoes**, place in a large BBQ-friendly saucepan and cover with lightly salted boiling water. Simmer for 15 mins, until almost cooked, then add the **peas**. Cook for a further 5 mins, then drain. Return to the saucepan, add $\frac{1}{2}$ tbsp oil and season with sea salt and black pepper. Lightly crush with a fork.
3. Place the **pesto** into a small bowl with 1 tbsp oil, 2–3 tbsp cold water and **half the capers**. Mix well and reserve for later.
4. Place the **tomatoes** on a BBQ-friendly tray. Place on the BBQ to cook for 10 mins, turning occasionally, until the **tomatoes** have softened. Drizzle the **asparagus** with 1 tbsp oil and place on the BBQ. Cook for 3–5 mins, until soft and slightly charred.
5. Meanwhile, heat a medium BBQ-friendly frying pan. Add the **spinach** and 1 tbsp water, then cook for 1 min, until wilted. Add the **cooked asparagus** and cover to keep warm.
6. Thinly slice the **spring onions**. Add to the **pea and potato mash**, followed by **half the pesto**. Stir through. Slice the **chicken**.
7. Serve the **chicken** over the **mash**, with the **asparagus** and **spinach** on the side. Scatter the **tomatoes** and **remaining capers**, then drizzle with the **remaining pesto**.



 Free-range
British
chicken

Mexican pork patties, sweet potato & avo salsa

Cals pp 588 | Protein 33g | Carbs 55g | Fat 27g

We deliver

For the roasted sweet potatoes

- 600g sweet potatoes

For the pork

- 1 lime (zest)
- 500g free-range pork mince
- 2 tbsp Mindful Chef Mexican spice mix
- ½ tbsp chipotle paste

For the chipotle yoghurt

- Handful of fresh coriander
- ½ tbsp chipotle paste
- 160g almond yoghurt (nuts)

For the avo salsa

- 1 lime (juice & zest)
- Handful of fresh coriander
- 150g sweetcorn (drained)
- 4 spring onions
- 1 red chilli
- 2 avocados
- 180g baby plum tomatoes

To serve

- 1 lime (juice)

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 **thick fries**. Mix together with sea salt, black pepper and ½ tbsp oil. Place on a lined BBQ-friendly baking tray, cover with foil, then cook on the BBQ for 25-30 mins, until golden in colour and cooked through.

2. Make the **patties**. Zest the **limes** and quarter. In a bowl, mix the **pork, spice mix, half the lime zest** and ½ **tbsp chipotle**; season with sea salt and black pepper. Shape into **4 equal-sized patties**, 1.5cm-thick, and set aside.

3. Make the **chipotle yoghurt**. Finely chop the **coriander**. In a bowl, mix the **remaining chipotle, yoghurt** and a **pinch of coriander**.

4. Make the **avocado salsa**. Drain the **sweetcorn**. Thinly slice the **spring onions**. Finely chop the **chilli** (remove the seeds for reduced heat). Peel the **avocado**, destone and cut into chunks. Quarter the **tomatoes**. Add all to a large mixing bowl along with the **remaining lime zest, the juice from 1 lime** and the **remaining coriander**. Season with sea salt and black pepper; mix with ½ tbsp olive oil.

5. Place the **pork patties** on the BBQ. BBQ for 10 mins on each side, until golden and cooked all the way through.

6. Serve the **potato wedges** with the **burger** and **avocado salsa**. Garnish with the **lime wedges** and serve the **chipotle dip** on the side.



Steak with Asian sesame noodles & edamame

Cals pp 666 | Protein 41g | Carbs 55g | Fat 32g

We deliver

For the steak

- 4 denver steaks

For the rice

- 160g brown rice
- 5 carrots
- 4 spring onions
- 200g fresh edamame beans (soya)
- 2 tbsp sesame oil (sesame)
- 1 tsp black sesame seeds (sesame)

For the tamari dressing

- 1 lime
- 2 tbsp tamari (soya)

To serve

- 1 tsp black sesame seeds (sesame)

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** and place in a BBQ-friendly saucepan with 800ml lightly salted boiling water. Simmer for 25–30 mins, until cooked.
2. Season the **steaks** with sea salt and black pepper on both sides, then place on the BBQ. Cook until golden (as a guide: 2–3 mins on each side for medium-rare or 4–5 mins on each side for well-done). Remove and leave to rest (cover to keep warm), then thinly slice.
3. Peel the **carrots** and grate. Thinly slice the **spring onions**. Place in a large bowl with the **edamame**, **sesame oil** and **half the sesame seeds**.
4. Make the **tamari dressing**. In a small bowl, mix the **tamari**, 2 tbsp cold water and the **juice from the lime**.
5. Drain the **rice** and rinse under cold water to cool. Add to the bowl with the **veggies** and mix to combine.
6. Serve the **rice** topped with the **steaks** and sprinkled with the **remaining sesame seeds**. Pour over the **dressing**.



