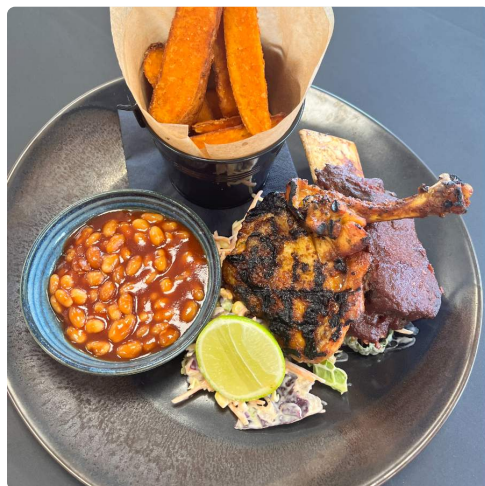


Beef Short Rib & Chicken Chop Combo

Served with corn slaw, pit beans and sweet potato wedges



Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 924G SERVING	%RI
Energy(Kj)	719 kJ	9%	6640 kJ	79%
Energy(kcal)	172 kcal	9%	1591 kcal	80%
Fat	9.9 g	14%	92 g	131%
of which saturates	3.2 g	16%	30 g	150%
Carbohydrate	10 g	4%	94 g	36%
of which sugars	6.2 g	7%	57 g	63%
Fibre	1.7 g	7%	16 g	64%
Protein	9.7 g	19%	89 g	178%
Salt	0.6 g	10%	5.5 g	92%
HFSS Rating	2 points			

CONTAINS:



Recipe Ingredients ...

Quantity:	Description:
280g	114834 - 114834 Beef Ribs with Salt and Pepper - BRAKES 1x Each
50g	114656 - 114656 Brakes Chipotle Chilli Glaze - BRAKES
100g	136276 - 136276 Oakfield Sweet & Smokey Chicken Thigh Chops Bone In - BRAKES 1x Each
84g	15136 - 15136 Brakes Baked Beans in Tomato Sauce - BRAKES
20g	114654 - 114654 Brakes Sticky BBQ Glaze - BRAKES
70g	525427 - 525427 Asian Slaw Mix - BRAKES
70g	129517 - 129517 Ardo Roasted Corn Mexicana - BRAKES
50g	113120 - 113120 Lion Buttermilk Ranch Dressing - BRAKES
200g	135178 - 135178 Sysco Classic Sweet Potato Wedges - BRAKES

Cooking Instructions & Notes

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1. Defrost the Beef Rib and the Chicken Thigh Chop
 2. Cover/Marinade the beef rib in the chipotle chilli glaze
 3. Combine the baked beans with the sticky barbecue glaze
 4. Combine the Asian slaw mix, Mexican corn and the ranch dressing
 5. To serve; Place the beef rib and chicken thigh chop into a hot oven until core temp is achieved
 6. Meanwhile deep fry or oven cook the sweet potato wedges
 7. Microwave the Beans
 8. Present on chosen service ware with the Corn slaw