
Orzo Pasta Recipes Nigella

the olive grove a la carte - the classics mousakka 14.80 (allow 30 minutes) roasted potatoes, aubergines, minced beef & bechamel sauce pork chop 18.50 gf od 21oz pork chop served with potato wedges, greek salad, tzatziki **fresh fish - chart-house** - fresh fish simply grilled with olive oil (adds 50 cal), sautéed (adds 60 cal), blackened (adds 100 cal) or baked, finished with lemon shallot butter, seasonal vegetables & coconut ginger rice **21 day plant-based meal plan** - 21 day plant-based meal plan . all items in red have associated recipes . day 1 . breakfast: apple cinnamon oatmeal (make enough for wednesday) lunch: couscous confetti salad (make enough for a side with tomorrow's dinner) and carrot and red

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