Grass-fed
British beef

1-2
Person
Recipe

Spicy romesco baked chicken with grilled veg

Cals pp 522 | Protein 38g | Carbs 34g | Fat 26g

We deliver

Serves 2

Halve ingredients for 1

- ½ **chicken stock cube** (celery)
- 300g baby white potatoes
- 1 red onion
- 300g free-range chicken thighs
- 2 tbsp Belazu romesco
- 2 tsp peri peri seasoning
- 1 red pepper
- 150g courgette

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 a jug with 150ml boiling water. Halve the **potatoes** lengthways, add to a BBQ-friendly pot and fill with water. Boil on the BBQ for 10 mins, then drain.
2. Slice the **onion** into 12-16 wedges. In a bowl, mix the **potatoes** and **onion** with 1 tbsp oil; season with sea salt and black pepper. Place into a BBQ-proof dish, leaving room in the centre for the **chicken**.
3. In the same bowl, mix the **chicken**, **romesco** and **peri peri** together, then transfer to the centre of the BBQ-proof dish. Pour in the **stock**, cover with foil and cook on the BBQ for 30 mins. Check your **chicken** is cooked through by inserting a skewer into the thickest part of the meat; the juices should run clear. Cook for longer if necessary.
4. Meanwhile, cut the **pepper** into bite-sized chunks and slice the **courgette** on an angle. Drizzle both with 1 tsp oil and lightly season with sea salt and black pepper. Grill on the BBQ until softened and starting to char.
5. Stir the **grilled veg** through the **chicken** and serve.



1-2
Person
Recipe

Roast trout, green beans & lemon vinaigrette

Cals pp 544 | Protein 42g | Carbs 37g | Fat 27g

We deliver

Serves 2

Halve ingredients for 1

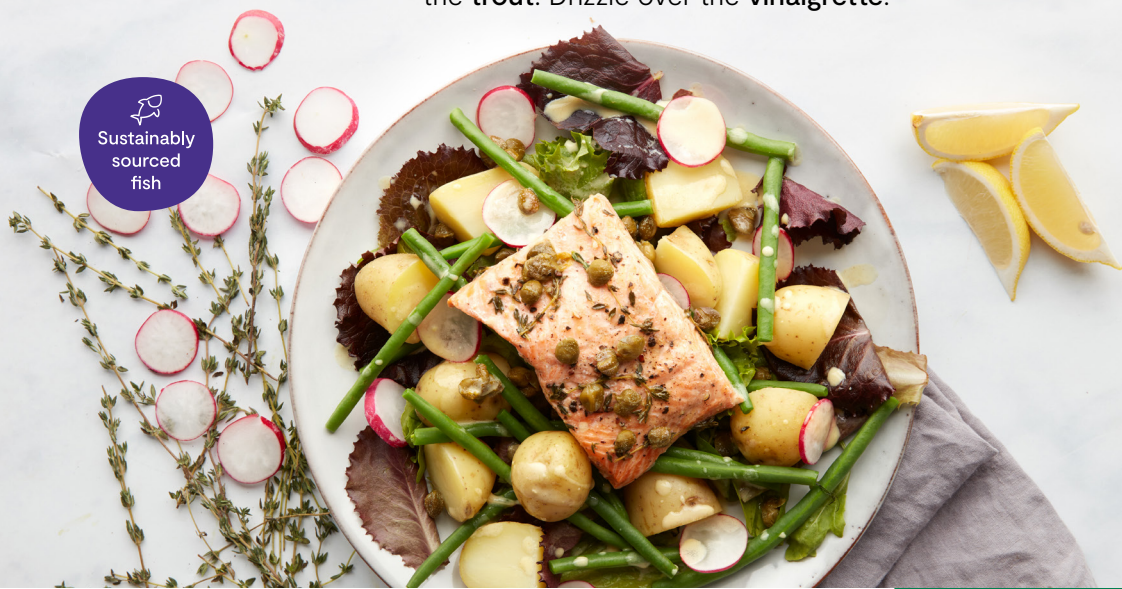
- 180g green beans
- 300g baby white potatoes
- 2 garlic cloves
- Handful of fresh thyme
- 1 lemon
- 60g radishes
- 2 trout fillets (skin off) (fish)
- 20g capers
- 1 tsp dijon mustard (mustard)
- 40g mixed salad leaves

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**. Quarter the **potatoes**.
2. Place the **potatoes** into a BBQ-friendly saucepan and cover with boiling water. Simmer for 15 mins, then add the **beans** and cook for a further 5 mins, until the **vegetables** are tender. Drain.
3. Meanwhile, finely chop or crush the **garlic**. Remove the **thyme leaves** from their stalks. Zest **half the lemon**. Thinly slice the **radishes**.
4. Season the **trout** with black pepper. Place the **trout** in a foil or baking paper parcel. Sprinkle over the **zest, capers, thyme leaves** and **garlic**. Drizzle over 1 tbsp oil and **half the juice from the lemon**. Place on the BBQ for 12-15 mins, until the **trout** is cooked through.
5. Make the **lemon vinaigrette**. Add the **mustard** (to taste), **remaining lemon juice** (to taste) and 1 tbsp olive oil to a small bowl. Season with black pepper; mix or whisk until combined.
6. Serve the **mixed salad leaves**. Scatter the **potatoes, beans** and **sliced radishes** over the **leaves** and top with the **trout**. Drizzle over the **vinaigrette**.



Sustainably
sourced
fish

It's party time

How to feed a crowd with
our crowd-pleasing recipes

If you've got your friends coming over
- add another portion to your box!

