

801577

Asian Steak Stir Fry

Published 05/11/2020

Asian Steak Stir Fry**Serves 1**

Code	Description	Qty	Units	mise en place / Preparation
C 122676	Prime Meats Flat Iron Steak	180	g	trim and slice the steak into batons add oil
C 10380	Ginger	8	g	Peel and thinly slice into julienne
C 114212	Chillies Red	10	g	Slice
C 10439	Fresh Garlic	8	g	Peel and finely chop
C 10473	Spring Onions Bunch	5	g	Slice
C 10374	Baby Corn	10	g	Cut in half on the angle
C 10372	Mangetout	20	g	Cut in half on the angle
C 10582	Pak Choi	30	g	Shred
C 10224	Red Onions	40	g	Peel & slice
A 131448	Tilda Wholegrain Brown Basmati Rice	0.5	ea	
C 114207	Broccoli Tenderstem	40	g	Trim & blanch
A 16392	Brakes 18 British Free Range Fresh Medium Eggs	1	ea	Make up a thin omelette & shred
A 124867	Kikkoman Tamari Gluten Free Soy Sauce 1L	5	ml	
A 128591	Pureety Classic Korean Gochujang Sauce	20	ml	
A 21856	Prep Premium Toasted Sesame oil	20	ml	

Method**Estimated Cooking Time: 6mins**

- In a hot wok fry the steak- adding the veg soon after
- Meanwhile microwave the rice
- Add the rice to the pan along with the shredded egg, soy and gochujang
- Toss together on a high heat for a minute
- Now spoon into your chosen bowl
- Top with spring onions and a squeeze of lime and coriander if you wish
- NB. Add some crispy fried onions to the finished dish for added flavour & texture
- Code 127293 - crispy fried onions

**Allergens Contained in this recipe**

Celery	No	Sesame	Yes
Crustacea	No	Soya	Yes
Egg	Yes	Sulphites	Yes
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

Nutrition (pre-cooking)

Energy per Portion (kcal)	812.4
Energy per Portion (kj)	3389.4
Protein per Portion	51.2
Carbohydrate per Portion	47.2
Sugars per Portion	9.7
Fat per Portion	44.8
Saturates per Portion	12.3
Fibre per Portion	5.5*
Salt Equivalent per Ptn	2.3

* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

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801578

Panggang Chicken with an Apricot & Freekeh Grain Salad v2

Published 08/01/2021

Panggang Chicken With An Apricot & Freekeh Grain Salad V2

Chicken breast with apricot and sweet chilli BBQ flavours, served with a Lebanese style freekeh salad and mayonnaise

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 84380	Prime Meats British Skinless Chicken Breast Fillets	0.5	ea	
A 89703	Brakes Real Mayonnaise	10	g	
A 113310	Panggang Paste	10	g	
F 119384	Andros Apricot High Fruit Compote	10	g	Defrost
C 117810	Brakes Lebanese Style Freekeh Salad	60	g	
C 105597	Micro Coriander BB	5	g	
C 10380	Ginger	5	g	Peel & finely chop
C 114212	Chillies Red	5	g	Deseed & julienne
C 10224	Red Onions	10	g	Peel & finely dice
C 10478	Limes	0.5	g	Zest & juice
A 21856	Prep Premium Toasted Sesame oil	5	g	
A 350094	Brakes Sunflower Oil	5	g	



Allergens Contained in this recipe

Celery	No	Sesame	Yes
Crustacea	Yes	Soya	Yes
Egg	Yes	Sulphites	Yes
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	Yes	Rye	No
Mustard	No	Spelt	No
Nuts	May	Kamut	No
Peanuts	May	Gluten	Yes

Method Estimated Cooking Time: 15mins

- Mix the apricot compote together with half the panggang paste
- Brush this mix over the chicken and marinade in a fridge for approx. 1hr
- Pre-heat the oven to 180°C
- Whisk together the chilli, ginger, lime, red onion & sesame oil - set aside
- Place a frying pan onto a moderate heat and add the oil. When hot, add the chicken and cook on each side until brown
- Transfer the chicken to a baking sheet and place into the oven. Cook for 7mins or until core temperature is reached
- Once cooked remove from the oven and allow to rest for approx. 2mins, then slice into 6 pieces
- Spoon the freekeh salad onto your chosen dish, then arrange the chicken over the salad
- Combine the remaining panggang paste with the mayonnaise & drizzle over the top
- Serve as shown

Nutrition (pre-cooking)

Energy per Portion (kcal)	427.8
Energy per Portion (kj)	1788.6
Protein per Portion	21.8
Carbohydrate per Portion	33.7
Sugars per Portion	8.4
Fat per Portion	22.4
Saturates per Portion	3.7
Fibre per Portion	2
Salt Equivalent per Ptn	0.8

* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

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801581

Goan Hake Curry

Published 05/11/2020

Goan Hake Curry**Serves 1**

Code	Description	Qty	Units	mise en place / Preparation
F 127613	M&J Seafood British MSC Hake Supremes (Skin or 1		ea	Defrost & mainade in half of the goan paste
A 128593	Brakes Goan Paste	30	g	
A 119105	KTC Sweetened Kesar Mango Pulp 850g	25	ml	
A 127121	Brakes Coconut Milk	40	ml	Reserve the liquid
C 105597	Micro Coriander BB	1	g	
C 10478	Limes	0.1	ea	
C 10567	Banana Shallots	30	g	Peel & slice
C 118623	Pickled Fennel	8	g	
C 10439	Fresh Garlic	10	g	
C 114212	Chillies Red	10	g	Trim & dice
C 10380	Ginger	10	g	Peel & dice
C 23327	Isigny Unsalted Butter Roll 250g	20	g	
C 525271	Red Peppers	50	g	Trim & slice into batons
A 131448	Tilda Wholegrain Brown Basmati Rice	150	g	
A 115043	Maggi Rich & Rustic Tomato Sauce 800g	30	g	

