

# *Healthy Flavour Time*

Location Catering



*Slow cooking technique*

*Natural Ingredients*



*Seasonal Menus*



*Customized Menus*

*Vibrant Flavours*

Contact us

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# *Healthy Flavour Time*



*Slow-Cooked Pork Belly (Buta Kakuni)*



*Vegan Chickpea Pancakes  
with Red Onion Chutney, Vegan Feta, and Pumpkin Seeds*

# *Healthy Flavour Time*



*Slow-Roasted Pork Chops  
with Roasted Shallots*



*Deep-Fried Cod Supreme  
with Herb Crust and Creamy Wild Mushroom Sauce*

# *Healthy Flavour Time*



*Potato Gnocchi in Creamy Sauce  
with Crispy Kale and Pink Peppercorns*



*Roasted Medley Vegetables*

# *Healthy Flavour Time*



*Toasted Seed Rice*



*Crudités Salad*

# *Healthy Flavour Time*



*Spiced Roasted Salmon*



*Sicilian Arancini*

# Healthy Flavour Time



*Confit Chicken Legs*



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*Baked Pak Choi*

# *Healthy Flavour Time*



*Homemade Burger Buns*



*Sticky Soy Seabass  
and Greens Traybake*

# *Healthy Flavour Time*



*Greek Spinach and Feta Pie  
(Spanakopita)*



*Pan-Seared Cod  
with Chive Mashed Potatoes and Bisque Sauce*

# *Healthy Flavour Time*



*Roasted Chalk Stream Trout  
with Gochujang Sauce*



*Homemade Slow-Cooked and Rolled Pork Belly  
(Porchetta)*

# *Healthy Flavour Time*



*Stir-Fried Noodles with Chicken*



*Mediterranean Herb-Crusted Cod*

# *Healthy Flavour Time*



*Poached Smoked Haddock  
with Poached Egg and Béarnaise Sauce*



*Spiced Slow-Cooked Aubergines*

# *Healthy Flavour Time*



*Bavette Steak*



*Greek Spinach and Feta Pie  
(Spanakopita)*

# *Healthy Flavour Time*



*Coleslaw*



*Eggplant Parmigiana*

# *Healthy Flavour Time*



*Harissa Eggplant with Buffalo Mozzarella*



*Deep-Fried Salmon  
with Bread Crumb and Cheese Crust*

# *Healthy Flavour Time*



*Homemade Flatbread*



*Homemade Focaccia  
with Garlic and Rosemary*

# *Healthy Flavour Time*



*English Breakfast Ideas*



*Poached Eggs*