- ✓ Log in and choose your delivery date
- ✓ Find your BBQ recipe
- ✓ Click on the + symbol to add more portions
- ✓ And we're on our way



Add extra portions at:
[mindfulchef.com](https://www.mindfulchef.com)

Look out for the + symbol



1-2
Person
Recipe

Pork loin & harissa bake with mashed potato

Cals pp 604 | Protein 41g | Carbs 55g | Fat 24g

We deliver

Serves 2

Halve ingredients for 1

- 400g large white potatoes
- 1 **chicken stock cube** (celery)
- 1 red onion
- 2 garlic cloves
- 2 carrots
- 2 free-range pork loins
- Handful of fresh thyme
- 1 tsp smoked paprika
- 200g passata
- 2 tsp rose harissa paste
- 140g British asparagus
- 2 tsp **dijon mustard** (mustard)

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 **potatoes** and dice into 2cm cubes. Place into a saucepan, cover with boiling water and simmer for 15 mins, until softened. Drain and mash.
2. Meanwhile, dissolve the **stock cube** in a jug with 200ml boiling water. Finely dice the **onion** and **garlic**. Peel the **carrots** and dice into small 2cm pieces.
3. Season the **loins** with sea salt and black pepper and cook on the BBQ for 2 mins on each side. When golden on the outside, but not cooked through, transfer to a plate.
4. Heat a BBQ-friendly frying pan with 1 tsp oil on the BBQ. Add the **onion**, **garlic** and **carrots**, then cook for 3-4 mins, until softening. Remove the **thyme leaves** from their stalks and add to the pan.
5. Add the **paprika** to the pan, cook for 30 seconds, then add the **passata**, **harissa** and **stock**. Stir, simmer for 3 mins, then transfer to a BBQ-proof dish and place the **pork** on top. Cover with foil and cook for 10-12 mins, or until the **pork** is cooked through.
6. Trim the **asparagus**. Mix the **asparagus** in a bowl with 1 tsp oil; season with sea salt and black pepper. Cook on the BBQ for 6-8 mins, until roasted, turning halfway through.
7. Season the **mash** with sea salt and black pepper, then stir through the **mustard**. Serve with the **sauce**, **pork** and the **roasted asparagus**.



Free-range
British pork



1-2
Person
Recipe

Spring lamb, asparagus & roasted jersey royals

Cals pp 577 | Protein 35g | Carbs 45g | Fat 29g

We deliver

Serves 2

Halve ingredients for 1

- 330g jersey royal pearls
- 2 carrots
- ½ shallot
- Handful of fresh mint
- 4 tbsp **red wine vinegar** (sulphites)
- 1 tsp honey
- 1 **vegetable stock cube** (celery)
- 2 garlic cloves
- 2 lamb leg steaks
- 140g asparagus
- 25g pea shoots

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. Halve the **potatoes**. Peel the **carrots**, halve lengthways, then slice diagonally. Place in a BBQ-friendly saucepan with a **sprig of mint**, cover with lightly salted boiling water and boil on the BBQ for 10 mins, until almost cooked through.
2. Make the **mint sauce**. Finely dice the **half shallot**. Finely chop the **mint leaves**. Place both in a bowl with the **vinegar**, 3 tbsp cold water, **1 tsp honey** and a pinch of sea salt. Mix and reserve for later.
3. For the **gravy**, dissolve the **stock cube** in a jug with 70ml boiling water. Add **1 tbsp mint sauce**, mix, then pour the **gravy** into a medium BBQ-proof dish.
4. Drain the **veg** and place on a BBQ-proof tray. Drizzle with 2 tsp oil; season with salt and black pepper. Mix thoroughly. Cover with foil and cook on the BBQ for 15-20 mins, until golden.
5. Crush the **garlic**. Season the **lamb** with sea salt, black pepper and **garlic**, then cook on the BBQ for 2 mins on each side, until turning golden. Transfer the **lamb** to the dish with the **gravy**. Cover with foil and cook on the BBQ to your liking (about 5 mins for medium-rare or 8-10 mins for well-done).
6. Trim the **asparagus**. Mix the **asparagus** in a bowl with 1 tsp oil; season with sea salt and black pepper. Cook on the BBQ for 6-8 mins, until roasted, turning halfway through.
7. Serve the **lamb steaks** with the **roasted veg**, **asparagus** and **gravy**. Garnish with the **pea shoots** and **mint sauce**.



Free-range
British lamb



Honey & lemon sesame chicken

Cals pp 503 | Protein 32g | Carbs 39g | Fat 24g

We deliver

For the chicken

- 1 **chicken stock cube** (celery)
- ½ brown onion
- 500g chicken thighs
- 1 tbsp **wholegrain mustard** (mustard)
- 1 lemon
- 1 tbsp **sesame oil** (sesame)
- 1 tbsp honey
- 160g **almond yoghurt** (nuts)
- Handful of fresh flat-leaf parsley

