



CIBO

Vision

To create an authentic southern Italian subscription food box. Each box will include different recipes with all the ingredients being fresh and specifically measured out. The box will also include age-specific recipe cards so that all the family can get involved to help create a homemade meal.

Mission

Our mission at Cibo is to capture the core Italian values of family and food. Italians spend many hours around the table eating their meals and talking. All ages eat together, mealtimes are the heart of an Italian family.

Values

Fun . Family . Food

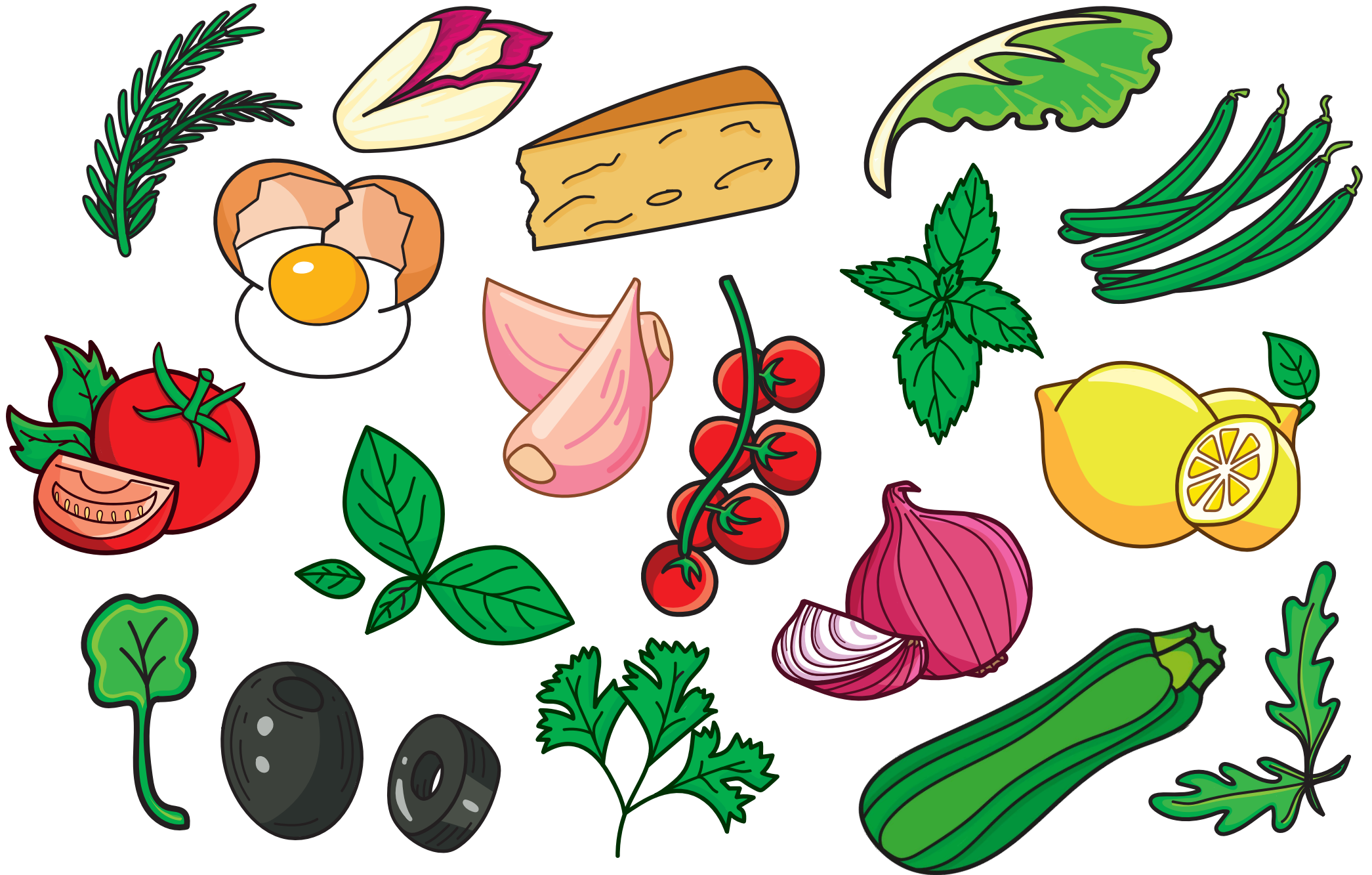
We are an authentic expression or experience of freedom, joy, and happiness, which can be experienced with others or with oneself. In a shared experience, fun releases or creates a euphoria of a deeper bond between people. Fun lightens burdens and fun also creates memorable experiences.