**Allergens Contained in this recipe**

Celery	No	Sesame	No
Crustacea	No	Soya	No
Egg	No	Sulphites	No
Fish	Yes	Wheat	No
Lupin	No	Barley	No
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

Method**Estimated Cooking Time: 10mins**

- 1 Add the butter to a large pan, fry the fennel, garlic, ginger, red peppers and shallot
- 2 Reserve the liquor & chill the prawns until required
- 3 Add some water and simmer until the veg is tender
- 4 Add the tomato sauce, mango pulp, chilli, coconut cream & chilli, bring to a gentle simmer
- 5 Now gently fry the hake fillet in butter to colour then add the coconut water and simmer until cooked
- 6 Heat the rice as per pack instructions, add the lime juice and season
- 7 Plate the rice, surround with the sauce and top with the hake
- 8 Garnish with the coriander
- 9 Serve as shown

Nutrition (pre-cooking)

Energy per Portion (kcal)	689.4
Energy per Portion (kj)	2877.6
Protein per Portion	36.2
Carbohydrate per Portion	57.4
Sugars per Portion	16.5
Fat per Portion	33.6
Saturates per Portion	20.3
Fibre per Portion	6*
Salt Equivalent per Ptn	1.5

* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

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801584

Bao Buns with Sticky Asian Chicken & Asian Slaw

Published 05/11/2020

Bao Buns With Sticky Asian Chicken & Asian Slaw**Serves 20**

Code	Description	Qty	Units	mise en place / Preparation
C 115357	Halal British Red Tractor Assured Skin On Chicken	20	ea	
A 124867	Kikkoman Tamari Gluten Free Soy Sauce 1L	100	ml	
A 350157	Brakes Squeezy Clear Blossom Honey	50	g	
A 85664	Knorr Professional Blue Dragon Hoi Sin Concentrat	30	g	
F 112265	Bao (Hirata) Bun	20	ea	
For the Slaw				
C 10282	White Cabbage	600	g	Finely shredded
C 450694	Carrots	400	g	Grated
C 10478	Limes	70	g	Zest & Juice
C 525271	Red Peppers	300	g	Finely shredded
A 350094	Brakes Sunflower Oil	30	g	
A 35005	Brakes Sesame Seeds	10	g	
C 10214	Red Cabbage	200	g	Finely shredded

**Allergens Contained in this recipe**

Celery	No	Sesame	Yes
Crustacea	No	Soya	Yes
Egg	No	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	May	Spelt	No
Nuts	May	Kamut	No
Peanuts	May	Gluten	Yes

Method**Estimated Cooking Time: 35**

- 1 Pre-heat oven to 180C
- 2 In a large bowl mix together hoi sin, honey & soy sauce
- 3 Place the chicken in the hoi sin mix, stir gently to ensure each thigh is well coated
- 4 Cover and set aside in a fridge/chiller until required
- 5 To make the Slaw:
- 6 Mix together the oil, lime juice & zest, whisk thoroughly
- 7 Add the red & green cabbage, carrot & pepper, mix well and put to one side
- 8 Place the chicken on a lined baking sheet
- 9 Place in the oven and cook for 10 minutes, then remove and turn chicken over. Cook for a further 10 minutes
- 10 Re-heat buns by placing on microwavable plate. Cover with cling film, cook on full power for 1 minute
- 11 Remove the chicken from oven and shred, drizzle with any cooking juices from the tray
- 12 Fill hot buns with Chicken, sprinkle with sesame seeds and serve with a portion of slaw

Nutrition (pre-cooking)

Energy per Portion (kcal)	393.5*
Energy per Portion (kj)	1641.8*
Protein per Portion	22.5*
Carbohydrate per Portion	35.7*
Sugars per Portion	10.4*
Fat per Portion	17.2*
Saturates per Portion	4.1*
Fibre per Portion	1.8*
Salt Equivalent per Ptn	1.4*

* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

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801586

Indian Vegan Thali

Published 15/12/2020

Indian Vegan Thali

Serves 2

Code	Description	Qty	Units	mise en place / Preparation
F 130814	Brake Kashmir chkpea cauli curry 12x400g	0.5	ea	Defrost
C 131355	Pickled Watermelon	100	g	
F 130811	TAFC Bombay Aloo 12x250g	1	ea	Defrost
F 133729	Gazebo Cuisine Onion Bhaji 40x40g	4	ea	
F 120202	La Boulangerie Chapati	1	ea	Defrost
F 131053	KK Vegan Soya Keema 24x300g	1	ea	Defrost
F 130810	TAFC Saag Aloo 12x250g	1	ea	Defrost



Allergens Contained in this recipe

Celery	No	Sesame	No
Crustacea	No	Soya	No
Egg	No	Sulphites	Yes
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

Method Estimated Cooking Time: 10mins

- 1 Re-heat the curries, bombay aloo & saag aloo as per pack instructions
- 2 Deep fry the bhajis as per pack instructions
- 3 Warm the chapati / cut in half
- 4 Add the curries, bombay aloo, and saag aloo into the thali pots
- 5 Next add the chapati, bhajis & finally the pickled watermelon
- 6 Serve as shown
- 7 NB. This could serve 2 as a sharer or 1 as a main

Nutrition (pre-cooking)

