

Easy home cooking with Gutsy Green

By [Ruth Cooper](#)

3 Jul 2017

Adulting can be hard; 9-5's, bills to pay, groceries to shop, social lives to maintain, health to keep in check, it's a constant balancing act. One activity that often takes a back seat with busy schedules is cooking at home. Often, it's just so much easier to grab a readymade meal from woollies or call up Uber Eats.

Luckily there has been a recent introduction of local food delivery services that help take some of the admin out of home food preparation and inspire you to get creative in the kitchen. New local start-up [Gutsy Green](#) is one such service.



#DesignMonth: What's in your lunch box?

Cari Coetzee 20 Feb 2017



Chef designed recipes straight to your door

Gutsy Green delivers fresh and free-range ingredients as well as detailed chef designed recipes in perfectly portioned meal kits straight to your office or home door. This cuts down on possible food wastage and frustrating hunts for truffle oil or coconut shavings as everything you need is included in one handy delivery box.



Last week I tested out three meals from Gutsy Green. It's super easy; you sign-up, pick your options and meals and pay via their website. They offer a selection of single, double and four person meals for two to three meals a week at a reasonable cost of R305 –R892 weekly.

1 Person	2 Person	4 Person
Sentational single dinners	Delish Duo Dining	For the family dining table
		
Recipes per Week	Recipes per Week	Recipes per Week
3	2 3	2 3
FREE delivery	FREE delivery	FREE delivery
R305.00 Weekly	R564.00 Weekly	R829.00 Weekly

Their recipe choice is extensive and offers a wide variety of meat, vegetarian and low carb options. It took me ages to decide which three dishes to go for as everything sounded so tempting. However as I am making a concerted effort to eat vegetarian during the week I settled for two veggie options and one meat dish. (Just couldn't resist, and you know for a balanced review).



