



PlantForward

from  brakes
a Sysco company



**MEAT, FISH & DAIRY WITH
ADDED PLANT GOODNESS**

RECIPES FOR SECONDARY SCHOOLS

LOWER COSTS WITHOUT COMPROMISING NUTRITIONAL VALUE OR FLAVOUR

Plant-forward means reducing meat, fish and dairy and emphasising vegetables, beans, pulses, rice and other plant-based ingredients. For consumers, it's a way to reduce consumption of meat, poultry and dairy without going fully vegetarian or vegan; for caterers.

RECIPES IN THIS PDF

Breakfast Berry Smoothie

**Buttermilk Quorn Fillet with Rice
Corn Maple & Bourbon Sauce all in
a Spinach Wrap**

Date Apple & Banana Muffins

Greek Style Chicken Wrap

**Korean Plant Based Bao Buns with
Raw Vegetables**

Non-Bake Oat Fruit & Yoghurt Bites

**Porridge Bars with
Banana & Sultana**

Sausage Meatball Pasta

Spinach & Butter Bean Soup

**Ultimate Mac & Bacon Toastie
with Chilli Jam**

**MEAT, FISH & DAIRY WITH
ADDED PLANT GOODNESS**

BREAKFAST BERRY SMOOTHIE



Food Labelling...

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 224G SERVING	%RI
Energy(KJ)	184 kJ	2%	411 kJ	5%
Energy(kcal)	44 kcal	2%	98 kcal	5%
Fat	1.2 g	2%	2.6 g	4%
of which saturates	0.2 g	1%	0.4 g	2%
Carbohydrate	5.4 g	2%	12 g	5%
of which sugars	3.1 g	3%	6.9 g	8%
Fibre	1.9 g	8%	4.3 g	17%
Protein	2 g	4%	4.4 g	9%
Salt	0.1 g	2%	0.22 g	4%
HFSS Rating	-4	points		

CONTAINS:



OATS



SOYA

MAY CONTAIN:



WHEAT



ALMONDS

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
4111 - 4111 Brakes Fruits of the Forest - BRAKES	1kg	1x Each
118561 - 118561 Alpro Plain Yoghurt Alternative 500g - BRAKES	700g	1.4x Each
118890 Quaker Gluten Free Original Porridge Oats 510g - BRAKES	40g	0.08x Each
132777 - 132777 Alpro Oat No Sugars - BRAKES	500g	Each

Preparation;

Thaw the fruits

Method:

Add all ingredients into a blender and blitz until smooth

Pour into glasses and serve

BUTTERMILK QUORN FILLET WITH RICE CORN MAPLE & BOURBON SAUCE ALL IN A SPINACH WRAP

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 318G SERVING	%RI
Energy(kJ)	666 kJ	8%	2117 kJ	25%
Energy(kcal)	159 kcal	8%	504 kcal	25%
Fat	4.7 g	7%	15 g	21%
<i>of which saturates</i>	1.1 g	6%	3.5 g	18%
Carbohydrate	21 g	8%	68 g	26%
<i>of which sugars</i>	5.3 g	6%	17 g	19%
Fibre	3.2 g	13%	10 g	40%
Protein	6 g	12%	19 g	38%
Salt	0.68 g	11%	2.1 g	35%

HFSS Rating

-

CONTAINS:



WHEAT

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
4732 - 4732 La Boulangerie 10" Fully Baked Spinach Flour Tortillas - BRAKES	617g	10x Each
133636 - 133636 Quorn Vegan Buttermilk Style Burger - BRAKES	1kg	0.5x Each
3797 - 3797 Brakes Long Grain Rice - BRAKES	200g	0.1x Each
100445 - 100445 Brakes Vegetable Flavour Bouillon Paste - BRAKES	10g	0.01x Each
1 - 1 Tap Water (for VC recipes) - BRAKES	400g	0.4x Each
129517 - 129517 Ardo Roasted Corn Mexicana - BRAKES	400g	0.4x Each
124062 - 124062 Lion Maple & Bourbon BBQ Sauce 1 Litre - BRAKES	250g	0.25x Each
525427 - 525427 Asian Slaw Mix - BRAKES	300g	0.6x Each

Preparation

Thaw the wraps & corn

Wash & rinse the rice in a sieve under cold running water

Make up the stock as per guidelines

Line a baking tray with parchment

Pre heat the oven to 180°c

Method

Place the rice in a pan with the stock, bring to the boil, cover with a lid & cook for approximately 12 minutes.

