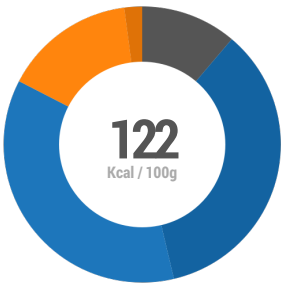


BBQ Pulled Banana Skin In A Brioche Bun With Asian Slaw

By Mark Irish from Brakes

Overview ...



CALORIES:
71.4% Carbs
11.2% Protein
17.4% Fat

Food Labelling...

Serves 1

.....

CONTAINS:


WHEAT

MAY CONTAIN:


OATS, BARLEY,
RYE


EGGS


MILK


SOYA

Recipe Ingredients ...	Quantity:	Description:
105475 Spring Onions - BRAKES	20g	0.2x Each
10305 Leeks - BRAKES	25g	0.01x Each
10213 Broccoli - BRAKES	25g	0.05x Each
10376 Cauliflower - BRAKES	25g	0.02x Each
525271 Red Peppers - BRAKES	25g	0.03x Each
525283 Yellow Peppers - BRAKES	25g	0.03x Each
129454 La Boulangerie 4" Pre-sliced Vegan Brioche Style Burger Bun - BRAKES	90g	1x Each
10354 Bananas - BRAKES	100g	0.07x Each
113885 Herb Bunched Coriander - BRAKES	5g	0.05x Each
86972 Pan Asia Panasia Sweet Chilli Dipping Sauce 1L - BRAKES	25g	0.03x Each
113184 Heinz Classic Barbecue Sauce 480g - BRAKES	30g	0.06x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

395g / 493kcal

1

Cooking Instructions & Notes

Preparation:

Peel spring onions - keep the tops

Take tops of the leeks

Remove florets from broccoli - keep the core

Remove the tops & bottoms from the peppers

Defrost the bun

Remove the banana skins (keep) - slice & freeze banana flesh

Pick the coriander leaves - Stalks can be finely chopped and added to the slaw

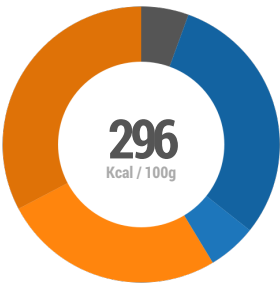
Method:

1. Shred the banana skins with a fork
 2. Mix with the BBQ sauce
 3. Fry some spring onion trimmings together with the pulled BBQ skins
 4. Cook on a gentle heat until the skin is tender - add a little water if need be
 5. Shred the cores of the vegetables and the trimmings
 6. Mix together with the sweet chilli sauce and chopped coriander stalks - season to taste
 7. Toast the bun
 8. Spoon in the slaw & the pulled BBQ banana skins
 9. Place the toasted bun top on
 10. Serve with fries and garnish with coriander leaves
- NB. An innovative way to use overripe bananas to deliver a delicious vegan dish

Chocolate & Avocado Mousse

By Mark Irish from Brakes

Overview ...



CALORIES:

35.8% Carbs


5.5% Protein

58.6% Fat


Food Labelling...

Serves 2

CONTAINS:


SOYA

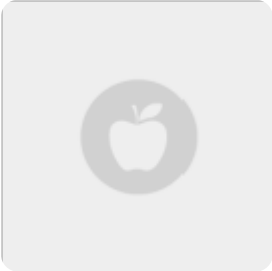
MAY CONTAIN:


MILK

Recipe Ingredients ...	Quantity:	Description:
10306 Avocados - BRAKES	100g	0.4x Each
85910 Callebaut Dark Chocolate Callets (811) - BRAKES	100g	0.04x Each
100535 Brakes Pure Canadian Maple Syrup - BRAKES	60g	0.1x Each
127121 Brakes Coconut Milk - BRAKES	75ml	0.19x Each
89938 Brakes Arriba Cocoa Powder - BRAKES	35g	0.04x Each
4349 Costa Fine Sea Salt 750g - BRAKES	0.5g	0x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

