

LOCALLY SOURCED



GLOBALLY INSPIRED

A top-down view of a blue ceramic plate. In the center is a flatbread sandwich. The flatbread is split horizontally, with the top half leaning against the sides of a central pile of ingredients. The pile consists of shredded brown lamb belly, fresh green coriander leaves, a slaw of shredded vegetables, and a drizzle of peanut and sesame dressing. The plate is garnished with a few sesame seeds and a small red chili pepper on the right side.

**STARTER - BROWN CLEE LAMB BELLY, ASIAN SLAW,
FLATBREAD, PEANUT, SESAME, CORIANDER, XINJIANG.**

What's in the Box?

1. Lamb Belly (vegan option is mixed mushrooms)
2. Asian slaw
3. Slaw dressing
4. Flatbread
5. Peanut & sesame
6. Coriander
7. Xinjiang & sesame

What do you need at home?

- 1 x Mixing bowl
- 1 x Oven tray
- Serving plates

Directions – Please also see the video at www.csons.uk/csonsathome/

1. Preheat the oven to 190c.
2. Place the lamb belly (1) or mushrooms on the tray and pop it in the oven for 10 minutes or so until the lamb or mushrooms are hot throughout and sizzling. Leaving the lamb in longer will result in a crispier final product.
3. Whilst the lamb or mushrooms are in the oven empty the slaw (2) into the bowl and pour over the slaw dressing (3). Mix well and leave until you're ready to plate.
4. A few minutes before the lamb or mushrooms are ready slice the flatbread (4) across the middle so you end up with 2 identical discs and pop them on the tray in the oven
5. Once the flatbread is warmed through and the lamb or mushrooms are piping hot and crispy as you like it's time to plate.
6. Begin by shredding up the lamb up using a couple of forks.
7. Lay one of the disks of flatbread in the centre of the plate.
8. Pile up the slaw and lamb or mushrooms on top of the flat bread.
9. Drizzle the peanut & sesame (5) over the top of the pile and all around the plate.
10. Sprinkle with coriander (6) and Xinjiang & sesame (7).
11. Finally place the other flatbread disk leaning up against the pile so that all the contents can be seen.
12. To eat... Go for it as if it's the tastiest sandwich you've ever had! Enjoy!

Asian inspired menu this week. This flatbread starter is something we've had in the restaurant a couple of times as a special in the sandwich section. Can't really see how it gets better than this.

ALLERGY ADVICE: Contains **CELERY** (lamb belly and mushrooms), **SESAME** (lamb and mushrooms, peanut & sesame and xinjiang & sesame), **GLUTEN** (flatbread), **SOYA** (peanut & sesame), **PEANUTS** (peanut & sesame), **SULPHITES** (trace from vinegar).



MAIN - SPRINGFIELD CHICKEN THIGH, FIVE SPICE, SOBA NOODLES, STIR FRY, HAREHILL CHARD, CORIANDER, CHILLI, SPRING ONION.

What's in the Box?

1. Five spice chicken (vegan option is five spice tofu)
2. Soba noodles
3. Noodle veg
4. Noodle dressing
5. Harehill chard
6. Stir fry dressing
7. Coriander, chilli & spring onions

What do you need at home?

- 1 x mixing bowl
- 1 x frying pan
- 1 x oven tray
- Serving plates

Directions – Please also see the video at www.csons.uk/csonsathome/

1. Preheat oven to 190c.
2. Place the chicken (1) or tofu on the oven tray and pop it in the oven. The chicken will take around 15 minutes and the tofu a little less. Either way ensure the product is piping hot throughout before serving.
3. Empty the noodles (2), noodle veg (3) and noodle dressing (4) into the mixing bowl and toss it together before placing in a warm spot so the noodles are at least room temperature by the time of serving.
4. Heat the frying pan until nearly smoking and throw in the chard (5) and then the stir fry dressing (6).
5. Turn down the heat and stir fry until the chard has wilted slightly and the dressing has become a little sticky.
6. Ensuring the chicken or tofu is piping hot it's now time to plate.
7. Pile the noodle salad slightly to one side of the plate and mound the chard next to it.
8. Place the chicken in the middle of the noodles and chard and drizzle any juice remaining in the oven tray over the top.
9. Finally as artistically as you can, dot the coriander, chilli & spring onions (7) all over the dish.

Chicken and noodles! This dish is somewhere between a salad and a stir fry but kind of broken down and freshened up. We have a version of this noodle salad on the menu quite often with different vegetables and fruits going through it depending on what's about at the time! Hope you like it!

Allergy advice: GLUTEN (noodles), **SOYA** (stir fry dressing, tofu and chicken),

SESAME (noodle dressing), **SULPHITES** (trace from vinegar).

PUDDING - CHOCOLATE & GINGER CAKE, MATCHA CUSTARD, PEANUT & SESAME SNAP.

What's in the Box?

1. Chocolate & ginger cake
2. Matcha custard (vegan is matcha whipped tofu)
3. Peanut & sesame snap

What do you need at home?

- 1 x oven tray
- Serving plates

Directions – Please also see the video at www.csons.uk/csonsathome/

1. Preheat the oven to 150c
2. Place the chocolate & ginger cake (1) on the oven tray and pop it in the oven for a few minutes to warm through.
3. Once warmed place the cake on the serving plate slightly off centre.
4. Using a spoon dipped in hot water scoop the matcha custard (2) or whipped tofu beside the cake .
5. Lean the peanut & sesame snap (3) up against the cake and get stuck in!

Chocolate and ginger cake was on the CSONS at home menu last year served with a chai custard and sweet dukkah so a much more middle eastern take on this CSONS classic! Reckon this has to be the favourite way we have served it up though and it flows nicely with the Asian theme.

Allergy advice: Contains PEANUTS & SESAME (snap), EGG (cake and custard - not in vegan), GLUTEN (vegan cake only), MILK (cake & custard - not in vegan), SOYA (tofu only).



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THIS WEEK'S AMAZING SUPPLIERS

Lamb belly from **Alex & Chris Snow**, Brown Clee

Slaw veg from **Farmers produce**, Ludlow

Flour from **Shipton mill**, shipton-mill.com

Nuts & seeds from **Ludlow Nut Company**, ludlownut.co.uk

Spices & noodles from **Suma**, suma.coop

Chicken from **Springfield poultry**, springfieldpoultry.co.uk

Veg from **Harehill farm**, harehillfarm.co.uk

Matcha powder from **Myriad organics**, Ludlow

Milk & cream from **Mawley milk**, mawleytownfarm.co.uk

Eggs from **Hollowdene Hens**, Shrewsbury

Whilst we list all **allergens** present in our CSONS at HOME dishes, we do **use multiple allergens** in our kitchen and as such **cannot guarantee** any dish is 100% **allergen free**.

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If there is no reply at the restaurants please try 01584 841328