Turn off the heat, fluff the rice with a fork, replace the lid & stand for 10-12 minutes

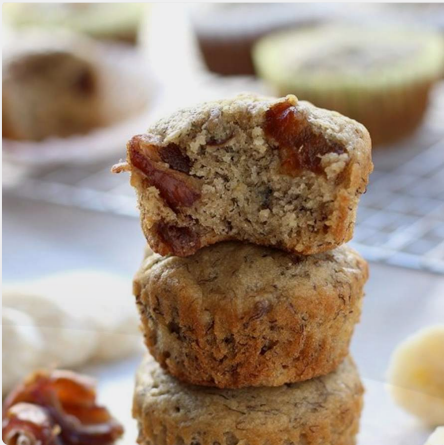
Bake the fillets for approximately 15-18 minutes & slice

Warm the corn in a microwave

Take the wrap, spread over the sauce, add the corn, chicken & rice & slaw.

Roll & wrap

DATE APPLE & BANANA MUFFINS



Food Labelling...

EU Label values per 100g

Serves **24**

	PER 100G	%RI	PER 55G SERVING	%RI
Energy(KJ)	1328 kJ	16%	735 kJ	9%
Energy(kcal)	318 kcal	16%	176 kcal	9%
Fat	18 g	26%	10 g	14%
<i>of which saturates</i>	4.6 g	23%	2.5 g	13%
Carbohydrate	34 g	13%	19 g	7%
<i>of which sugars</i>	15 g	17%	8.3 g	9%
Fibre	0.9 g	4%	0.5 g	2%
Protein	4.3 g	9%	2.4 g	5%
Salt	0.59 g	10%	0.33 g	6%
HFSS Rating	7 points			

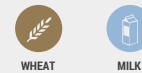
CONTAINS:



OATS

EGGS

MAY CONTAIN:



WHEAT

MILK

OTHER PROPERTIES:



VEGETARIAN

Recipe Ingredients ...

Quantity:	Description:
300g	71402 Flora Original 2kg - BRAKES
110g	350102 Tate & Lyle Mediterranean Inspired Medium Bodied Buttery Light Soft Brown Cane Sugar 3kg - BRAKES
300g	114957 FREEE by Doves Farm Gluten Free Self Raising White Flour 1kg - BRAKES
278g	16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES
100g	10354 Bananas - BRAKES
125g	5552 - 5552 Brakes Solid Pack Apple - BRAKES
75g	89781 Brakes Chopped Dates - BRAKES
5g	33581 Brakes Ground Cassia Cinnamon - BRAKES
20g	100535 Brakes Pure Canadian Maple Syrup - BRAKES
15g	118890 Quaker Gluten Free Original Porridge Oats 510g - BRAKES

Preparation:

Sift the flour

Lightly beat the eggs

Mash the banana

Chop the apple

Method:

1. Pre-heat the oven to 170°C
2. Cream together the spread & sugar
3. Gradually add the flour & egg, combine well
4. Stir in the fruits & cinnamon
5. Spoon the mix into cupcake cases
6. Bake for 10 mins
7. Remove from the oven, drizzle over the syrup & top with oats
8. Return to the oven & bake for a further 4 mins
9. Allow to cool

Chefs hints & tip - serve as a breakfast style muffin or steam the cake mix for a hot pudding option or bake as a tray bake for a mid morning or afternoon snack

GREEK STYLE CHICKEN WRAP

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 277G SERVING	%RI
Energy(Kj)	629 kJ	7%	1744 kJ	21%
Energy(kcal)	149 kcal	7%	413 kcal	21%
Fat	2.9 g	4%	8 g	11%
of which saturates	1 g	5%	2.7 g	14%
Carbohydrate	22 g	8%	60 g	23%
of which sugars	2.7 g	3%	7.4 g	8%
Fibre	1.4 g	6%	4 g	16%
Protein	8.3 g	17%	23 g	46%
Salt	0.32 g	5%	0.9 g	15%
HFSS Rating	-3	points		

CONTAINS:



WHEAT



MILK



SOYA

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
112256 Easiyo Natural Yoghurt Base - BRAKES	50g	0.05x Each
33784 Brakes Garlic Purée - BRAKES	10g	0.02x Each
33592 Brakes Oregano - BRAKES	7g	0.05x Each
114218 Lemons - BRAKES	100g	1x Each
16792 Prime Meats British Boneless and Skin Less Chicken Thighs - BRAKES	700g	0.28x Each
101767 - 101767 Mission 30cm Bran Tortilla Wrap - BRAKES	900g	10x Each
10511 - 10511 Potatoes Mid Select Washed - BRAKES	400g	0.04x Each
450672 - 450672 Tomatoes MM - BRAKES	300g	0.2x Each
10245 - 10245 Mixed Peppers - BRAKES	300g	2.37x Each
131459 - 131459 KTC Sonneveld Divider Spray Can - BRAKES	5g	0.01x Each