For the sides

- 600g large white potatoes
- ½ brown onion
- 300g green beans

To serve

- 10g **white sesame seeds** (sesame)
- Handful of fresh flat-leaf parsley

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 a jug with 200ml boiling water. Heat a BBQ-friendly frying pan on a medium heat and toast the **sesame seeds** for 3-4 mins, until golden.
2. Dice the **potatoes** into small cubes. Finely dice the **onion**. In a BBQ-friendly dish, mix the **potatoes** with **half the onion** and 1 tsp oil; season with sea salt and black pepper. Cover with foil and bake for 35 mins on the BBQ.
3. Season the **chicken** with sea salt and cook on the BBQ for 3-4 mins on each side, until golden. Transfer to a plate (keep warm).
4. Meanwhile, reheat the frying pan, add the **remaining onion** and soften for 5 mins. Add the **stock, mustard, juice from 1 lemon, sesame oil, honey** and **yoghurt**, then simmer for 5 mins. Season with sea salt and black pepper.
5. Return the **chicken** to the pan and simmer in the **sauce** for 10 mins, until cooked through. Check your **chicken** is cooked through by inserting a skewer into the thickest part of the meat; the juices should run clear. Cook for longer if necessary. Chop the **parsley**, then add **half** to the sauce.
6. Trim the **beans** and place in a BBQ-friendly saucepan of boiling water. Boil for 3-4 mins, then drain.
7. Serve the **chicken** with the **potatoes** and **beans**. Garnish with the **sesame seeds** and **remaining parsley**.



Pan-fried cod, sweet potato & salsa verde

Cals pp 476 | Protein 33g | Carbs 51g | Fat 17g

We deliver

For the cod

- 4 cod fillets (skin off) (fish)

For the mash

- 600g sweet potatoes
- 2 carrots
- 4 garlic cloves
- 4 spring onions

For the salsa verde

- Handful of fresh flat-leaf parsley
- Handful of fresh tarragon
- 1 tbsp **wholegrain mustard** (mustard)
- 40g capers
- ½ lemon
- 4 tbsp basil pesto

For the sides

- 300g 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 **potatoes** and **carrots**, then dice. Place in a saucepan and cover with salted boiling water, boil on the BBQ for 15 mins, then drain.
2. Make the **salsa verde**. Finely chop the **parsley** and **tarragon** (remove the stalks). Halve the **lemon**. Add to a bowl with the **mustard**, **capers**, **juice from half the lemon**, **pesto**, black pepper and 1 tbsp olive oil. Mix and set aside.
3. In a foil parcel, season the **cod** with sea salt and black pepper. Wrap and cook on the BBQ for 10 mins, until cooked through.
4. Meanwhile, bring another BBQ-friendly pan of salted water to a boil. Trim the **beans** and place in the pan. Boil for 5 mins, drain and season with sea salt and black pepper.
5. Finely chop or crush the **garlic**. Slice the **spring onions**. Add both to the **drained potatoes and carrots** with 1 tbsp oil, sea salt and black pepper. Mash.
6. Serve the **cod** drizzled with the **salsa verde**, and the **mash** and **beans** on the side.




Sustainably
sourced
fish

Creole pork loins with citrus summer salad

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

We deliver

For the pork loins

- 4 pork loins
- 2 tsp creole seasoning
- 30g brazil nuts (nuts)
- 1 orange
- 150g sweetcorn (drained)
- 240g chickpeas (drained)
- 160g baby spinach
-

For the citrus salad

- 180g green beans
- 1 red onion
- 2 carrots
-

For the dressing

- 1 orange
- 1 tbsp dijon mustard (mustard)
- 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. Rub the **pork loins** with the **seasoning** and BBQ for 5-7 mins on each side. When the **pork** is cooked through, remove to rest; keep warm.
2. Boil a kettle. Fill a large BBQ-friendly pan with boiling water and add a pinch of salt. Roughly chop the **beans**. Place into the pan and cook on the BBQ for 3-4 mins or until cooked but still retaining a slight bite. Drain then season with sea salt and black pepper.
3. Thinly slice the **onion**. Peel the **carrots**, then julienne peel or grate. Roughly chop the **nuts**. Peel the **oranges** and segment; squeeze out the pulp and reserve the **juice** for later. Drain the **sweetcorn** and **chickpeas**, then add to a large bowl with the **onion**, **carrots**, **beans**, ½ tbsp olive oil, sea salt and black pepper. Mix.
4. Make the **dressing**. In a bowl, mix the **mustard**, **vinegar**, **orange juice** and any **pork pan juices**.
5. Thinly slice the **rested pork**. Dress the **spinach** with ½ tbsp olive oil, sea salt and black pepper.
6. Serve the **spinach** topped with the **chickpea salad** and **pork loins**. Drizzle over the **dressing**; garnish with the **orange segments** and **chopped nuts**.



Free-range
British pork

Jackfruit & black bean burgers, slaw & wedges VG

Cals pp 556 | Protein 14g | Carbs 72g | Fat 25g

We deliver

For the lentil burger

- 2 red onions
- 2 tbsp Mindful Chef Mexican spice mix
- 240g black beans (drained)
- 200g **Bonsan shredded jackfruit** (celery, mustard, soya)

For the slaw

- 300g red cabbage
- 2 carrots
- Handful of fresh coriander
- 30g pickled sliced jalapeños
- 150g sweetcorn (drained)
- 160g coconut yoghurt
- ½ lime

