

Fish Soup with rouille and croutons

You will need

Saucepan

Ingredients

- Fish soup (**fish, crustaceans, celery**)
- Croutons (**gluten**)
- Rouille (**fish, celery, gluten, egg**)

(allergens in bold)

Cooking Instructions

1. Heat the soup gently for a few minutes but don't allow it to come to the boil.
2. Serve with the croutons and rouille on the side.

Indonesian Seafood Curry

You will need

Medium saucepan

Ingredients

- Seafood selection - sea bass (**fish**), cod (**fish**), prawns (**crustaceans**)
- Curry sauce - Balinese spice paste (shallots, vegetable oil, red finger chillies, lemongrass, macadamia nuts (**tree nuts**), ginger, turmeric, lime juice (**sulphites**), palm sugar, shrimp paste (**crustaceans**), salt, birds eye chillies, sesame seeds (**sesame**), ground nutmeg), lemon grass, lime leaves, fish stock (**celery**), coconut milk, lime juice (**sulphites**).
- Green beans
- Shredded coconut
- Fried shallots
- Indonesian salad dressing - palm sugar, shrimp paste (**crustaceans**), lime juice (**sulphites**) and olive oil

(allergens in bold)

Cooking Instructions

1. Place the fish into the saucepan with the curry sauce and coconut milk and bring to a simmer without a lid for 4-5 minutes. Do not allow it to boil rapidly as this will break up the fish.
2. Slice the rice bag open and heat in the microwave on full power for 2 minutes or simply boil in the bag for 2 minutes.
3. Mix the green beans, shredded coconut, fried shallots and Indonesian salad dressing in a bowl.
4. Serve the curry in a large bowl with rice and the bean salad alongside.

Passion Fruit Eton Mess

You will need

A whisk

Ingredients

- Meringue - egg white (**egg**), sugar, white wine vinegar (**sulphites**), bicarbonate of soda, double cream (**milk**)
- Passion fruit

(allergens in bold)

Cooking Instructions

1. Whisk the cream until it forms soft peaks.
2. Spoon out the passion fruit into a small bowl and set aside.
3. If your meringue is not broken, then break up a little into chunks.
4. Gently fold the meringue pieces into the cream.
5. Spoon the meringue and cream mixture onto plates and spoon over the passion fruit.