185g / 574kcal

1

Cooking Instructions & Notes

Preparation:

Remove the flesh from overripe or bruised avocado

Method:

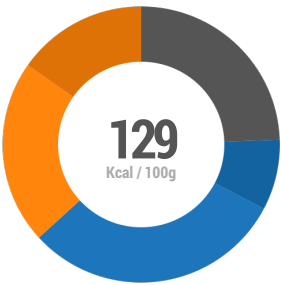
1. Melt the chocolate and cool
2. Blend the avocado flesh and slowly add the melted chocolate with the coconut milk, maple syrup and cocoa powder
3. Blend on medium power until smooth, add a pinch of salt & mix into the mousse
4. Spoon into your dessert bowls & chill for approx 1hr
5. Serve with chocolate fruit & nut shards

NB. Bruised or overripe avocados can be turned into this tasty vegan chocolate dessert

Creamy Vegetable Soup With Smoked Bacon & Lentils

By Mark Irish from Brakes

Overview ...



CALORIES:
38.8% Carbs
24.5% Protein
36.8% Fat

Food Labelling...

Serves 1

.....

CONTAINS:



Recipe Ingredients ...	Quantity:	Description:
450694 Carrots - BRAKES	25g	0.01x Each
124176 Parsnips - BRAKES	25g	0.03x Each
10376 Cauliflower - BRAKES	25g	0.02x Each
124831 Prime Meats Smoked Rindless Streaky Bacon - BRAKES	60g	2.06x Each
6039 Brakes Whole Green Lentils - BRAKES	40g	0.01x Each
10469 Cooking Onions - BRAKES	25g	0.01x Each
10467 Savoy Cabbage - BRAKES	25g	0.04x Each
10288 Leeks - BRAKES	25g	0.01x Each
10458 Rooster Potatoes - BRAKES	25g	0x Each
100445 Brakes Vegetable Flavour Bouillon Paste - BRAKES	5g	0.01x Each
70215 Brakes Fresh Double Cream - BRAKES	10ml	0x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

290g / 390kcal

1

Cooking Instructions & Notes

Preparation:

- Peel the carrots & parsnips - keep the peelings
- Remove the core from the cauliflower - roughly chop
- Peel the onion - keep the core/root
- Remove outer leaves from cabbage - roughly chop
- Remove the outer leaves & core from the leeks - roughly chop
- Peel the potatoes - keep the peelings
- Make up the veg stock as per pack instructions

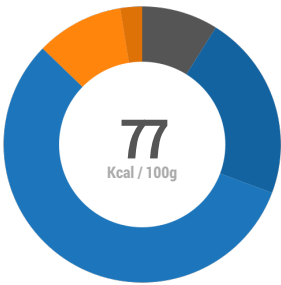
Method:

1. Roughly chop the bacon and fry in a pan to release the fats
 2. Place all the veg trimmings into the pan and gently fry for about 5mins
 3. Cover with the stock and bring to the boil
 4. Add the lentils and simmer for 20 mins
 5. Once the lentils have softened, blend until smooth, season to taste
 6. Ladle or pour into a soup bowl
 7. Serve with crispy bacon pieces and a drizzle of double cream
- NB. A great way to use up surplus veg peelings/trimmings ideal for soup of the day on a specials board

Crispy Sumac & Chilli Vegetable Snacks

By Mark Irish from Brakes

Overview ...



CALORIES:
78.3% Carbs
8.9% Protein
12.7% Fat

Food Labelling...

Serves 1

Recipe Ingredients ...	Quantity:	Description:
131420 Brakes Sumac - BRAKES	2g	0x Each
33601 Brakes Mild Chilli Powder - BRAKES	2g	0x Each
450694 Carrots - BRAKES	25g	0.01x Each
124176 Parsnips - BRAKES	25g	0.03x Each
10433 Baking Potatoes - BRAKES	25g	0.09x Each
10449 Sweet Potatoes - BRAKES	25g	0.03x Each
107035 Maldon Sea Salt Flakes 1.4kg Tub - BRAKES	2g	0x Each

Products / Pack Sizes ...