Energy per Portion (kcal)	109*
Energy per Portion (kj)	461.3*
Protein per Portion	2.8*
Carbohydrate per Portion	20.6*
Sugars per Portion	7.2*
Fat per Portion	1.3*
Saturates per Portion	0*
Fibre per Portion	1.4*
Salt Equivalent per Ptn	0.2*

* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

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801587

Chapati Tacos

Published 15/12/2020

Chapati Tacos

Serves 2

Code	Description	Qty	Units	mise en place / Preparation
F 130810	The Authentic Food Company Saag Aloo	2	ea	Defrost
F 120202	La Boulangerie Chapati	2	ea	Defrost
C 10230	Cucumber	20	g	Grate & squeeze out excess water
C 118561	Alpro Plain Yoghurt Alternative 500g	30	g	
C 113882	Premium Large Mint Bunch	10	g	Roughly chop
C 10473	Spring Onions Bunch	2	ea	Finely slice
C 114212	Chillies Red	5	g	Finely slice
C 113885	Herb Bunched Coriander	5	g	Roughly chop
A 107035	Maldon Sea Salt Flakes 1.4kg Tub	2	g	
A 29651	Brakes Cracked Black Pepper	1	g	



Allergens Contained in this recipe

Celery	No	Sesame	No
Crustacea	No	Soya	Yes
Egg	No	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	May	Kamut	No
Peanuts	No	Gluten	Yes

Method Estimated Cooking Time: 10mins

- Place a saucepan of water onto the hob & bring to the boil
- Mix the mint, cucumber & Alpro together to create the raita, season with salt and pepper.
- Once the water is at boiling point place the Saag Aloo in the package into the pan
- Re-heat for approx 10mins or until core temp is reached
- Warm the chapati in the microwave for 15 – 20 seconds.
- Now build your chapati tacos as per the attached photo - serve as shown
- NB. For extra texture & flavour top the tacos with some deep fried bhaji's
- Code 133729 - Gazebo Cuisine Onion Bhaji 40x40g

Nutrition (pre-cooking)

Energy per Portion (kcal)	201.3*
Energy per Portion (kj)	847.5*
Protein per Portion	9.1*
Carbohydrate per Portion	31.6*
Sugars per Portion	4.3*
Fat per Portion	3.4*
Saturates per Portion	0.2*
Fibre per Portion	4.8*
Salt Equivalent per Ptn	1.4*

* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

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801588

Bombay burrito

Published 15/12/2020

Bombay Burrito**Serves 1**

Code	Description	Qty	Units	mise en place / Preparation
F 130811	The Authentic Food Company Bombay Aloo	1	ea	Defrost
F 30808	Brakes Basmati Rice Portions	0.5	ea	Defrost
F 123350	La Boulangerie 12" Fully Baked Turmeric Spiced Tc 1	ea	ea	Defrost
C 10333	Plum Tomatoes	50	g	Cut into 1cm dice
C 10224	Red Onions	25	g	Peeled & finely diced
C 10478	Limes	0.5	ea	Juice
A 33889	Veraneo Olive Oil	5	ml	
A 131417	Brakes Black Onion Seeds	0.5	g	

**Allergens Contained in this recipe**

Celery	No	Sesame	No
Crustacea	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

Method**Estimated Cooking Time: 10mins**

- 1 Pre-heat the oven to 180oC
- 2 Combine the tomato, red onion, lime, black onion seeds & oil - set aside
- 3 Mix together the bombay aloo & rice & heat in a microwave on high power until core temp is reached
- 4 Place the wrap(s) onto a board, spoon the bombay aloo & rice mix onto the centre of the wrap
- 5 Top with the tomato & red onion mix
- 6 Fold in the ends of the wrap then roll tightly
- 7 Place on a paper lined baking sheet & put in the oven & cook for 5mins
- 8 Remove from the oven, cut in half & serve as shown

Nutrition (pre-cooking)

Energy per Portion (kcal)	501.5*
Energy per Portion (kj)	2112.7*
Protein per Portion	11*
Carbohydrate per Portion	84.7*
Sugars per Portion	4.8*
Fat per Portion	12*
Saturates per Portion	3.2*
Fibre per Portion	5.4*
Salt Equivalent per Ptn	0.7*

* indicates incomplete information

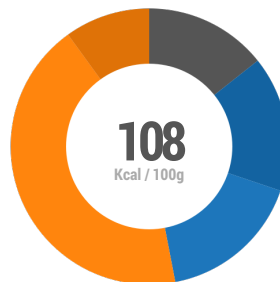
Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

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Baked White Cabbage with a 'Satay' style Sauce

By colin scott from Brakes

Overview ...



CALORIES:

32.7% Carbs

14.3% Protein

53% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



PEANUTS



CELERY

Recipe Ingredients ...

	Quantity:	Description:
10282 White Cabbage - BRAKES	250g	0.12x Each
114656 Brakes Chipotle Chilli Glaze - BRAKES	35g	0.03x Each
133979 Sun Pat Crunchy Peanut Butter - BRAKES	50g	0.05x Each
33853 Brakes Breadcrumbs Uncoloured - BRAKES	20g	0.01x Each
113877 Rosemary - BRAKES	2g	0.02x Each
113883 Herb Bunched Sage - BRAKES	2g	0.02x Each
33889 Veraneo Olive Oil - BRAKES	10g	0.01x Each
114218 Lemons - BRAKES	5g	0.05x Each
115043 Maggi Rich & Rustic Tomato Sauce 800g - BRAKES	100g	0.13x Each
118707 Cooked New Potatoes - BRAKES	75g	0.08x Each
113880 Premium Large Chives Bunch - BRAKES	2g	0.02x Each
10332 Lettuce Little Gem - BRAKES	30g	0.3x Each
131817 Micro Red Amaranth - BRAKES	1g	0.03x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

582g / 657kcal

1

Cooking Instructions & Notes

Stage One

Remove any of the cabbage's damaged outer leaves. Cut it in half, then into 8 wedges leave the core on.
Season with salt and pepper and a little olive oil.
Place 2 wedges of cabbage on to a chargrill and grill on both sides to get that lovely charred affect.
Transfer the cabbage wedges to a bowl and allow to cool for a couple of minutes.