For the wedges

- 600g sweet potatoes

To serve

- 3 tbsp Belazu pestorissa

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 skins on, cut the **potatoes** into wedges.
2. Place the **potato wedges** in a bowl with 1 tbsp oil; season with sea salt and black pepper. Spread out onto a large, BBQ-friendly baking tray and cover with foil. Cook on the BBQ for 25-30 mins, turning halfway through, until golden.
3. Dice the **onions**. Heat a medium BBQ-friendly pan with ½ tbsp oil on a medium heat. Add the **onions** and cook for 5 mins, until softened, then stir in the **spice mix** and **beans**. Season with sea salt and black pepper, add 1 tbsp water, then cook for 3 mins to soften the **beans**. Add the **spiced beans** to a mixing bowl and mash until crushed. Stir in the **pulled jackfruit**. Form the mix into **8 burgers**, around 1cm thick.
4. Heat a large, BBQ-friendly frying pan with 1 tbsp oil on a medium heat. Fry the **burgers** for 2 mins on each side, until golden brown. Place on a lined BBQ-friendly baking tray, cover with foil and finish on the BBQ for 15 mins.
5. Make the **slaw**. Thinly slice the **cabbage**. Grate the **carrots**. Roughly chop the **coriander** and **jalapeños**. Drain the **sweetcorn**. In a bowl, mix together the **cabbage**, **carrots**, **sweetcorn**, **coriander** and **jalapeños**. Stir in the **yoghurt** and **juice from the half lime** (to taste); season with a pinch of sea salt.
6. Serve the **jackfruit burgers** with the **potato wedges**, **slaw** and **pestorissa**.



1-2
Person
Recipe

Caribbean-style chicken & charred corn salsa

Cals pp 568 | Protein 46g | Carbs 30g | Fat 29g

We deliver

Serves 2

Halve ingredients for 1

- 2 free-range chicken breasts
- 1 tbsp jerk seasoning
- 150g sweetcorn (drained)
- 2 spring onions
- 120g baby plum tomatoes
- 60g radishes
- 1 avocado
- 1 lime
- 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. Place the **chicken breasts** in a bowl with **two-thirds of the jerk seasoning**, a pinch of black pepper and $\frac{1}{2}$ tsp oil. Mix well.
2. BBQ the **chicken** for 8-10 mins on each side or until cooked through (the juices should run clear when pricked with a knife). Meanwhile, heat a BBQ-friendly pan with $\frac{1}{2}$ tsp oil. Drain the **sweetcorn**, then cook for about 5 mins or until the kernels start to char.
3. Meanwhile, thinly slice the **spring onions**. Halve the **tomatoes**. Finely slice the **radishes**. Peel and destone the **avocado**, then thinly slice.
4. Make the **sweetcorn salsa**. Halve the **lime**. Place the **chargrilled sweetcorn** in a bowl with the **spring onions**, **juice from the lime** (to taste), **remaining jerk seasoning** and $\frac{1}{2}$ tsp olive oil. Season with black pepper.
5. Roughly chop the **lettuce**, removing the root end. Add to a bowl with the **tomatoes**, **avocado**, **radishes** and **half the sweetcorn salsa**. Toss gently.
6. Thinly slice the **chicken**. Serve the **chicken** over the **salad**, with the **remaining sweetcorn salsa** on top.



Free-range
British
chicken



1-2
Person
Recipe

Peri peri chicken with apple & fennel slaw

Cals pp 686 | Protein 58g | Carbs 46g | Fat 31g

We deliver

Serves 2

Halve ingredients for 1

- 330g jersey royal pearls
- 2 free-range chicken legs
- 1 tsp peri peri seasoning
- 1 carrot
- ½ apple
- 1 red onion
- 1 fennel head
- Handful of fresh dill
- 1 tbsp **wholegrain mustard** (mustard)

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot.
2. Halve the **potatoes** and place on a large piece of foil with the **chicken** and **peri peri seasoning**. Drizzle with 1 tsp oil, season with sea salt and black pepper, and mix thoroughly. Wrap the foil into a parcel and place on the BBQ for 35-40 mins until the **chicken** is cooked through. Check your **chicken** is cooked through by inserting a skewer into the thickest part of the meat; the juices should run clear. Cook for longer if necessary. Remove the **chicken** from the foil and brown on the BBQ for a final 2-3 mins.
3. Meanwhile, make the **slaw**. Peel and grate the **carrot**. Grate the **half apple**. Thinly slice the **onion**. Thinly slice the **fennel**. Roughly chop **half the dill**. Place all into a bowl and mix with the **mustard** and 1 tsp olive oil. Season with sea salt and black pepper.
4. Serve the **peri peri chicken** and **potatoes** with the **slaw** alongside. Finish with the **dill sprigs**.




Free-range
British
chicken



BBQ Bangers

Your new BBQ Bangers playlist
is now live on Spotify!