Preparation

Make up the Easiyo as per guidelines

Zest the lemon

In a bowl combine the yogurt, garlic, oregano & lemon

Cut the chicken into strips

Place the chicken on a tray & spread over the yogurt, coating all of the chicken in the marinade. Allow to marinate ideally overnight

Thaw the wraps

Cut the potatoes in half & par-boil, drain

Peel & cut the onions into wedges

Cut the tomatoes into wedges

Roughly chop the peppers & courgettes

Preheat the oven to 180°C

Line a baking tray with parchment paper

Method

Place the potatoes, onions, tomatoes, peppers & courgettes on a lined baking tray, spray with the oil & roast for approximately 30 minutes

Place the chicken on the tray & bake in the oven for approximately 18 minutes

Gently warm the tortillas

Service

Serve the wraps with the chicken & roasted vegetables

KOREAN PLANT BASED BAO BUNS WITH RAW VEGETABLES

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 265G SERVING	%RI
Energy(Kj)	776 kJ	9%	2059 kJ	25%
Energy(kcal)	184 kcal	9%	488 kcal	24%
Fat	3.3 g	5%	8.9 g	13%
<i>of which saturates</i>	0.5 g	3%	1.2 g	6%
Carbohydrate	30 g	12%	80 g	31%
<i>of which sugars</i>	9.3 g	10%	25 g	28%
Fibre	2.4 g	10%	6.5 g	26%
Protein	7.1 g	14%	19 g	38%
Salt	0.79 g	13%	2.1 g	35%
HFSS Rating	1	points		

CONTAINS:



WHEAT



SOYA

MAY CONTAIN:



SESAME

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
10469 Cooking Onions - BRAKES	200g	0.08x Each
132494 - 132494 Katerveg Meat Free Mince - BRAKES	700g	0.7x Each
124059 - 124059 Lion Korean BBQ Sauce 1 Litre - BRAKES	350g	0.35x Each
100445 Brakes Vegetable Flavour Bouillon Paste - BRAKES	12g	0.01x Each
10214 Red Cabbage - BRAKES	120g	0.06x Each
450693 Carrots CLASS II - BRAKES	120g	0.06x Each
10473 Spring Onions Bunch - BRAKES	120g	1.2x Each
112265 - 112265 Bao (Hirata) Bun - BRAKES	1kg	20x Each
350094 Brakes Sunflower Oil - BRAKES	30g	0.02x Each

Preparation;

Peel & finely dice the onion

Make the stock as per guidelines

Shred the cabbage

Grate the carrot

Thinly slice the spring onions

Thaw the buns, place in a steamer tray

Set the oven to steam at 80'c

Method;

Heat the oil in a pan, gently sweat the onions cooking for approximately 5-7 minutes, remove from the pan

Return the pan to the heat & brown of the mince

Return the onion to the pan, stir in the sauce & stock

Bring to a gentle simmer, cooking for approximately 15 minutes

Warm the buns for approximately 3-4 minutes

Service

Fill the buns with the mince

Top with the raw vegetables

NON-BAKE OAT FRUIT & YOGHURT BITES



Food Labelling...

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 123G SERVING	%RI
Energy(Kj)	950 kJ	11%	1171 kJ	14%
Energy(kcal)	225 kcal	11%	278 kcal	14%
Fat	4.9 g	7%	6.1 g	9%
of which saturates	3 g	15%	3.7 g	19%
Carbohydrate	38 g	15%	47 g	18%
of which sugars	25 g	28%	31 g	34%
Fibre	4.7 g	19%	5.8 g	23%
Protein	5.2 g	10%	6.4 g	13%
Salt	0.05 g	1%	0.06 g	1%
HFSS Rating	-2	points		

CONTAINS:		
		
OATS	MILK	SULPHITES
MAY CONTAIN:		
		
WHEAT		

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
118890 - 118890 Quaker Gluten Free Original Porridge Oats 510g - BRAKES	270g	0.53x Each
89781 - 89781 Brakes Chopped Dates - BRAKES	270g	0.09x Each
8284 - 8284 Brakes Dried Apricots - BRAKES	120g	0.04x Each
100535 - 100535 Brakes Pure Canadian Maple Syrup - BRAKES	25g	0.04x Each
71955 - 71955 Ubley Low Fat Natural Yogurt - BRAKES	200g	1.74x Each
10312 Large Oranges - BRAKES	288g	1x Each
255 - 255 Brakes Desiccated Coconut - BRAKES	60g	0.03x Each

