

Pre – made Meal options

THE COOKHOUSE

Mains

(Please note all dishes do not come with starch)

(v) = vegetarian ; (gf) = gluten free ; (df) = dairy free

CAPE MALAY CREAMED CHICKEN MASALA

(gf)

This Cape Malay Style Curry, made with de-boned & cubed Chicken Breast, is packed full of flavour as it is rubbed down with Masala spices, Lime, Coriander, Garlic & finally tossed in Cream.

Serving suggestion: with Basmati Rice, Sambals & fresh Coriander.

Single portion R62.00 – 2 portion R109.00 – 4 portion R213.00

CAPE MALAY CREAMED “VEGGIE” MASALA

(v) (gf)

For this Vegetarian dish, we have simply replaced the chicken with steamed Cauliflower, Broccoli, Green Beans, Spinach, White Beans & sautéed onions. Delicious as a Vegetarian main OR as a side dish to your meat dish!

Single portion R53.90 – 2 portion R95.70

GREEK STYLE MOUSSAKA

Layers of Aubergine & Beef Bolognese style Mince & topped with a gorgeously creamy Cheese Sauce.

Single portion R64.00 – 2 portion R120.00 – 4 portion R233.00





BRAISED BEEF POT

(df)

De-boned beef shin slow cooked in tomato, white wine, garlic with carrots, mushrooms, courgettes & pearl onions.

A hearty comfort casserole.

Single portion R59.00 – 2 portion R110.00 – 4 portion R221.00

FAMILY STYLE ROASTED PORK & LEEK PIE

(df)

Succulent Pork Shoulder, slow roasted then stripped and tossed with leeks, apples, garlic, carrots & honey. The juices are then reduced down with bacon, stock & barley to fill your pie. Topped with an uncooked puff pastry lid, ready to bake.

Single portion R59.00 – 2 portion R110.00 – 4 portion R221.00



COUNTRY CHICKEN, BACON & PEA PIE

Packed full of shredded Roast Chicken with Bacon, Onions, Garlic, Herbs, Peas & a good dash of White Wine, Cream & Lemon. Topped with an uncooked Puff Pastry lid ready to bake until golden.

Single portion R66.00 – 2 portion R120.00 – 4 portion R233.00

MOROCCAN STYLE LAMB

(gf) (df)

Combining the fragrant spices of Morocco, including cumin, ginger, allspice & honey with succulent de-boned lamb pieces, green beans, chick peas & carrots.

Serving suggestion : either cous-cous, rice, mash or sweet potato.

Single portion R78.00 – 2 portion R144.00 – 4 portion R262.00



BEEF STROGANOFF

Stripped Steak, pan-flashed & served in a cream sauce reduced down with mushrooms, onion, garlic & lemon, a dash of white wine & paprika.

Single portion R66.00 – 2 portion R123.00 – 4 portion R244.00

MAC 'N CHEESE

(v)

A simple Macaroni Cheese for both young & old.

Single portion R37.00 – 2 portion R66.00



PIZZAIOLA SAUCE WITH BACON

(gf)

A Neapolitan style sauce of reduced Tomato, Garlic & Sweet Peppers.
Added to the recipe are smoky Bacon bits, a dash of White Wine & a splash of Cream.

500ml tubs – R70.00

PIZZAIOLA SAUCE WITH OLIVES

(v) (gf)

Calamata Olives replace the Bacon in the sauce above.

500ml tubs – R63.00



ALFREDO SAUCE

A Gammon & Mushroom Cream based sauce cooked down with Lemon,
Garlic & Spring Onions.
500ml tubs – R71.00

BOLOGNAISE SAUCE

(gf) (df)

A Beef Bolognese made with tomatoes, garlic, onions, a touch of soy
sauce & a blend of Herbs.
475g tub – R85.00



**All sauces can be served with either
pasta, rice, spaetzler or gnocchi. Also, try
them as casserole sauces over roasted
chicken pieces, chops & they make a
great sauce for steaks!**