

a taste of  
**INDIA**

**brakes**  
a Sysco company

# a taste of **INDIA** recipes

## RECIPES



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[Cauliflower & Chickpea Balti](#)

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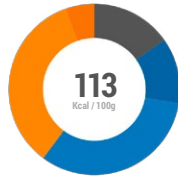


SERVES

10

CAULIFLOWER &  
CHICKPEA BALTI

BACK TO  
MENU



CALORIES:  
44.9% Carbs  
15.2% Protein  
39.8% Fat

Recipe Ingredients ...	Quantity:	Description:
33599 Brakes Standard Curry Powder - BRAKES	20g	
19839 Brakes Chopped Tomatoes in Tomato Juice - BRAKES	600g	
13609 Chickpeas in Water - BRAKES	400g	
10428 Baby Leaf Spinach - BRAKES	100g	
350094 Brakes Sunflower Oil - BRAKES	50g	
10291 Large Onions 2.5kg - BRAKES	100g	
10439 Fresh Garlic - BRAKES	5g	
10449 Sweet Potatoes - BRAKES	200g	
113885 Herb Bunched Coriander - BRAKES	10g	
4716 Brakes Cauliflower Florets - BRAKES	300g	

Cooking Instructions & Notes

- Brakes Cauliflower florets - Defrost cauliflower
- Large Onions - Peel and dice onions
- Fresh Garlic - Peel and crush garlic
- Brakes Chickpeas in Water - Drain chickpeas
- Baby Leaf Spinach - Pick and wash spinach
- Sweet Potatoes - Peel and dice sweet potato into 1cm cubes
- Herb Bunched Coriander - Pick and chop coriander

Method:

- In a sauce pan heat oil and add onion, garlic and sweet potatoes
- Fry for approx. 5 mins then add curry powder and cook out for 3-4 mins
- Add chopped tomatoes and chick peas and bring to the boil and allow to cook out
- Add cauliflower and cook until core temperature is achieved the stir in spinach and coriander
- Serve

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Food Labelling...				
EU Label values per 100g				
	PER 100G	%RI	PER 116G SERVING	%RI
Energy(Kj)	505 kJ	6%	585 kJ	7%
Energy(Kcal)	121 kcal	6%	140 kcal	7%
Fat	5 g	7%	5.8 g	8%
of which saturates	0.7 g	4%	0.8 g	4%
Carbohydrate	13 g	5%	15 g	6%
of which sugars	3.5 g	4%	4.1 g	5%
Fibre	3.6 g	14%	4.2 g	17%
Protein	4.4 g	9%	5.1 g	10%
Salt	0.23 g	4%	0.26 g	4%

CONTAINS:

MUSTARD

OTHER PROPERTIES:

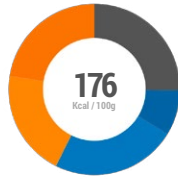
VEGETARIAN VEGAN

SERVES

15

CHICKEN & RED  
LENTIL DAHL

BACK TO  
MENU



CALORIES:  
32.2% Carbs  
25.2% Protein  
42.6% Fat

Recipe Ingredients ...	Quantity:	Description:
33582 Brakes Madras Curry Powder - BRAKES	100g	
10428 Baby Leaf Spinach - BRAKES	50g	
350094 Brakes Sunflower Oil - BRAKES	15g	
19839 Brakes Chopped Tomatoes in Tomato Juice - BRAKES	800g	1x Each
127121 Brakes Coconut Milk - BRAKES	400ml	1x Each
10291 Large Onions 2.5kg - BRAKES	300g	
10439 Fresh Garlic - BRAKES	10g	
450693 Carrots CLASS II - BRAKES	200g	
113885 Herb Bunched Coriander - BRAKES	10g	
548 Brakes Red Lentils - BRAKES	250g	
4599 Brakes Essentials Garden Peas - BRAKES	200g	
71492 Prime Meats British Chicken Diced Leg Meat - BRAKES	500g	

Cooking Instructions & Notes

**Mis en Place / Prep:**

- Large Onions - Peel and dice onions
- Fresh Garlic - Peel and crush garlic
- Carrots CLASS II - Peel and dice carrots into a small dice
- Brakes Garden Peas - Defrost peas
- Baby Leaf Spinach - Pick and wash spinach
- Herb Bunched Coriander - Pick and chop coriander

**Method:**

- In a pan add oil and gently cook onion garlic and carrots until soft
- Add lentils and chicken cook for 3-4 mins
- Add curry powder and mix well before adding chopped tomatoes, coconut milk and water
- Bring to the boil then turn the heat down to simmer until the lentils and chicken have cooked
- Before serving add spinach, peas and coriander and stir well



Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 123G SERVING	%RI
Energy(Kj)	764 kJ	9%	940 kJ	11%
Energy(Kcal)	183 kcal	9%	225 kcal	11%
Fat	8.3 g	12%	10 g	14%
of which saturates	4.4 g	22%	5.4 g	27%
Carbohydrate	14 g	5%	17 g	7%
of which sugars	3.8 g	4%	4.6 g	5%
Fibre	3.6 g	14%	4.5 g	18%
Protein	11 g	22%	14 g	28%
Salt	0.32 g	5%	0.4 g	7%

CONTAINS:



MUSTARD

SERVES

10



CALORIES:  
**43% Carbs**  
**24.4% Protein**  
**32.6% Fat**

Recipe Ingredients ...	Quantity:	Description:
114833 Brakes Lamb Shoulder with Salt & Pepper - BRAKES	450g	3x Each
111309 Rice Flour - BRAKES	60g	0.04x Each
111772 KTC Superfine Gram Flour 2kg - BRAKES	120g	0.06x Each
35023 Brakes Baking Powder - BRAKES	16g	0.02x Each
34002 Brakes Ground Cumin - BRAKES	16g	0.04x Each
33597 Brakes Ground Coriander - BRAKES	16g	0.04x Each
33586 Brakes Ground Turmeric - BRAKES	8g	0.02x Each
121379 Chef William Table Salt - BRAKES	6g	0x Each
10291 Large Onions 2.5kg - BRAKES	250g	0.1x Each
113885 Herb Bunched Coriander - BRAKES	75g	0.75x Each
114948 Lemon Juice from Concentrate - BRAKES	100ml	0.4x Each
One Water 500ml Sparkling Water Flat (AMB)	240g	0.73x Pub bottle / glass
114210 Chillies Green - BRAKES	40g	0.16x Each
116333 BD Foods Tandoori Ketchup - BRAKES	200g	0.39x Each
116334 BD Foods Green Chilli, Coriander, Lime & Mint - BRAKES	200g	0.43x Each

Cooking Instructions & Notes

**PREPARATION**

- Defrost Lamb Shoulder in a controlled environment.
- When Lamb Shoulder is defrosted pull the Lamb Shoulder with 2 forks.
- Peel and finely slice Onions.
- Wash and pick Coriander. Chop 1/2 Coriander and keep rest of sprigs in chilled water.
- Deseed and finely chop Green Chilli.

**METHOD**

- Pre heat fryer to 170C.
- Sift Flours, Baking Powder and Ground Spices into large bowl.
- Add the Onions, Lamb Shoulder, chopped Coriander and diced Green Chillies. Mix till all well combined.
- Mix in the Lemon Juice to the Bhaji Mix. Slowly pour in the Sparkling Water mixing in thoroughly. The batter should be the thickness of double cream.
- Deep fry the Bhajis in small batches a few at a time. Use dessert / soup spoon to lay in the fryer. Do not make the Bhajis too thick.
- Turn Bhajis in the fryer to ensure even cooking and after 2 - 3 minutes take Bhajis out and drain on kitchen paper. Check core temperature has been achieved and hot hold.
- Serve Bhajis with Tandoori Ketchup and Chilli, Coriander and Mint Sauce. Top Bhajis with a sprig of Coriander.

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 144G SERVING	%RI
Energy(Kj)	661 kJ	8%	952 kJ	11%
Energy(Kcal)	157 kcal	8%	227 kcal	11%
Fat	5.6 g	8%	8 g	11%
of which saturates	2 g	10%	2.9 g	15%
Carbohydrate	17 g	7%	24 g	9%
of which sugars	6.5 g	7%	9.3 g	10%
Fibre	1.9 g	8%	2.7 g	11%
Protein	9.3 g	19%	13 g	26%
Salt	1.9 g	32%	2.8 g	47%

CONTAINS:

WHEAT

CELERY

MUSTARD

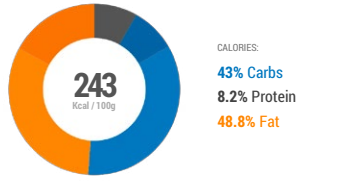
SULPHITES

LAMB BHAJI

BACK TO MENU

SERVES

1



Recipe Ingredients ...	Quantity:	Description:
3000 Brakes Onion Bhajis - BRAKES	162g	6x Each
116334 BD Foods Green Chilli, Coriander, Lime & Mint - BRAKES	30g	0.1x Each

**Cooking Instructions & Notes**

Cook bhajis in a fryer for 5-6 mins or until core temperature is achieved  
 Pour sauce into dip pot  
 Serve