Stage Two

Add chipotle glaze to the peanut butter mix well then massage the favours into the cabbages
Place the marinated cabbage wedges into to a pan and add a couple of tablespoons of water, bake in the oven for 20/30 mins or until cabbage is softened

Stage Three

Chop rosemary & sage
Place a pan on the medium heat add the breadcrumbs, rosemary, sage and oil
Mix and toss until golden and crispy
Season with salt & pepper and finish with lemon zest, mix well.
Place to one side and allow to cool

Stage Four

Warm tomato sauce in a pan season with salt and pepper and squeeze of lemon, add a little bit of the cooking liquor from the cabbage and stir
Warm up potatoes and toss with chopped chives salt and pepper

Stage Five

Pour tomato sauce into your chosen bowl
Transfer the cabbage to the bowl and sprinkle with herby bread crumbs and crispy onions
Serve with potatoes and herb salad

Top Tips

Use the following as alternative options to white cabbage:

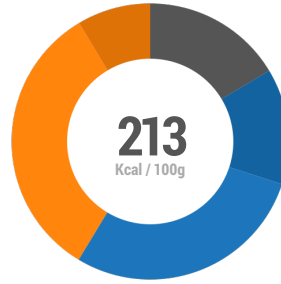
- 13107 - Pointed Cabbage
- 10407 - Savoy Cabbage
- 10214 - Red Cabbage
- 10582 - Pak Choi
- 114233 - Spring Greens

Crispy Tofoo Pad Thai

By Oliver Lloyd from Brakes

Overview ...

U / 7215804



CALORIES:

42.2% Carbs

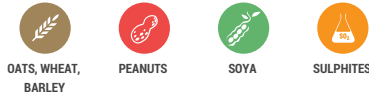
16.4% Protein

41.4% Fat

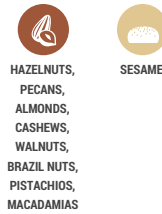
Food Labelling...

Serves 1

CONTAINS:



MAY CONTAIN:



Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
135330 Tofoo Straight To Wok Ginger, Chilli	50g	
128315 Flat Rice Noodles - BRAKES	50g	0.5x Each
10439 Fresh Garlic	15g	
525271 Red Peppers - BRAKES	30g	0.03x Each
10469 Cooking Onions	30g	
110076 Snacking Essentials Dry Roasted Peanuts	30g	
10478 Limes	70g	
113885 Herb Bunched Coriander - BRAKES	10g	0.1x Each
124867 Kikkoman Tamari Gluten Free Soy Sauce 1L - BRAKES	25g	0.03x Each
350102 Tate & Lyle Mediterranean Inspired Medium Bodied Buttery Light Soft Brown Cane Sugar 3kg - BRAKES	10g	0x Each
127153 Mikado Rice Vinegar CASE	10ml	
112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml - BRAKES	10g	0.01x Each
127122 Sun-Pat Sunpat Smooth Peanut Butter	25g	
100535 Brakes Pure Canadian Maple Syrup - BRAKES	10g	0.02x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

375g / 820kcal

1

Cooking Instructions & Notes

Preparation:

- Chop the onion
- Slice the garlic
- Baton the pepper
- Chop the coriander
- Chop the peanuts
- Pre-cook the rice noodles

Method:

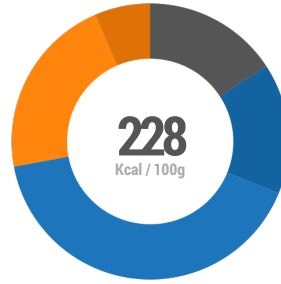
1. Make the pad thai sauce by combining the soy, sriracha, rice wine vinegar, maple syrup, half the lime juice and peanut butter
2. Whisk over a medium heat, bring to a gentle boil and take off the heat - set aside.
3. In a pan over a high heat fry the tofoo, garlic, onion and peppers together. once softened slightly add in the rice noodles and toss.
4. Add in half the coriander and chopped nuts followed by the pad thai sauce.
5. Coat well and transfer to a suitable dish and garnish with the remaining coriander and peanuts - serve!

Duck hoi sin bao bun

By Oliver Lloyd from Brakes

Overview ...

U / 4796208



CALORIES:

56.3% Carbs

15.8% Protein

27.9% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT,
BARLEY



SESAME



SOYA

MAY CONTAIN:



ALMONDS,
CASHEWS



PEANUTS



CELERY



MUSTARD

Recipe Ingredients ...

	Quantity:	Description:
112265 Bao (Hirata) Bun	100g	2x Each
85664 Knorr Professional Blue Dragon Hoi Sin Concentrated Sauce 1.1L	30g	0.03x Each
10230 Cucumber	20g	0.05x Each
10473 Spring Onions Bunch	15g	0.15x Each
114212 Chillies Red	5g	
131165 Black Sesame Seeds	5g	0.01x Each
35005 Brakes Sesame Seeds	5g	0.01x Each
3928 Brakes Mini Vegetable Spring Rolls	36g	2x Each
127293 Chef William Crispy Fried Onions	10g	0.02x Each
112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml	5g	0.01x Each
134294 Squeaky Bean Plant Based Pulled Duck	60g	0.06x Each

Portions / Pack Sizes ...

