



SAMPLE MENU

SOUPS

Sweet potato soup with ginger and coconut

Chestnut and coriander soup

Lentil and wilted spinach soup

SAVOURY

Harrira with spring lamb, chickpea and wild rice

Chicken dumplings in lemony chicken broth

Fish and wild mushroom casserole Quinoa pilaf

SUGAR-FREE DESSERTS

Beetroot and chocolate cake

Banana, dates and walnut cookies

Apple, pear and vanilla compote

