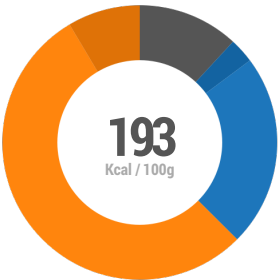


# Avocado and Little Gem 'Goujon' carriers with Tartare Mayo and Crispy Onions

By Oliver Lloyd from Brakes



CALORIES:

25.6% Carbs

11.9% Protein

62.5% Fat

CONTAINS:

WHEAT

MUSTARD

SOYA

SULPHITES

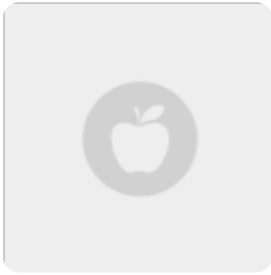
MAY CONTAIN:

CELERY

SESAME

Recipe Ingredients ...	Quantity:	Description:
135462 Moving Mountains No Fish Goujons - BRAKES	100g	5x Each
114229 Little Gem Twin Pack - BRAKES	40g	0.16x Each
10306 Avocados - BRAKES	20g	0.08x Each
134544 Kuhne Crispy Fried Onions - BRAKES	5g	0.01x Each
123174 Sweet & Sour Onion Pickles	5g	
126924 Brakes Vegan Mayo	15ml	
113880 Premium Large Chives Bunch	2g	
113881 Herb Bunched Flat Leaf Parsley	2g	
36037 Brakes Capers in Brine	2g	
86822 Brakes Cocktail Gherkins - BRAKES	2g	0x Each

**1 Serving**



*Product code*

*Barcode*

193g / 386kcal

# 1

#### Cooking Instructions & Notes

#### **Preparation:**

Chop the parsley  
Chop the chives  
Chop the capers  
Chop the gherkins  
Prepare the gem into individual leaves

#### **Method:**

1. In a bowl combine the parsley, capers, and gherkin with the vegan mayo to make the tartare sauce.
2. In a deep fat fryer fry the goujons at 180oC for 3/4 minutes until crisp & golden - drain well
3. Slice the avocado and place onto the centre of the lettuce leaves.
4. Top with the goujons and dress with the tartare sauce
5. Sprinkle over the crispy onions, chives and the sweet & sour onions - serve!