1 Serving



Product code
Barcode
106g / 90kcal
1

Preparation:

Peel the vegetables - retain the peelings

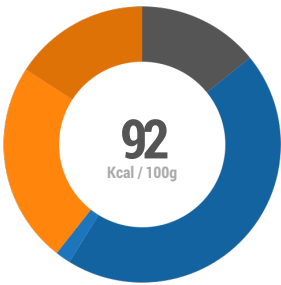
Method:

1. Place the vegetable peelings into the fryer at 180oC until crisp
2. Drain onto a papered tray
3. Mix the salt, sumac and chilli together
4. Season the crispy veg with the sumac & chilli mix
5. Serve as a side order alongside sandwiches or as a bar nibble

Frozen Banana Smoothie

By Mark Irish from Brakes

Overview ...



CALORIES:
46.4% Carbs
14.2% Protein
39.4% Fat

Food Labelling...

Serves 1

CONTAINS:



ALMONDS,
WALNUTS



PEANUTS



MILK

MAY CONTAIN:



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

Recipe Ingredients ...	Quantity:	Description:
10354 Bananas - BRAKES	60g	0.04x Each
70218 Brakes Fresh Semi Skimmed Milk - BRAKES	200ml	0.09x Each
4520 Brakes Vanilla Flavour Ice Cream Soft Scoop - BRAKES	50g	0.03x Each
350157 Brakes Squeezy Clear Blossom Honey - BRAKES	10g	0.01x Each
5750 Brakes Chopped Mixed Nuts - BRAKES	10g	0.01x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

330g / 306kcal

1

Cooking Instructions & Notes

Preparation:

Peel, slice & freeze the banana (great way to extend the life of overripe bananas)

Method:

1. Blend together the bananas, milk and ice cream until smooth
2. Dip your chosen glass in the honey and roll in the chopped nuts
3. Pour the smoothie into the glass and serve

NB. Freeze overripe slices of banana and used as required for smoothies & shakes

Grilled Kofta With Root Veg Tzatziki, Pomegranate & Mint

By Mark Irish from Brakes

Overview ...



CALORIES:
19% Carbs
29.2% Protein
51.8% Fat

Food Labelling...

Serves 1

CONTAINS:

WHEAT

MILK

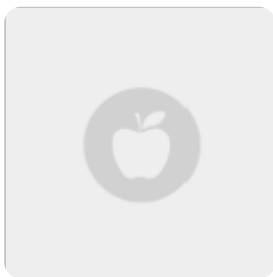
MAY CONTAIN:

SESAME

Recipe Ingredients ...	Quantity:	Description:
74550 Brakes Low Fat Natural Yogurt - BRAKES	50g	0.03x Each
112653 Brakes Lamb Kofta - BRAKES	140g	2x Each
113882 Premium Large Mint Bunch - BRAKES	3g	0.03x Each
74817 Pomegranate Seeds - BRAKES	5g	0.03x Each
105475 Spring Onions - BRAKES	20g	0.2x Each
10213 Broccoli - BRAKES	25g	0.05x Each
10376 Cauliflower - BRAKES	25g	0.02x Each
10214 Red Cabbage - BRAKES	25g	0.01x Each
10282 White Cabbage - BRAKES	25g	0.01x Each
112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml - BRAKES	5g	0.01x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

323g / 402kcal

1

Cooking Instructions & Notes

Preparation:

Defrost the kofta's

Remove the spring onion tops - retain

Remove the core from the cabbages, broccoli & cauliflower - retain

Method:

1. Shred the vegetable cores and spring onion tops
2. Roughly pick the mint
3. Mix the yoghurt into the shredded veg - season to taste
4. Grill the koftas for 6-8 minutes
5. Spoon the slaw onto your plate, place the koftas on top
6. Garnish with the pomegranate seeds & mint leaves
7. Finish with a drizzle of sriracha

NB. This is a great way to use up veg trimmings, stalks & core - serve this slaw with grilled or barbequed meats & fish