1 Serving



291g / 672kcal

Cooking Instructions & Notes

Preparation:

Mix the seeds and crispy onions

Finely shred the spring onion, cucumber skin and chilli

Defrost the bao buns

Method:

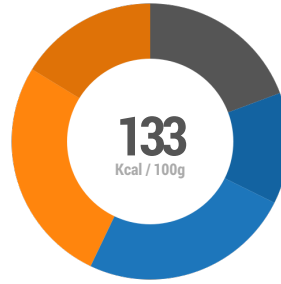
1. Heat the hoi sin sauce and add the duck.
2. Heat the buns for 10 seconds in a microwave.
3. Fill the buns with the hoi sin duck.
4. Roll the bun in the seed mix.
5. In a deep fat fryer cook the spring rolls at 180oC for 3 mins and then spear onto the buns.
6. Garnish with the sriracha and shredded salad - serve

Gochujang Sticky Sole Bowl

By Oliver Lloyd from Brakes

Overview ...

U / 7223358



CALORIES:

37.8% Carbs

19.3% Protein

42.9% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



EGGS



MILK



FISH



MOLLUSCS



MUSTARD



SESAME



SOYA

MAY CONTAIN:



CRUSTACEANS



CELERY

Recipe Ingredients ...

	Quantity:	Description:
135459 Pacific West MSC Petite Sole Fillets in Crispy Tempura Batter - BRAKES	140g	2.01x Each
128591 Pureety Classic Korean Gochujang Sauce	25g	
132873 Green Green Valley Frozen Salad	70g	
10146 Brakes Pickled Red Cabbage	35g	
10416 Prepared Grated Carrot - BRAKES	35g	0.04x Each
10230 Cucumber	25g	
123174 Sweet & Sour Onion Pickles	10g	
134544 Kuhne Crispy Fried Onions	5g	
113885 Herb Bunched Coriander - BRAKES	5g	0.05x Each
131165 Black Sesame Seeds - BRAKES	2g	0x Each
35005 Brakes Sesame Seeds - BRAKES	2g	0x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

354g / 482kcal

1

Cooking Instructions & Notes

Preparation:

Defrost the salad

Peel cucumber

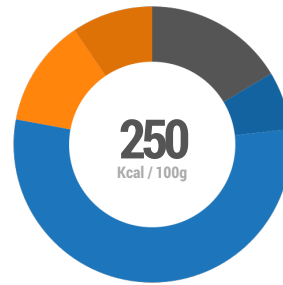
Method:

1. Mix together the cucumber and sweet & sour onions adding in a pinch of the sesame seeds.
2. Mix together the carrot, crispy onions and pickled cabbage.
3. Cook the sole fillets in a fryer at 180oC for 4 minutes until golden and cooked through - drain.
4. In a pan over a medium heat warm the gochujang sauce then add in the sole and roll around the pan coating well.
5. In a suitable bowl spoon in the grain salad alongside the carrot and cabbage salad followed by the cucumber.
6. Top with the sticky sole fillet - serve!

K - Dogs

By colin scott from Brakes

Overview ...



CALORIES:

61.5% Carbs

16.4% Protein

22.1% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



MUSTARD



EGGS



MILK

Recipe Ingredients ...

	Quantity:	Description:
113009 Westlers Premium Frankfurter 5 1/2" - BRAKES	45g	0.5x Each
115962 Mozzarella Loaf - BRAKES	40g	0.04x Each
555507 Bamboo Skewers 7.2" /18cm Flat End - BRAKES	0.6g	1x Each
114953 Brakes Self Raising Flour - BRAKES	150g	0.1x Each
35023 Brakes Baking Powder - BRAKES	5g	0.01x Each
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	56g	1.01x Each
70218 Brakes Fresh Semi Skimmed Milk - BRAKES	100ml	0.04x Each
301 Brakes Caster Sugar - BRAKES	10g	0x Each
135538 James Brown & Co Panko Breadcrumbs - BRAKES	100g	0.1x Each
126670 French's Yellow Mustard - BRAKES	10g	0.03x Each
109434 Hudson's Tomato Ketchup - BRAKES	10ml	0.01x Each

Products / Pack Sizes ...

1 Serving



 **Product code**

 **Barcode**

 **527g / 1329kcal**

**Number of servings**

 **Net pack weight**

Cooking Instructions & Notes

Preparation:

Cut the hot dogs in half

Cut the mozzarella into the same size as the hot dogs

Skewer the hot dogs and cheese on sticks (hot dogs on the bottom / cheese on the top) - chill

Method:

1. In a bowl, whisk together the flour, salt, sugar, and baking powder
2. Add the egg and milk, mix until thick and smooth
3. Pour into a tall cup and place into the fridge
4. Pour the panko crumbs into a deep tray
5. Dip the skewered hot dogs into the batter ensuring its completely coated
6. Roll the coated hot dog in the panko crumb making sure the crumb coats all of the batter
7. Gently place the coated dog into a fryer at 180oC, fry for 3-4 minutes or until golden & crispy
8. Remove from the fryer and allow it to rest/drain on a wire rack
9. Finish with a drizzle of mustard and ketchup - serve!

Here are some alternative Coatings & Toppings you can use

Coatings

Super Noodles (crushed)

Diced Potatoes (chips cut into small cubes)

Puffed Rice

Corn Flakes

Toppings

Sweet Chilli Sauce

Mayo

Sriracha

Mayonnaise

Wasabi

Gochujang Mayo

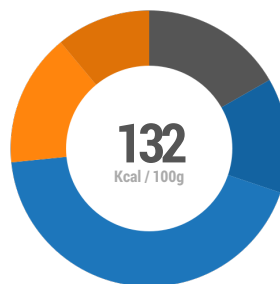
BBQ

Kimchi fritters

By Oliver Lloyd from Brakes

Overview ...