Search 'Mindful Chef' on Spotify

Like and subscribe

Cajun tofu, quinoa & corn with lime coconut sauce **VG**

Cals pp 625 | Protein 29g | Carbs 58g | Fat 29g

We deliver

Serves 2

Halve ingredients for 1

- 300g **firm tofu (soya)**
- 2 tsp cajun spice
- 150g sweetcorn (drained)
- 250g ready-to-eat quinoa
- 120g baby plum tomatoes
- 2 spring onions
- Handful of fresh coriander
- 1 lime
- 80g coconut yoghurt

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. Drain the **tofu**, pat dry with paper towel and slice into 8 triangles. Heat a medium, non-stick, BBQ-friendly pan with 2 tsp oil on the BBQ. Add the **tofu** and cook for 3-4 mins on each side, until golden. Add the **spice** and coat on both sides, then remove from the heat and set aside.
2. Meanwhile, heat a medium, BBQ-friendly pan with 2 tsp oil. Drain the **sweetcorn** and add to the pan, sauté for 3 mins, then add the **quinoa** and 1-2 tbsp water. Cover with a lid and steam for 3-4 mins, until heated through.
3. Halve the **tomatoes**. Thinly slice the **spring onions**. Chop the **coriander**. Stir all through the **quinoa and corn**; season with sea salt and black pepper.
4. Zest and quarter the **lime**. Add the **zest and juice from 2 lime wedges** to a bowl with the **coconut yoghurt**; mix.
5. Serve the **quinoa** topped with the **tofu**. Drizzle over the **lime yoghurt** and garnish with the **remaining lime wedges**.



Harissa salmon, potato fries & sundried tomato

Cals pp 567 | Protein 31g | Carbs 44g | Fat 31g

We deliver

For the potato fries

- 800g large white potatoes
- 1 tsp dried Italian herbs

For the harissa salmon

- 80g coconut yoghurt
- ½ lemon
- 1 tsp rose harissa paste
- 1 tbsp honey
- 1 tsp dried Italian herbs
- 4 **salmon fillets (skin on)** (fish)

For the sundried tomato dip

- 80g coconut yoghurt
- 2 tbsp Belazu sundried tomato paste
- 1 tsp rose harissa paste

For the salad

- 180g baby plum tomatoes
- 2 baby cucumbers
- 80g rocket
- ½ lemon


Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot.
2. Leaving the skins on, cut the **potatoes** into **fries**. Line a BBQ-friendly baking tray with parchment paper and place the **fries** on the tray. Drizzle with 1 tbsp oil and scatter over **half the herbs**; season with sea salt and black pepper. Cover with foil, then cook on the BBQ for 25 mins, until turning golden.
3. Make the **marinade**. Add **half the yoghurt**, the **juice from half the lemon**, **1 tsp harissa**, the **honey** and the **remaining herbs** to a small bowl. Season with sea salt and black pepper; mix together.
4. Place the **salmon** into a foil parcel. Evenly spoon over the **marinade**, wrap tightly and place on the BBQ for the final 10-12 mins of the fries' cooking time.
5. Meanwhile, make the **sundried tomato dip**. Add the **remaining yoghurt** to a small bowl and stir in the **tomato paste** and **remaining harissa**. Season with sea salt and black pepper.
6. Make the **salad**. Halve the **tomatoes**. Thinly slice the **cucumber** into half-moons. Place into a bowl with the **rocket**. Drizzle with 1 tbsp olive oil and a **squeeze of lemon juice**.
7. Serve the **salmon** with the **potato fries**, **salad** and **sundried tomato dip**.



 Sustainably sourced fish

Whiting fillet with basil pesto & tomato lentils

Cals pp 435 | Protein 44g | Carbs 23g | Fat 19g

We deliver

For the whiting fillets

- 120g baby plum tomatoes
- 2 lemon wedges
- 30g pine nuts
- 4 whiting fillets (fish)
- 2 tbsp basil pesto

For the tomato lentils

- 120g baby plum tomatoes
- 4 garlic cloves
- 3 tsp dried basil
- 400g passata
- 80g baby spinach
- 480g lentils in water (drained)