Preparation

Roughly chop the apricots

Zest & juice the orange

Method

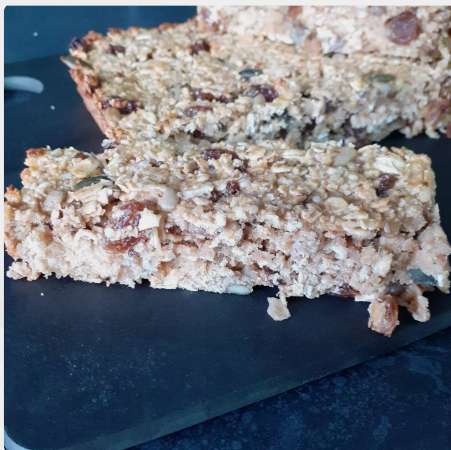
Blend all items together except the coconut

Roll into 20 even balls

Coat in coconut and slightly flatten down chill before serving

Serve 2 per portion

PORRIDGE BARS WITH BANANA & SULTANA



Food Labelling...

EU Label values per 100g

Serves **12**

	PER 100G	%RI	PER 107G SERVING	%RI
Energy(Kj)	1157 kJ	14%	1235 kJ	15%
Energy(kcal)	275 kcal	14%	294 kcal	15%
Fat	8.5 g	12%	9.1 g	13%
<i>of which saturates</i>	1.3 g	7%	1.3 g	7%
Carbohydrate	42 g	16%	45 g	17%
<i>of which sugars</i>	23 g	26%	25 g	28%
Fibre	3.8 g	15%	4 g	16%
Protein	5.9 g	12%	6.3 g	13%
Salt	0.02 g	0%	0.02 g	0%

HFSS Rating

-

CONTAINS:



OATS

MAY CONTAIN:



WHEAT

OTHER PROPERTIES:



VEGETARIAN

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
350094 Brakes Sunflower Oil - BRAKES	50g	0.03x Each
10354 Bananas - BRAKES	500g	0.33x Each
114962 Tate & Lyle Fairtrade Light Brown Soft Pure Cane Sugar 500g - BRAKES	110g	0.22x Each
118890 Quaker Gluten Free Original Porridge Oats 510g - BRAKES	400g	0.78x Each
85702 Brakes Sultanas - BRAKES	160g	0.05x Each
88884 Brakes Sunflower Seeds - BRAKES	30g	0.03x Each
10844 Brakes Pumpkin Seeds - BRAKES	30g	0.05x Each

Preparation;

Peel & mash the banana

Line a deep baking tray with parchment paper

Pre heat the oven to 170°c

Method:

In a bowl place all of the ingredients & mix well

Transfer to the baking tray, pressing down

Bake for approximately 15 minutes

Allow to cool before portioning

SAUSAGE MEATBALL PASTA

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 329G SERVING	%RI
Energy(KJ)	671 kJ	8%	2207 kJ	26%
Energy(kcal)	159 kcal	8%	524 kcal	26%
Fat	4.3 g	6%	14 g	20%
<i>of which saturates</i>	1.6 g	8%	5.2 g	26%
Carbohydrate	21 g	8%	69 g	27%
<i>of which sugars</i>	3 g	3%	10 g	11%
Fibre	1.9 g	8%	6.2 g	25%
Protein	8.1 g	16%	27 g	54%
Salt	0.35 g	6%	1.2 g	20%
HFSS Rating	-3	points		

CONTAINS:



WHEAT



MILK



SULPHITES

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
53573 - 53573 British Red Tractor Healthier Option Pork Sausages 8s - BRAKES	800g	0.18x Each
10224 - 10224 Red Onions - BRAKES	250g	0.25x Each
450693 - 450693 Carrots CLASS II - BRAKES	200g	0.1x Each
4793 - 4793 Brakes Sliced Mixed Peppers - BRAKES	250g	0.17x Each
470829 - 470829 KTC Vegetable Oil - BRAKES	30g	0.01x Each
33595 - 33595 Brakes Thyme - BRAKES	8g	2x Average Portion
134644 - 134644 Cooks & Co Garlic Puree - BRAKES	10g	0.1x Each
19839 - 19839 Brakes Chopped Tomatoes in Tomato Juice - BRAKES	800g	1x Each
28326 - 28326 Brakes Tomato Paste - BRAKES	40g	0.05x Each
111578 - 111578 Triple Lion Wholemeal Penne Pasta - BRAKES	700g	0.23x Each
71951 - 71951 Brakes Grated Reduced Fat White Cheese - BRAKES	200g	0.2x Each

Preparation

Thaw the sausages & remove the casings

Peel & dice the onion

Dice the carrots

Thaw the peppers

Pre heat the oven to 180°c

Method

Place the sausages in a bowl, add the thyme & garlic, combine well

Shape the sausages into 30g meatballs

Heat the oil in a sauté pan & brown the meatballs on all sides, remove from the pan & place in an ovenproof dish

Return the pan to the heat, gently sweat the onion & carrot cooking for approximately 10 minutes, add the peppers & cook for a further 5 minutes.