We are a family brand who respect, protect, nurture, encourage, and draw strength from all family relationships.

Objectives

- To bring families closer together through the concept of food
- To create an exciting authentic southern Italian food subscription box
- To create new and successful branding and packaging
- To create age-specific recipe cards

Illustrations



Shipping Box - 40x30x24cm

This box will contain all of the goodies that are being shipped.



Chilled Food Box - 20x12x16cm

This box goes inside the shipping box for all of the ingredients that need to be kept chilled, like meat, fish, and cheese.



Dry Store Ingredients Bag

This bag goes inside the shipping box and will contain any ingredients that do not need to be kept chilled.



Foil Cellophane Bag For Dry Store Ingredients

For ingredients like, grated cheese, baby leaf salad, breadcrumbs, fresh parsley, dried oregano, and cherry tomatoes.



Canned Food

For ingredients like, chopped tomatoes, whole tomatoes, tomato paste, and olives.



Spaghetti Box



Meat / Fish Packaging

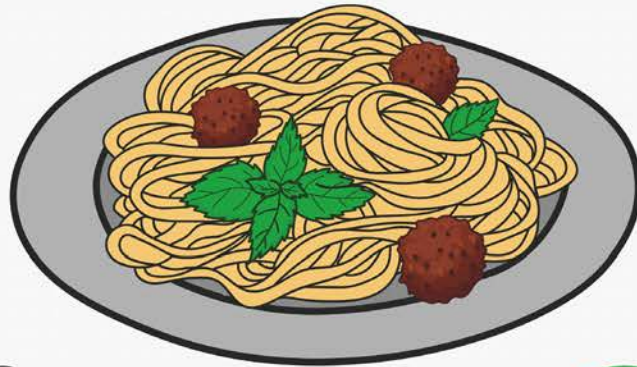


Ice Packs For Fridge Food

Ice packs are included to keep the box for the chilled ingredients fresh.



Recipe Card For Adults - A4 - Spaghetti



Spaghetti

With Meatballs

45 - 50 Minutes
Under 400 Calories



Before You Start
Our fruit and veggies need a little wash before you use them!

Wash your hands before and after prep.

Cooking Tools
Small frying pan, medium sauce pan, large sauce pan, and large mixing bowl.

Ingredients


Red Onion**	Spaghetti
Garlic Cloves**	Olive Oil*
Parsley**	Dried Oregano
Egg*	Dried Basil
Beef Mince**	Ground Black Pepper
Panko Breadcrumbs	Tomato Paste*
Parmesan Cheese**	Cans Whole Tomato
Salt*	Can Chopped Tomato

Not Included *Steer In The Fridge Allergens In Bold

Allergens
Egg, Panko Breadcrumbs - contains gluten, Grated Parmesan - contains milk, Spaghetti - contains gluten.


Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten, and sulphates.

Use separate equipment to handle raw and cooked meats (or wash between uses). Missing or replicated ingredients will be communicated where possible via email.



Get Prepped For The Sauce
Make the sauce first so it can simmer and absorb all the flavours.

Peel red onion and finely chop. Peel garlic glove finely chop or crush. Chop parsley (marked for sauce) including stalks.




1.

Make The Sauce
In medium pan add 2tbs olive oil and heat over medium heat.

Once hot add chopped onions fry until soft 2 - 4 mins - stir to prevent burning. Add chopped/ crushed garlic cook for 2 mins - stir to prevent burning. When garlic is soft add oregano, basil, salt, and ground black pepper, stir well.