To serve

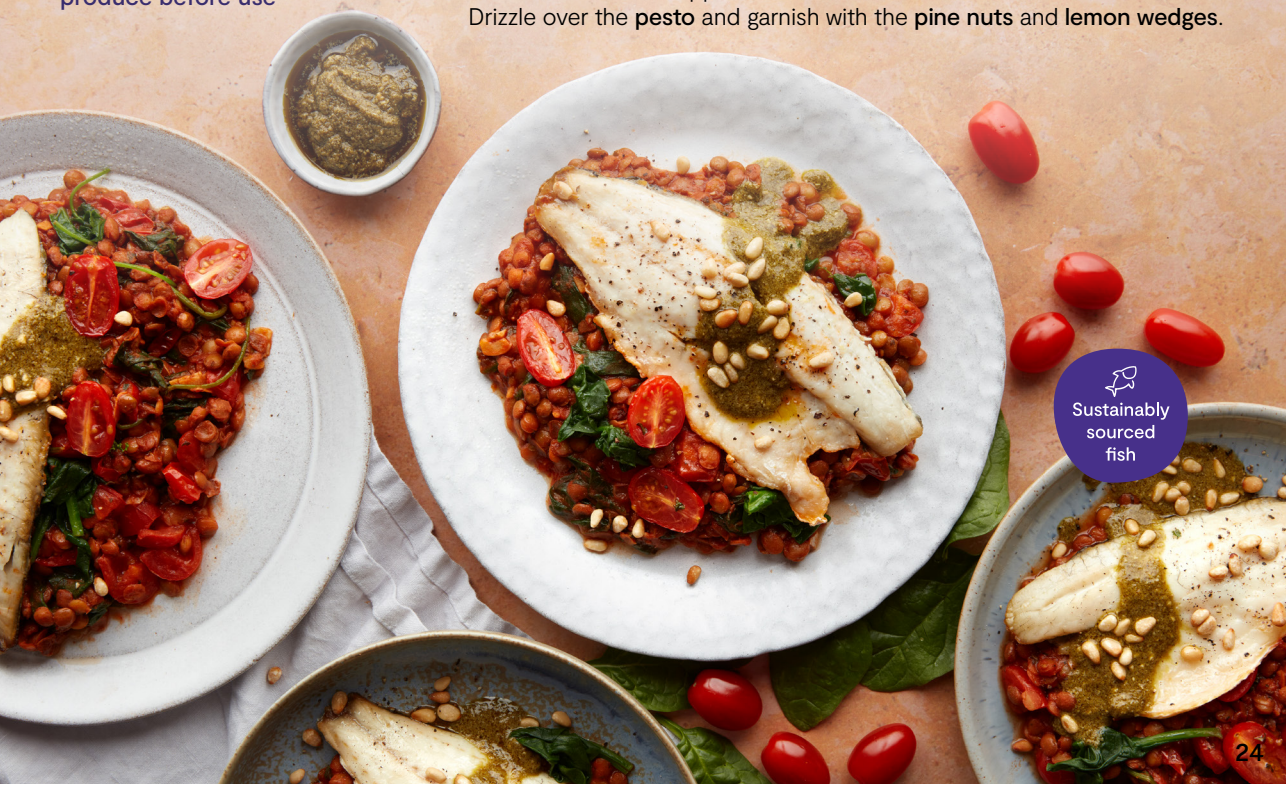
- 4 lemon wedges

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. Halve the **tomatoes**. Finely chop or crush the **garlic**. Cut the **lemon** into 6 wedges.
2. Heat a large, dry, BBQ-friendly frying pan. Add the **nuts** and toast for 2 mins, until golden. Transfer to a plate to cool; reserve for later.
3. Reheat the frying pan with 1 tbsp oil. Add the **garlic**, **dried basil** and **half the tomatoes**. Cook for 2 mins until the **tomatoes** start to soften, then add the **passata**, **spinach** and 100ml boiling water. Drain and rinse the **lentils**, then add to the pan. Season with sea salt and black pepper, then simmer for 10-15 mins until the sauce thickens.
4. Line a large, BBQ-friendly baking tray with parchment paper. Place the **whiting** onto the tray. Season each **fillet** with sea salt and black pepper; squeeze over the **juice from 2 lemon wedges**. Scatter the **remaining tomatoes** around the **fish**. Cover with foil and cook on the BBQ for 10 mins or until the **whiting** is cooked through.
5. Mix the **pesto** in a bowl with 2-3 tbsp water, until it reaches a drizzling consistency.
6. Serve the **lentils** topped with the **fish and roasted tomatoes**. Drizzle over the **pesto** and garnish with the **pine nuts and lemon wedges**.




Sustainably
sourced
fish

Sweet & sour pork loin with lightly fried rice

Cals pp 616 | Protein 40g | Carbs 68g | Fat 20g

We deliver

For the sweet & sour pork

- 2 red peppers
- 1 garlic clove
- 4cm fresh ginger
- 3 spring onions
- 4 tbsp honey
- 3 tbsp rice wine vinegar (sulphites)
- 3 tbsp tamari (soya)
- 2 tsp cornflour
- 4 pork loins
- 2 tbsp tomato puree

For the lightly fried rice

- 160g brown rice
- 3 carrots
- 150g sweetcorn (drained)

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Boil the kettle. Rinse the **rice** and place in a saucepan with 800ml lightly salted boiling water. Simmer for 25-30 mins, until cooked, then drain.
2. Cut the **peppers** into 3cm chunks. Peel the **garlic** and **ginger**, then finely chop. Finely slice the **spring onions**. Peel the **carrots** and dice. Drain the **sweetcorn**.
3. Make the **dressing**. In a bowl, mix the **honey**, **vinegar** and **tamari**. In a separate bowl, mix the **cornflour** with 100ml cold water, whisking to avoid lumps.
4. Season the **pork** with sea salt and black pepper. BBQ for 5 mins on each side, until cooked through, then transfer to a plate. Heat a BBQ-friendly pan with 1 tsp oil and add the **peppers**; cook for 3 mins. Add the **garlic** and **ginger**, cook for a further few seconds, then add the **tomato puree**. Stir through and cook for 1-2 mins.
5. Add the **dressing** and **cornflour water**, then simmer for 5 mins, until the **sauce** thickens (add more water if too thick). Add the **pork** and **half the spring onions**, cooking for 2 mins to warm through.
6. Meanwhile, heat a medium BBQ-friendly pan. Add the **carrots** and **sweetcorn** and cook for 5 mins, until softened. Add the **rice** and cook for 2 mins to heat through.
7. Serve the **fried rice** with the **sweet and sour pork**. Garnish with the **remaining spring onions**.



