

Recipes leaflets



Page Recipe

SmartPoints values

Rice cooker				
-	Pomegranate chicken kebabs with bulgur wheat salad	9	8	3
-	Salmon kedgeree	10	6	6
-	Warm quinoa & roasted vegetable salad	7	7	0
-	Rice pudding with honey & walnuts	7	6	6
-	Wild mushroom & spinach risotto	9	9	9
Steamer				
2	Warm tofu salad	2	0	0
2	Salmon with fennel & orange	8	1	1
3	Thai chicken	2	0	0
4	Spring vegetables & egg sunny-side up	2	0	0
4	Chocolate fondant	5	4	4
5	Fruit crumble	5	5	4

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