Add tomato paste, cans of whole tomatoes and chopped tomatoes, stir well. Fill each empty can with water and add to the sauce.

Over medium heat bring to boil, then heat down and allow to simmer, whilst you make meatballs.




2.

Make The Meatballs
Wash hands. Chop parsley including stalks (marked parsley for meat balls). Peel garlic glove finely chop or crush.

In a small bowl lightly beat egg. Break up beef mince and add beaten egg in mixing bowl. Add panko breadcrumbs, parmesan cheese, chopped parsley and garlic. Using your hands combine the meat and egg mixture. Divide mixture into equal sizes - 8 or 12. Form each into ball shapes.

IMPORTANT - Wash your hands and equipment after handling raw mince and its packaging.




3.

Cook The Meatballs
Add 4tbs of olive oil to frying pan. Heat over medium heat.

When hot add meat balls (in batches if necessary) brown meat balls all over. (It is not necessary to cook the meat balls all the way through, they will finish cooking when added to the sauce.)

Add meat balls and any juices from frying pan to the sauce. Cook sauce and meat balls over medium heat at simmer for 15 mins.




4.

Cook The Spaghetti
Fill large pan with water, 3/4 full. Add 1tsp salt, bring to the boil.

Take 1/2 the spaghetti and cover a bowl with the spaghetti and break in half. Do the same to the remaining half. Add spaghetti to boiling water and stir to prevent sticking together. Bring pan back to boil and boil for 8 - 12 mins depending on how al dente (firm) you like your spaghetti.

When cooked, drain in a colander. Add a scoop of sauce to base of the spaghetti pan. Add half the cooked spaghetti, stir well. Add another scoop of sauce and remaining spaghetti, stir well.




5.

Serve & Enjoy With Your Family
Serve spaghetti between the plates add scoop of sauce on top of each used top with meat balls.

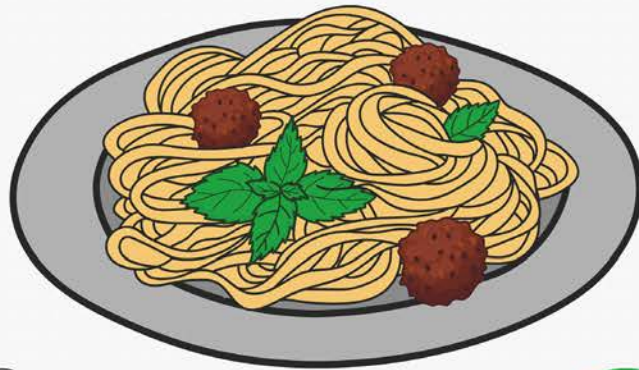
All sit together, enjoy your meal, chat about your days, laugh and have fun eating together!

Make sure TV is turned off!



6.

Recipe Card For Children - A5 - Spaghetti



Spaghetti

With Meatballs

Recipe Card For The Little Ones



Step 1.

Wash your hands.



Peel the brown onion and chop into small chunks. Peel the garlic glove finely chop or crush. Chop the parsley including stalks.



Open tins of chopped tomatoes, whole tomatoes, tomato paste using a can opener.

Step 2.

Fill the empty cans with water.



Step 3.

Chop the parsley including stalks. Chop or crush the garlic clove.



Break egg into bowl and mix with fork. Break up beef mince into mixing bowl. Add Panko breadcrumbs, parmesan cheese, chopped parsley, chopped/crushed garlic, and beaten egg. Using your hands mix the meat and egg mixture.



Split mixture into 8 or 12 piles, which are the same size. Make round balls out of the piles.



Wash your hands!



Step 4.

Fill a sauce pan with water, add 1/2tsp salt.

Break the spaghetti.



Enjoy Dinner!

Turn the TV off! Sit down with your family and enjoy your meal. Talk to them about your day and have fun!



Recipe Card For Adults - A4 - Chicken In Breadcrumbs



Chicken In Breadcrumbs
With Roast Potatoes & Green Beans

45 - 50 Minuets
Under 400 Calories . 1 Of Your 5 A Day




Before You Start
Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking Tools
Small frying pan, medium sauce pan, large sauce pan, and large mixing bowl.