Free-range
British pork



Classic beef burger with sweet potato fries

Cals pp 652 | Protein 34g | Carbs 70g | Fat 26g

We deliver

For the fries

- 900g sweet potatoes
- 2 tsp smoked paprika & oregano mix

For the pickled onion

- 1 red onion
- 2 tbsp red wine vinegar (sulphites)

For the salad

- 1 romaine lettuce
- 2 baby cucumbers
- 40g gherkins (mustard)
- 1 large tomato
- 1 lemon
- 1 tbsp dijon mustard (mustard)
- 300g sweetcorn (drained)

For the burgers

- 1 large tomato
- 2 garlic cloves
- 500g Mexican flavoured beef mince

Allergens in bold

Please wash all fresh produce before use

You cook

1. Light your BBQ and get it nice and hot. Leaving the skins on, cut the **potatoes** into fries. Place on a BBQ-friendly baking tray, drizzle with 1 tbsp oil and sprinkle with the **paprika** and **oregano**; season with sea salt and black pepper. Mix well. Cover with foil and cook on the BBQ for 35 mins, turning halfway through.
2. Prepare the **pickled onion**. Finely slice the **onion** and place in a bowl with the **vinegar**; mix and leave to pickle.
3. Make the **salad**. Thinly slice the **lettuce**. Dice the **cucumbers**. Halve the **gherkins**. Thinly slice 1 **tomato** and cut the **other** into wedges.
4. Make the **dressing**. Quarter the **lemon**. In a large bowl, mix ½ **tbsp mustard** with 1 **tbsp olive oil** and the **juice from 1 lemon wedge**. Place the **lettuce, cucumbers, gherkins** and **tomato wedges** in the bowl and gently **toss to combine**.
5. Finely chop or crush the **garlic**, then add to a bowl with the **beef**, sea salt and black pepper. Mix well, then divide and shape into 4 **equal-sized patties**. BBQ the **burgers** on each side for 7-8 mins, then leave on the BBQ to keep warm.
6. Heat a frying pan on the BBQ. Drain the **sweetcorn**, then sauté for 1-2 mins, until turning golden. Add to the **salad**.
7. Serve the **burgers** with the **sliced tomatoes** and **pickled onions**. Serve the **fries, salad** and **remaining mustard** alongside.



What's in season: Asparagus

It's asparagus season! This folate-packed veg is nutty, tender, earthy – and rich in vitamin K. LEAF-accredited Red Star Growers harvest yours from the rich soils of the Vale of Evesham.

Great British bundle of joy

We mainly grow Gijnlim which has bright green spears and deep purple tips.

How to cook it?

Steam, grill, roast, griddle, and BBQ asparagus – or even shave it raw into a salad.

Growers tip:

Don't snap the stems – cut the woody bits off and peel a little extra if you need to.

Meet more at:
mindfulchef.com/suppliers



Tempeh mushroom burgers with tomato pepper relish VG

Cals pp 482 | Protein 22g | Carbs 66g | Fat 15g

We deliver

For the burgers

- 1 red onion
- 1 garlic clove
- 120g chestnut mushrooms
- 240g black beans (drained)
- 200g **tempeh** (soya)
- 1 tbsp smoked paprika
- 2 tbsp **tamari** (soya)

For the fries

- 600g sweet potatoes

For the relish

- 1 garlic clove
- 120g baby plum tomatoes
- 2 roasted red peppers

For the slaw

- 150g red cabbage
- 2 carrots
- Handful of fresh chives

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. Cut the **potatoes** into **fries**. Finely dice the **onion**, **garlic** and **mushrooms**. Drain the **beans**, rinse, then mash in a bowl.
2. Place the **fries** on a lined, BBQ-friendly baking tray. Mix with ½ tbsp oil; season with sea salt and black pepper. Cover with foil and cook on the BBQ for 25–30 mins, until golden, turning halfway.
3. Heat a large, BBQ-friendly pan with 1 tbsp oil. Soften the **onion** for 3 mins, then add the **mushrooms** and **half the garlic**. Cook for a further 3 mins. Crumble the **tempeh** and add to the pan; cook for 2 mins, then add the **paprika** and **tamari**. Transfer all to the **mashed beans** and mix thoroughly. Shape into **4 burgers**, place on a BBQ-friendly lined tray and cover with foil. Cook on the BBQ for 10–15 mins, turning halfway.
4. Meanwhile, make the **relish**. Quarter the **tomatoes**. Dice the **peppers**. Heat a small BBQ-friendly pan with ½ tbsp oil. Fry the **remaining garlic** for a few seconds, then add the **tomatoes** and cook until softening. Add the **peppers**; season with sea salt and black pepper. Set aside.
5. Make the **slaw**. Thinly slice the **cabbage**. Peel the **carrots** and grate. Finely chop the **chives**. Mix all together in a bowl with 1 tbsp olive oil. (Add fresh lemon juice too, if desired.)
6. Serve the **tempeh burgers** topped with the **relish**, and the **fries** and **slaw** on the side.





Flippin' heck

Only 2 weeks to go until we say goodbye to the BBQ collection for another year.

Loads of your recipes are still BBQ-friendly (hello kebabs and juicy burgers) and will already be nestling in your calendar up to 8 weeks ahead, ready for you!



Fill your box with BBQ
mindfulchef.com



A taste of what's
BBQ'ing next time



Middle-Eastern steak
with dill cucumber salad



Lemon & parsley salmon
burger with fries & salad



Flat iron steak with
sesame noodles & edamame



BBQ pork, lime & corn
salsa with sweet potato