Stir in the tomatoes & paste, bring to a gentle simmer, cooking for 8-10 minutes

Bring a pan of water to the boil & cook the pasta for approximately 8 minutes & drain

Transfer the pasta to the dish with the meatballs, pour over the sauce & scatter over the cheese

Bake in the oven for approximately 30-40 minutes

Service

Serve in grab & go pots & accompany with additional green vegetables

SPINACH & BUTTER BEAN SOUP



Food Labelling...

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 222G SERVING	%RI
Energy(Kj)	337 kJ	4%	747 kJ	9%
Energy(kcal)	80 kcal	4%	179 kcal	9%
Fat	3.3 g	5%	7.2 g	10%
<i>of which saturates</i>	1.1 g	6%	2.5 g	13%
Carbohydrate	7.8 g	3%	17 g	7%
<i>of which sugars</i>	2.2 g	2%	4.9 g	5%
Fibre	2.9 g	12%	6.3 g	25%
Protein	3.5 g	7%	7.8 g	16%
Salt	0.62 g	10%	1.4 g	23%
HFSS Rating	-6	points		

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Recipe Ingredients ...

Quantity:	Description:
380g	0.08x Each
10566 - 10566 Cooking Onions - BRAKES	
30g	0.25x Each
10439 - 10439 Fresh Garlic - BRAKES	
30g	0.02x Each
350094 - 350094 Brakes Sunflower Oil - BRAKES	
900g	0.36x Each
3840 - 3840 Brakes Whole Leaf Spinach Portions - BRAKES	
740g	0.93x Each
22724 - 22724 Brakes Butter Beans in Water - BRAKES	
6g	1.5x Average Portion
33595 - 33595 Brakes Thyme - BRAKES	
45g	0.05x Each
100445 - 100445 Brakes Vegetable Flavour Bouillon Paste - BRAKES	
90g	0.45x Each
133532 - 133532 Violife Creamy Original Flavour 200g - BRAKES	

Preparation;

Peel & dice the onions & garlic

Make up the stock as per guidelines

Method:

Heat the oil in a pan & gently sweat the onion & garlic.

Cooking for approximately 8 minutes

Add the spinach, butter beans, stock & thyme bring to a simmer & cook for approximately 25 minutes

Remove from the heat, stir in the soft cheese & blend until smooth

Serve with warm chunks of bread

ULTIMATE MAC & BACON TOASTIE WITH CHILLI JAM

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 230G SERVING	%RI
Energy(Kj)	911 kJ	11%	2098 kJ	25%
Energy(kcal)	217 kcal	11%	500 kcal	25%
Fat	8.3 g	12%	19 g	27%
of which saturates	4.4 g	22%	10 g	50%
Carbohydrate	23 g	9%	53 g	20%
of which sugars	4.4 g	5%	10 g	11%
Fibre	3.1 g	12%	7.1 g	28%
Protein	11 g	22%	25 g	50%
Salt	1.1 g	18%	2.6 g	43%
HFSS Rating	2 points			

CONTAINS:



MAY CONTAIN:



Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
130707 Jacksons Medium Sliced Wholemeal Bread	90g	0.12x Each
135165 - 135165 Macaroni Cheese - BRAKES	60g	0.27x Each
70072 Prime Meats Smoked Rindless Back Bacon - BRAKES	45g	1x Each
10163 Brakes Grated Mozzarella & Cheddar Cheese Mix - BRAKES	20g	0.02x Each
126918 Brakes Chilli Jam - BRAKES	15g	0.01x Each

Cooking Instructions & Notes

Preparation

Thaw the bread & macaroni

Grill the bacon

Pre-heat the panini grill to 260'c

Method

Take one slice of bread, spread over the macaroni cheese, arrange the bacon on top & scatter over the cheese

On the second slice spread over the chilli jam, turn over & place on to of the filled slice

Wrap in parchment paper

Place in a panini grill & heat for approximately 8 minutes

Service

Cut in half