U / 4774037



CALORIES:

56.7% Carbs

16.7% Protein

26.6% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



EGGS



MILK

Recipe Ingredients ...

	Quantity:	Description:
85128 Brakes Sweetcorn in Water	100g	0.04x Each
10473 Spring Onions Bunch	10g	0.1x Each
16392 Brakes 18 British Free Range Fresh Medium Eggs	56g	1x Each
70218 Brakes Fresh Semi Skimmed Milk	15ml	0.01x Each
350091 Brakes Plain Flour	30g	0.01x Each
15946 Brakes Crème Fraîche	15g	
113880 Premium Large Chives Bunch	5g	0.05x Each
10245 Mixed Peppers	5g	0.04x Each
114212 Chillies Red	5g	
131610 Vadasz Raw Kimchi	30g	0.03x Each

Portions / Pack Sizes ...

1 Serving



271g / 365kcal

Cooking Instructions & Notes

Preparation

Finely slice the spring onion, peppers & chillies and place in iced water

Finely chop the chives

Method

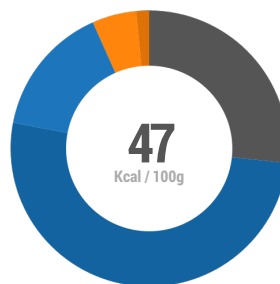
1. Mix together the chives and crème fraiche
2. Mix together the sweetcorn, kimchi, flour, egg, and milk, stir until a pancake consistency is reached.
3. Add a little oil to a frying pan over a medium heat, once hot spoon in your fritter mix
4. Before flipping top with a little kimchi - once coloured and slightly crisp drain onto a papered tray.
5. Place onto your chosen dish and garnish with the crème fraiche, spring onions, peppers and chillies - serve

Mango, prawn, and kimchi salad

By Oliver Lloyd from Brakes

Overview ...

U / 4774008



CALORIES:

66.7% Carbs

26.7% Protein

6.7% Fat

Food Labelling...

Serves 1

CONTAINS:



FISH



CRUSTACEANS



SULPHITES

MAY CONTAIN:



MOLLUSCS

Recipe Ingredients ...

	Quantity:	Description:
114221 Mangoes	20g	0.05x Each
3094 King Prawns (cooked & peeled)	40g	0.08x Each
10230 Cucumber	10g	
10224 Red Onions	10g	
10364 Red Cherry Tomatoes	40g	
131355 Pickled Watermelon	15g	
114212 Chillies Red	2g	0.01x Each
113885 Herb Bunched Coriander	5g	0.05x Each
113882 Premium Large Mint Bunch	5g	0.05x Each
10478 Limes	35g	0.5x Each
28355 Blue Dragon fish sauce	5ml	0.01x Each
350102 Tate & Lyle Mediterranean Inspired Medium Bodied Buttery Light Soft Brown Ca	5g	0x Each
105597 Micro Coriander BB	1g	0.03x Each
85288 Brakes Crushed Chillies	1g	0x Each
131610 Vadasz Raw Kimchi	20g	0.02x Each

Portions / Pack Sizes ...

1 Serving



214g / 109kcal

Cooking Instructions & Notes

Preparation

- Dice the mango
- Peel the cucumber into strips
- Finely slice the onion
- Pick the mint
- Pick the coriander
- Slice the cherry tomatoes

Method

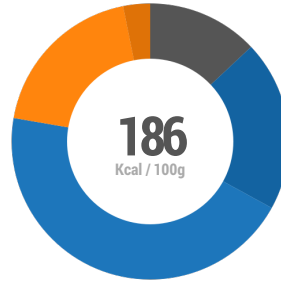
1. In a bowl whisk together the fish sauce, sugar, lime juice, watermelon pickle and kimchi juice
2. Place all ingredients into a bowl and coat with the dressing.
3. Spoon into a bowl and garnish with the micro coriander.

Smoked Hoisin Tofoo Bao Bun

By Oliver Lloyd from Brakes

Overview ...

U / 7215693



CALORIES:

64.7% Carbs

13% Protein

22.3% Fat

Food Labelling...

Serves **1**

CONTAINS:



WHEAT



MUSTARD



SESAME



SOYA

MAY CONTAIN:



ALMONDS,
CASHEWS



PEANUTS



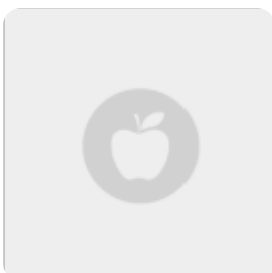
CELERY

Recipe Ingredients ...

	Quantity:	Description:
135328 Tofoo Smoked	75g	
112265 Bao (Hirata) Bun - BRAKES	150g	3x Each
525427 Asian Slaw Mix	75g	
86972 Pan Asia Panasia Sweet Chilli Dipping Sauce 1L	30g	
85664 Knorr Professional Blue Dragon Hoi Sin Concentrated Sauce 1.1L	30g	
131165 Black Sesame Seeds	5g	
35005 Brakes Sesame Seeds	5g	
123174 Sweet & Sour Onion Pickles - BRAKES	10g	0.01x Each
113885 Herb Bunched Coriander - BRAKES	5g	0.05x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

385g / 730kcal

1

Preparation:

Slice the tofoo

Roughly pick the coriander

Method:

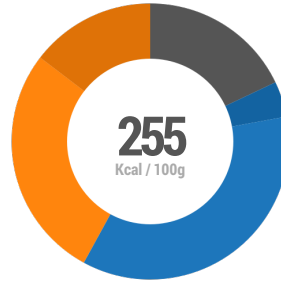
1. In a pan over a high heat fry the tofoo - once crispy add in the hoi sin sauce and sesame seeds - coat and remove from the heat.
2. In a bowl mix the sweet chilli sauce with the asian slaw.
3. Steam the buns in a microwave for 20-30 seconds
4. Fill the buns with the slaw and tofoo, garnish with the coriander and sweet & sour onions - serve!

