



FRESH TO FROZEN READY MEALS

Designed by Nutritionists
Crafted by Chefs

OUR RESPONSIBLY SOURCED, FREE RANGE MEAT READY MEALS

Chicken Tapenade with a Jewelled Warm Tabbouleh

Free-Range Chicken Breasts suffed with roasted Red Peppers, Kalamata Olives and Oregano Oil, served with Quinoa and Green Vegetable Tabouleh and Kale

POW Best Versions Rare Breed's Beef Lasagne - GF DF

A rich Rare Breed's Steak Ragu, slow cooked with Tomatoes, Mushrooms and Molasses layered with Gluten Free Lasagne sheets and a creamy Oat based Bechémal sauce; served with Power Green Vegetables

Signature Nut-Free Omega Chicken Satay

Free-Range Chicken Breasts cooked with our POW signature Turmeric and Omega Satay Sauce enriched with Yeast Extract and served with Shiitake Mushroom and fermented Black Bean Brown Rice, Red Peppers, Sugar Snaps and Peas

Classic Roasted Free-Range Chicken

Free-Range Roasted Thyme and Citrus chicken, sliced and served with Root Vegetable Mash, Chanterelle Carrots and Peas; with a rich White Wine Jus

Miso Chicken rolled with Shiitake Mushrooms

Free-Range Chicken Breasts rolled with Shiitake Mushrooms, Tamari and White Miso Ginger Jus, served with Coconut Brown Basmati Rice, Green Beans and Broccoli with Garlic

OUR SUSTAINABLY SOURCED FISH READY MEALS

Sustainable Fish & Summer Vegetable Pie

Sustainably sourced mixed Fish & Summer Vegetable Pie topped with Sweet Potato Mash

Harissa Spiced baked Salmon

Sustainably sourced Salmon baked with Harissa and Pomegranate Molasses; served with a slow cooked vibrant tomato and Butterbean Ratatouille with Yellow Courgettes, fresh herbs and a Citrus and Coriander Pesto



FRESH TO FROZEN READY MEALS

Designed by Nutritionists
Crafted by Chefs

OUR PLANT PROTEIN ENRICHED VEGAN READY MEALS

Mushroom, Lentil and Root Vegetable Gratin

Mushroom, Lentil and Root Vegetable Gratin with Pea Protein and fresh Herbs

Butterbean Rainbow Ratatouille with Sweet Potato Falafel

A rich tomato and Butterbean slow cooked Ratatouille with Yellow Courgettes and fresh herbs, served with Sweet Potato Baked Falafel

Mirin Glazed Tofu with fragrant Brown Rice and Sugarsnap Peas

Mirin glazed tofu with a Sesame Crust in a stem Ginger, Spring Onion and Lime Infused Tamari sauce, served with Shiitake Mushroom and Fermented Black Bean Brown Rice with Red Peppers; Sugar Snaps and Peas

Slow Cooked Courgette and Cauliflower Curry

Flavourful, cooked with Chickpeas and enriched with Turmeric, Tamarind and Coconut Milk, served with Wild Rice, Orange Zest, fine Green Beans and Broccoli

Chermoula baked Aubergine

Lightly spiced with Harisa and stuffed with Red Quinoa, Chickpeas, Slow Roasted Tomatoes and Dates with toasted Almond, served with Quinoa and Green Vegetables Tabouleh with Kale