

## Meals On The Run With Sunita

13 x 30 MINUTES

EPISODIC BREAKDOWN

### 1. Office Party

In this episode Sunita is cooking for office party and the menu includes : roasted bell pepper and potato soup, roasted chicken cafral, and chocolate zucotto.

### 2. Kids' Party

In this episode, Sunita is cooking for kid's party and the menu is: sticky chicken wings, yummy chocolate stones, spiked penne with prawns, and funky mini pizzas.

### 3. Global Cuisine

In this episode, Sunita is cooking global cuisine and the menu is: smoked salmon canapés, pepper satay chicken, chicken roulade with pesto rice, and strawberry cheesecake flute.

### 4. Girls' Night In

In this episode, Sunita is cooking for a girls' night in and the menu is: butterfly prawns with butter garlic, chicken stew with olives, veg crudités with a spicy red bean dip, and a quick chocolate mousse.

### 5. Family Dinner

In this episode, Sunita is cooking for family dinner and the menu is: mini papad titbits, chicken in coconut milk with masala rice, and banana coconut crepe.

### 6. Barbecue Party

In this episode, Sunita is cooking for a barbeque party and the menu is: a grilled vegetable platter, lamb chops with tangy fruity slaw, creamy mashed potatoes, and litchi lemon fizz.

### 7. Picnic Hamper

In this episode, Sunita is cooking for picnic hamper and the menu is: scallion and bean hash, chicken piccatas with creamy mint dip, classic picnic sandwiches, and banana bread muffin with dates and walnuts.

## **8. Sunday Brunch**

In this episode, Sunita is cooking for Sunday brunch and the menu is: tuna and potato salad, lamb lasagne, and kiwi and strawberry parfait.

## **9. Kids**

In this episode, Sunita is cooking tiffin for kids and the menu is: mini sandwiches, apple & cherry crumble, fish fingers with coriander dip, and mini chicken kebabs.

## **10. Asian Cuisine**

In this episode, Sunita is cooking Asian cuisine and the menu is: prawn and mushroom chilli soup, chicken stir fry with rice and bok choy, and a crispy noodle salad.

## **11. Mediterranean Cuisine**

In this episode, Sunita is cooking Mediterranean dishes and the menu is: home fries, spiced blackened fish with aubergine caponata, and creamy serradura.

## **12. TV Night In**

In this episode, Sunita is cooking for a TV night in and the menu is: chicken, tomato and feta salad, crispy drunken prawns with garlic mayonnaise, watermelon slushy and cheese and olive stuffed mushrooms.

## **13. Breakfast**

In this episode, Sunita is cooking breakfast and the menu is: tuna and olive bruschetta sausage and cheese frittata, banana and kiwi smoothie , and banana and strawberry smoothie.