

SHOW STOPPING
RECIPE INSPIRATION



EASY TO FOLLOW
INSTRUCTIONS

Abel & Cole
Organic Recipe Boxes to your door

Proud to say... **I made that**

With twelve new dishes to choose from every week, we've got the Recipe Box to make you an organic masterchef, overnight. We provide the sustainably sourced ingredients and the step by step guides. You step up your game in the kitchen.

Save £30 over your first three deliveries.* Just use code **TUBE** at abelandcole.co.uk/tube

*To see the full terms and thingybobs, hop to abelandcole.co.uk/terms-conditions

ALL NATURAL,
ORGANIC OR WILD
INGREDIENTS



Griddled Chicken &
Veg Buckwheat Bowl

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Proud to say... dinnertime's sorted

We know you're busy, so we'll make this quick. If you're looking for healthy, home cooked meals and clean plates every time, we've got the organic Recipe Box for you. Pick from twelve new dishes every week, skip the supermarket, and spend more time doing the things you really love.

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TAKE THE
HASSLE OUT OF
HOME COOKING

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LESS CHEMICAL NONSENSE,
FULLY TRACEABLE FROM
FIELD TO FORK

HIGH WELFARE,
SUSTAINABLE MEAT & FISH

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Organic Recipe Boxes to your door

Proud to say..
**my dinner doesn't
cost the Earth**

We've been supporting independent farmers and reducing food miles for 30 years. So if you're looking for a responsible, organic Recipe Box, we're the natural choice. Pick from twelve new dishes every week, and get sustainably sourced ingredients in returnable, recyclable packaging, right to your doorstep.

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