



One pot
catering

Welcome
ONE POT CATERING

SYDNEY CATERERS FOR YOUR EVENTS

After Hour meals
Sample



www.onepotcatering.com.au

After hour meals

- Chermoula roasted lamb shoulder tagine, herb cous cous, minted raita
- Quinoa braised with Mexican spices, roasted sweet corn, pressed yogurt
- Indian braised Lentil Dahl, poached chicken breast, mango chutney
- Middle Eastern roasted vegetables, steamed brown rice
- Slow cooked pork shoulder and white bean casserole, roasted chats
- Tandoori chicken curry, steamed rice
- Slow cooked beef shin, rich roma tomato's sauce, pappardelle pasta, fresh parmesan
- Chargrilled chicken, pearl barley risotto, garden herbs
- Classic spaghetti bolognese, fresh parmesan
- Swedish meatballs, steamed rissoni, roasted kumara
- Stir-fry vegetables and black bean sauce, fresh coriander
- Roasted chicken on the bone, cracked wheat tabouleh, tahini yogurt dip
- Seared pork, pineapple salsa, snow pea and sugar snaps
- Steamed fish, broad bean and Quinoa, basil pesto
- Broccoli chilli noodles, salt and pepper tofu

Our standard

- ✓ Clearly labelled with date and ingredients
- ✓ 120g of protein (hormone and chemical free)
- ✓ 60g carbohydrates/starch (*not to much of the bulker>more of the good stuff*)
- ✓ Minimum of 2 vegetables
- ✓ Using the freshest produce, every effort is made to select market quality ingredients.

After hour meal,\$10.95 minimum 10 pax

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