Ingredients
Egg* Grated Cheese** Salt* Ground Black Pepper* Chicken Fillets* Breadcrumbs*
Potatoes** Garlic** Rosemary** Olive Oil* Water* Balsamic Vinegar

Allergens
Egg - Grated Cheese - contains milk, Breadcrumbs - contains gluten, Balsamic Vinegar - contains sulphites

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Get Prepped For The Chicken
Preheat the oven to 220°C/ 200°C fan/ gas 7.
In a medium bowl lightly beat egg, add grated cheese, 1/2tsp salt, 1/2tsp ground black pepper. Add chicken and stir into egg mixture ensuring all the chicken is coated in the mixture. Leave to one side, turn every so often.
IMPORTANT - Wash your hands and equipment after handling raw chicken and its packaging.
In a shallow dish add, breadcrumbs and grated cheese (marked for breadcrumbs), a pinch of salt and ground black pepper.



1.

Roast The Potatoes
Peel potatoes and cut into 2cm chunks. Crush garlic cloves + skins on. Spread potatoes, rosemary and garlic over flat baking tray. Drizzle olive oil over potatoes rosemary and garlic.



2.

Bread The Chicken
Take chicken fillets one at a time, using your hands or a fork. Allow excess egg mixture to drip off. Add chicken to breadcrumbs, press breadcrumbs on fillet, using your hands or a fork. Set to one side on a plate. Repeat with the remaining chicken fillets.
IMPORTANT - Wash your hands and equipment after handling raw chicken and its packaging.



3.

Cook The Breaded Chicken
Add 4tbs of olive oil to medium sized frying pan and heat over medium heat. When oil is hot add chicken fillets, do not over crowd the pan, cook in batches. If necessary add additional oil.
Cook each fillet for approximately 3 mins on each side depending on thickness of chicken.
IMPORTANT - Chicken is cooked when no longer pink in the middle.



4.

Fry The Beans
Heat a large frying pan with a drizzle of olive oil. When hot add green beans. Stir fry for 2 - 3 mins until they are starting to char. Add a splash of water - approx 150ml. Cover pan with lid or foil, turn heat to medium. Cook beans for 4 - 5 mins until tender. Stir in balsamic vinegar, 2tbs olive oil, and salt and ground black pepper. Remove from heat. Replace the lid until ready to serve.



5.

Serve & Enjoy With Your Family
Share the potatoes and green beans between your plates. Serve the chicken in breadcrumbs alongside, drizzling over any juices from the beans pan.
All sit together, enjoy your meal, chat about your days, laugh and have fun eating together!
Make sure TV is turned off!



6.


Recipe Card For Children - A5 - Chicken In Breadcrumbs





Chicken In Breadcrumbs
With Roast Potatoes & Green Beans


2


Recipe Card For Your Little Ones





Step 1. 
Wash your hands.
Set the oven to 220°C/ 200°C fan/ gas 7.

Step 2.
Break egg into bowl and mix with fork. Add grated cheese, 1/2 tsp salt, 1/2 tsp ground pepper to the egg. Add the chicken to the egg mixture and stir. Leave the mixture.

Wash your hands!
In a dish add breadcrumbs, grated cheese, and pinch of salt and pepper.

Step 3.
Take the chicken fillets one at a time, using your hands or a fork. Wait for the extra mixture to drip off.
Put the chicken fillets into the breadcrumbs and press the breadcrumbs into the chicken fillets.
When you have done once put it on a plate and repeat these steps with the other chicken fillets.


Step 4.
Add 4tbs of olive oil to medium sized frying pan.


Step 5.
Drizzle olive oil into a different large frying pan.


Enjoy Dinner!
Turn the TV off! Sit down with your family and enjoy your meal. Talk to them about your day and have fun!