#GreenMondaySA: Eat less meat, save the world

Ruth Cooper 6 Apr 2017

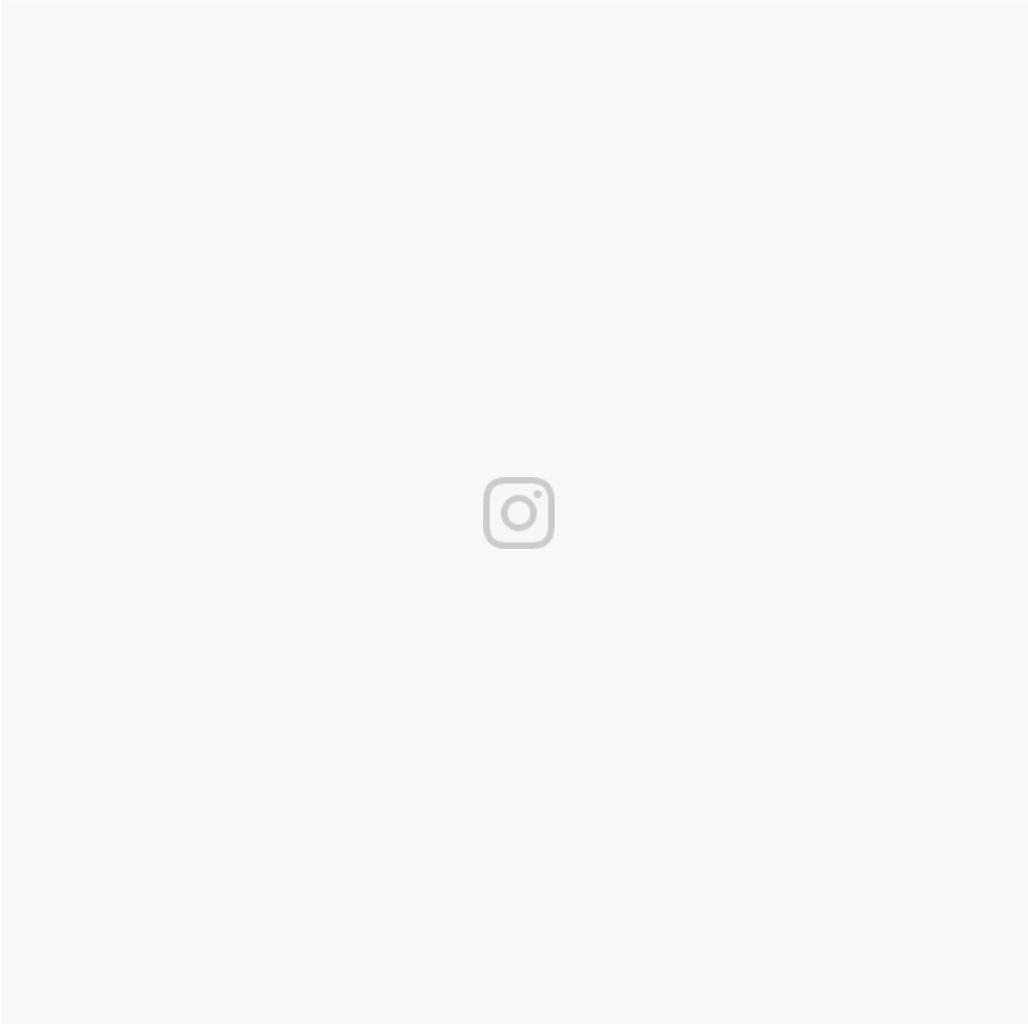




Three nights of yum

Night one we dined on a creamy butternut risotto with sage. Night two we abandoned herbivore habits and had sirloin with mashed potato parmesan cakes, green beans and mushrooms (delicious) and final night went super healthy with baked coconut rice and wilted Asian veg. So, tasty and one recipe that has definitely given me ideas for future plant based meals.

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Mhhm butternut & sage risotto! Testing out @gutsygreen's healthy recipe & ingredient delivery service. Full review on @bizcommunity soon.

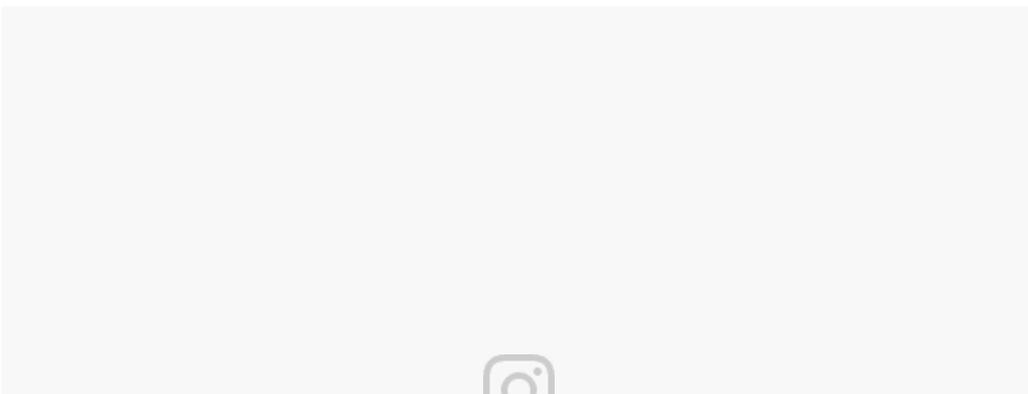
A post shared by Ruth Cooper (@remcoopkins) on Jun 27, 2017 at 9:47am PDT

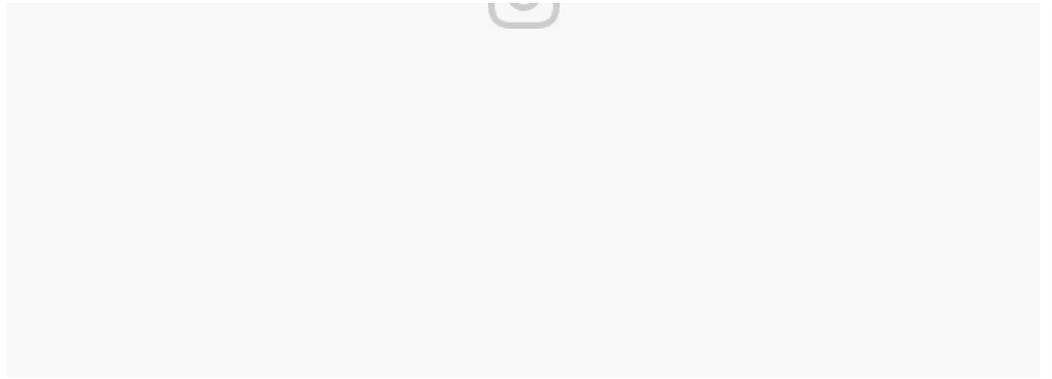
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The recipes were easy to follow and it was such a pleasure know I had the exact amount of everything I needed.

Other delicious sounding options include pork dim sum balls, lentil curry, sweet sesame chicken, bacon and red pepper pasta, spicy chorizo paella, tomato and baby spinach gnocchi and so much more. #Drool.

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Who doesn't love Dim Sum! We do and we're making them hot and fresh today! Stuffed with spicy sweet chilli pork and served with stir fried red cabbage & peaches! ❤️👉👉

A post shared by Gutsy Green (@gutsygreen) on Jun 21, 2017 at 5:09am PDT

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To free up some me time head to the [Gutsy Green website](#) to test out their meal-kits.

ABOUT RUTH COOPER

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