Smoked hot dog with katsu mayo and sauerkraut and tempura crumb

By Oliver Lloyd from Brakes

Overview ...

U / 4774140



CALORIES:

40% Carbs

17.9% Protein

42% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



MUSTARD



EGGS



MILK



SOYA

MAY CONTAIN:



OATS, BARLEY,
RYE



SESAME

Recipe Ingredients ...

	Quantity:	Description:
103608 Prime Meats British Smoked Hot Dog Sausages	100g	1x Each
109433 La Boulangerie Fully Baked Gourmet Brioche Hot Dog Rolls	90g	1x Each
109271 Brakes Katsu Curry Sauce	10g	0x Each
89703 Brakes Real Mayonnaise	5g	0x Each
126670 French's Yellow Mustard	10g	0x Each
111780 Brakes Tempura Batter	20g	0.01x Each
131422 Brakes Spicy Chip Seasoning	2g	0x Each
113880 Premium Large Chives Bunch	5g	0.05x Each

Portions / Pack Sizes ...

1 Serving



242g / 629kcal

Cooking Instructions & Notes

Preparation

Defrost the hot dog roll
Chop the chives

Method

1. Place the hot dog roll in a pan of gently simmering water and cook to a core temperature
2. Mix the mayonnaise and katsu together
3. Whisk together the tempura batter and chives with some water until a thick runny consistency is achieved
4. Flick the batter into a deep fat fryer at 180oC and cook until crisp and golden - drain onto a papered tray and season with the chip seasoning.
5. In a pan quickly heat the sauerkraut.
6. Slice the hot dog roll, place the heated hot dog inside and finish with the sauerkraut, katsu mayo, mustard and tempura crumb - serve

Spiced Indian Lamb Pizza

Spiced Indian Lamb Pizza

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
131102	Hand Stretched Sourdough Garlic & Coriander Naan	1	ea	Defrost
C 10224	Red Onions	25	g	Peeled & cut into wedges
A 113116	Spicentice Tandoori Rub	2	g	
A 100262	Veraneo Extra Virgin Olive Oil	5	ml	
F 114833	Brakes Lamb Shoulder with Salt & Pepper	100	g	Defrost & shred
A 115043	Maggi Rich & Rustic Tomato Sauce 800g	25	g	Mix with the curry paste
A 113308	Malay Curry Paste	5	g	Mix with the tomato sauce
C 112831	Brakes Grated Tex Mex Cheese	60	g	
C 10473	Spring Onions Bunch	10	g	Sliced
C 113885	Herb Bunched Coriander	4	g	Chop

**Allergens - Contains**

Milk, Mustard, Soya & Wheat (Cereal Containing Gluten)

Allergens - May Contain**Method****Estimated Cooking Time: 30mins**

- 1 Pre-heat the oven to 180oC
- 2 Toss the red onion in the olive oil & tandoori spice, place on a baking tray & roast in the oven for approx 20mins
- 3 Place the naan bread on a board, spread the malay/tomato sauce over the base
- 4 Scatter the lamb over followed by the red onions, cheese, spring onions & coriander
- 5 Turn the oven up to 220oC
- 6 Place the pizza into the oven and bake for approx 6mins
- 7 Remove from the oven & serve immediately

Nutrition (pre-cooking)

Energy per Portion (kcal)	516.2*
Energy per Portion (kj)	2150.7*
Protein per Portion	34.2*
Carbohydrate per Portion	9.7*
Sugars per Portion	4.3*
Fat per Portion	38.3*
Saturates per Portion	18.4*
Fibre per Portion	2.2*
Salt Equivalent per Ptn	2.7*

* indicates incomplete information

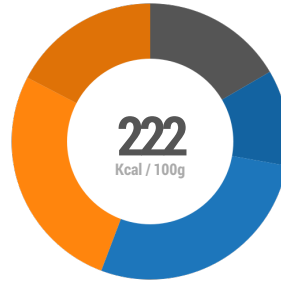
Suitable for Vegetarians	No
Suitable for Vegans	No

Sticky Gochujang Kimchi Pork Roll

By Oliver Lloyd from Brakes

Overview ...

U / 6613403



CALORIES:

39.2% Carbs

16.6% Protein

44.3% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



EGGS



MILK



SESAME



SOYA

MAY CONTAIN:



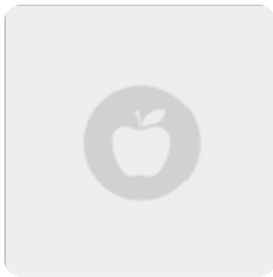
OATS, BARLEY,
RYE






Recipe Ingredients ...