Recipe Card For Adults - A4 - Fish Parcels



Bass Parcels

With Potates & Mixed Salad

45 - 50 Minuets
Under 400 Calories . 2 Of Your 5 A Day



Before You Start
Our fruit and veggies need a little wash before you use them!

Wash your hands before and after prep.

Cooking Tools
Tin foil, pastry brush, large saucepan, baking tray, medium bowl, small bowl, and whisk.

Ingredients
Bass Fillet**
Olive Oil*
Red Onion**
Courgette**
Red Tomatoes**
Parsley**
Potatoes**
Salt**

Pesto**
Ground Black Pepper*
Baby Leaf Salad**
Cherry Tomatoes**
Black Olives**
Lemon Juice*
Dried Oregano
Dried Basil

Not Included *In the Fridge **Allergens in Bold

Allergens
Pesto - contains cashew nuts, eggs, milk.

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Use separate equipment to handle raw and cooked meats (or wash between uses). Missing or replaced ingredients will be communicated where possible via email.

Get Prepped
Preheat the oven to 220°C/ 200°C fan/ gas7.

Cut A3 size pieces of tin foil for each bass fillet. Pour 1 tsp of olive oil on each piece spread over the centre of the foil either with pastry brush or fingers.

Half, peel and finely slice red onion. Cut off top and bottom of courgette and throw away. Slice courgettes in half length ways. Place cut face on chopping board and slice into medium size half moon shapes. Slice red tomatoes, about 5 slices per tomato. Chop parsley finely, stalks included. Peel and chop the potatoes into medium chunks.

Add potatoes to a large saucepan and cover them with cold water. Add 1 tsp salt and set to one side.

1.

2.

IMPORTANT - Wash your hands and equipment after handling raw fish.

Cook The Potatoes
Put pan with potatoes on heat. Bring to boil. Reduce heat slightly and simmer potatoes for 10-15 mins until cooked.

3.

4.

IMPORTANT - The bass fillers are done when they easily flake and when it is translucent inside.

Make The Salad
Whisk potatoes and fish are cooking. Empty bag of baby leaf salad into bowl. Drain black olives in a sieve and add them to bowl. Peel and chop or crush garlic cloves and set aside.

In a small bowl add olive oil, lemon juice, dried oregano, dried basil, crushed or chopped garlic clove, salt and, ground black pepper. Whisk all the ingredients together.

5.

6.

Serve & Enjoy With Your Family
When potatoes come to the boil put baking tray with fish parcels onto the middle shelf of the oven. Bake fish parcels for 15 mins or until fish is cooked through and vegetables have softened.

All sit together, enjoy your meal, chat about your days, laugh and have fun eating together!

Make sure TV is turned off!

Recipe Card For Children - A5 - Fish Parcels



Bass Parcels

With Potatoes & Mixed Salad

Recipe Card For Your Little Ones



Step 1.

Wash your hands.



Set the oven to 220°C / 200°C fan / gas 7.

Cut A3 size pieces of tin foil, one for each fish. Pour 1 tsp of olive oil on each of the tin foil and spread it over the center with a pastry brush or fingers.

Peel and slice onion. Cut top and bottom of courgette. Cut it in half length ways and cut each half into chunks. Cut red tomatoes. Chop parsley finely. Peel and chop the potatoes into medium chunks.



Add potatoes to a large saucepan and cover them with cold water and add 1 tsp of salt.



Step 2.

Spread onions and courgettes between each piece of tin foil. Place fish on top of the vegetables. Spread 1 tsp of pesto across top of each fish. Put sliced tomatoes across the top of each fish, sprinkle with salt and ground black. Drizzle 1 tsp of olive oil over the top of each fish.

Carefully bring up the sides and ends of each tin foil. Crunch together the edges to make parcels. Place each parcel on the baking tray.



Step 3.

Empty bag of salad into a bowl. Cut cherry tomatoes in half and add to the bowl. Drain black olives and add them to bowl.



Step 4.

Peel and chop or crush garlic cloves and put in a small bowl. Add olive oil, lemon juice, dried oregano, dried basil, salt, and ground black pepper. Whisk all the ingredients together.



Enjoy Dinner!

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