	Quantity:	Description:
109433 La Boulangerie Fully Baked Gourmet Brioche Hot Dog Rolls - BRAKES	90g	1x Each
105217 Big Al's Flame Cooked BBQ Pork Ribsteak - BRAKES	92g	1x Each
128591 Pureety Classic Korean Gochujang Sauce	20g	
131610 Vadasz Raw Kimchi - BRAKES	10g	0.01x Each
525427 Asian Slaw Mix - BRAKES	40g	0.08x Each
86972 Pan Asia Panasia Sweet Chilli Dipping Sauce 1L - BRAKES	15g	0.02x Each
35005 Brakes Sesame Seeds - BRAKES	2g	0x Each
134544 Kuhne Crispy Fried Onions	5g	
113885 Herb Bunched Coriander - BRAKES	2g	0.02x Each
10224 Red Onions - BRAKES	10g	0.01x Each
10473 Spring Onions Bunch - BRAKES	5g	0.05x Each

Products / Pack Sizes ...

1 Serving



 **Product code**
 **Barcode**
 **291g / 658kcal**
 **Number of servings**
 **Net pack weight**

Cooking Instructions & Notes

Preparation:

Defrost the bun
Pick the coriander
Finely dice the red onion
Slice the spring onions

Method:

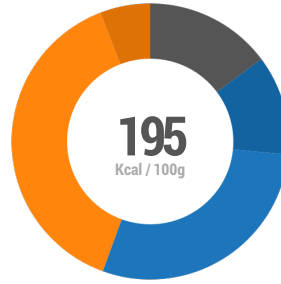
1. In a pan over a low heat warm the gochujang sauce,
2. Add the rib and coat in the sauce, cook for 4 minutes - add the spring onions towards the end
3. Mix together the slaw and sweet chilli.
4. Spoon the rib into the hot dog bun and top with the slaw and kimchi.
5. Pour over the remaining sauce and garnish with the crispy onion, seeds, coriander and diced red onion - serve!

Teriyaki 'Duck' Tacos

By Oliver Lloyd from Brakes

Overview ...

U / 7261512



CALORIES:

40.8% Carbs

14.8% Protein

44.4% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT,
BARLEY



MUSTARD



SESAME



SOYA

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
CASHEWS,
WALNUTS,
BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS



PEANUTS



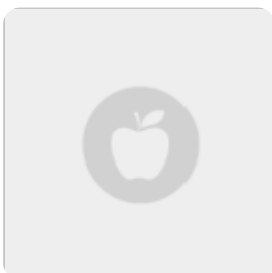
CELERY

Recipe Ingredients ...

	Quantity:	Description:
135757 Brakes Vegan Duck-less Teriyaki Savoury Filling - BRAKES	75g	0.75x Each
123351 La Boulangerie Fully Baked Mini Soft White Tacos - BRAKES	45g	3.1x Each
10230 Cucumber - BRAKES	20g	0.05x Each
10473 Spring Onions Bunch - BRAKES	20g	0.2x Each
35005 Brakes Sesame Seeds	5g	
24932 Blue Dragon Wasabi Paste - BRAKES	5g	0.11x Each
126924 Brakes Vegan Mayo - BRAKES	20ml	0.02x Each
123174 Sweet & Sour Onion Pickles - BRAKES	10g	0.01x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

200g / 396kcal

1

Preparation:

Defrost tacos

Shred the cucumber

Shred the spring onion

Method:

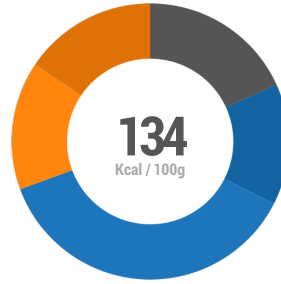
1. In a bowl mix together the wasabi and mayo - leave to one side.
2. In a pan over a high heat warm the teriyaki duck.
3. Warm the tacos and place onto a stand.
4. Spoon the teriyaki mix into each taco.
5. Add the cucumber and spring onion to each taco.
6. Garnish with the wasabi mayo, sesame seeds and pickled onion - serve!

Vegan maple and soy duck with coconut rice and teriyaki stir fry

By Oliver Lloyd from Brakes

Overview ...

U / 4814464



CALORIES:

51.1% Carbs

18.2% Protein

30.6% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT,
BARLEY



SESAME



SOYA

MAY CONTAIN:



CELERY



MUSTARD

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
30808 Brakes Basmati Rice Portions	200g	1x Each
134377 Pride Coconut Milk	100ml	0.25x Each
100535 Brakes Pure Canadian Maple Syrup	25g	0.04x Each
124866 Kikkoman Soy Sauce 1L	25g	0.03x Each
450693 Carrots CLASS II	50g	0.03x Each
10582 Pak Choi	20g	0.04x Each
118169 Penguin Edamame Beans in Pods	50g	0.05x Each
33784 Brakes Garlic Purée	5g	0.01x Each
131165 Black Sesame Seeds	2g	0x Each
35005 Brakes Sesame Seeds	2g	0x Each
10473 Spring Onions Bunch	15g	0.15x Each
130227 Knorr Professional Blue Dragon Teriyaki Marinade	20g	0.02x Each
10233 Radish	10g	
113885 Herb Bunched Coriander	5g	0.05x Each
134294 Squeaky Bean Plant Based Pulled Duck	70g	0.07x Each

Portions / Pack Sizes ...

1 Serving



599g / 815kcal

Cooking Instructions & Notes

Preparation:

- Defrost the rice
- Defrost the duck
- Defrost the edamame beans
- Shred the carrots
- Finely slice the radish
- Shred the pak choi
- Shred the spring onion
- Pick the coriander

Method:

1. In a pan over a medium heat combine the soy and maple syrup and bring to a gently simmer - add the duck and cook until most of the liquid is absorbed
2. In a pan bring the coconut milk to the boil and add the rice, cook until slightly sticky.
3. In a pan over a high heat fry the garlic then add the carrots, pak choi, edamame, radish and sesame seeds.
4. Bring together in a bowl and garnish with picked coriander - serve