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**Food Labelling...**

EU Label values per 100g

	PER 100G	%RI	PER 142G SERVING	%RI
Energy(Kj)	1046 kJ	12%	1485 kJ	18%
Energy(Kcal)	250 kcal	13%	356 kcal	18%
Fat	13 g	19%	19 g	27%
of which saturates	4.6 g	23%	6.5 g	33%
Carbohydrate	26 g	10%	37 g	14%
of which sugars	5.2 g	6%	7.3 g	8%
Fibre	3.7 g	15%	5.3 g	21%
Protein	4.9 g	10%	7 g	14%
Salt	1.6 g	27%	2.3 g	38%

ONION BHAJI WITH  
CORIANDER AND LIME DIP

BACK TO  
MENU

SERVES

10

RED LENTIL & BUTTERNUT  
SQUASH DAHL

BACK TO  
MENU



CALORIES:  
55.6% Carbs  
18.6% Protein  
25.8% Fat

Recipe Ingredients ...	Quantity:	Description:
10291 Large Onions 2.5kg - BRAKES	200g	
450693 Carrots CLASS II - BRAKES	200g	0.1x Each
89971 Knorr Professional Garlic Puree 750g - BRAKES	30g	
350094 Brakes Sunflower Oil - BRAKES	75g	0.04x Each
33597 Brakes Ground Coriander - BRAKES	15g	0.03x Each
34002 Brakes Ground Cumin - BRAKES	15g	0.03x Each
132695 Triple Lion Ground Turmeric - BRAKES	15g	0.03x Each
35014 Brakes Cayenne Pepper - BRAKES	8g	0.02x Each
12083 Butternut Squash - BRAKES	1.6kg	2.05x Each
28326 Brakes Tomato Paste - BRAKES	50g	0.06x Each
115043 Maggi Rich & Rustic Tomato Sauce 800g - BRAKES	800g	1x Each
111841 Knorr Professional Vegetable Jelly Bouillon 800g - BRAKES	50g	0.06x Each
One Water 500ml Still Spring Water Flat (AMB)	2kg	2 litre
128012 Osprio Red Split Lentils (Scotland Only) - BRAKES	600g	0.2x Each
114844 Geeta's Premium Mango Chutney Medium 1.5kg - BRAKES	50g	0.03x Each
113885 Herb Bunched Coriander - BRAKES	40g	0.4x Each
132644 Maldon Sea Salt Flakes 570g - BRAKES	5g	0.01x Each
29651 Brakes Cracked Black Pepper - BRAKES	5g	0.01x Each

Cooking Instructions & Notes

PREPARATION

- Peel and chop Onions.
- Peel and chop Carrots.
- Peel and chop Butternut Squash into 2 - 3cm pieces.
- Wash, pick and chop Coriander.
- Prepare Knorr Jelly Bouillon as per manufacturers instructions.
- Defrost Chapatis in a controlled environment.

METHOD

- Heat thick bottomed pan on stove. Add Sunflower Oil and fry the Onions and Carrots.
- Add Garlic Puree, the Spices and the Butternut Squash.
- Add Tomato Paste and cook out for 2 minutes.
- Add Rich & Rustic Sauce, Vegetable Stock and Mango Chutney. Simmer for 8 - 10 minutes.
- Add the Red Lentils and simmer for a further 20 minutes till the Lentils and Butternut Squash are tender.



Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 374G SERVING	%RI
Energy(Kj)	502 kJ	6%	1877 kJ	22%
Energy(Kcal)	119 kcal	6%	446 kcal	22%
Fat	3.3 g	5%	12 g	17%
of which saturates	0.4 g	2%	1.6 g	8%
Carbohydrate	16 g	6%	59 g	23%
of which sugars	5 g	6%	19 g	21%
Fibre	2.5 g	10%	9.3 g	37%
Protein	5.3 g	11%	20 g	40%
Salt	0.36 g	6%	1.3 g	22%

MAY CONTAIN:

WHEAT

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

OTHER PROPERTIES:

VEGAN

SERVES

12

SALMON & POTATO CURRY

BACK TO MENU

Recipe Ingredients ...	Quantity:	Description:
350094 Brakes Sunflower Oil - BRAKES	4.2g	(auto-calculated)
33599 Brakes Standard Curry Powder - BRAKES	60g	
19839 Brakes Chopped Tomatoes in Tomato Juice - BRAKES	400g	
28326 Brakes Tomato Paste - BRAKES	30g	
6666 Brakes Fish Flavour Bouillon Paste - BRAKES	25g	
3420 M&J Seafood Scottish Salmon Fillet Portions - BRAKES	620g	
74550 Brakes Low Fat Natural Yogurt - BRAKES	120g	
10469 Cooking Onions - BRAKES	125g	
10228 Celery - BRAKES	100g	
10281 Aubergine - BRAKES	150g	
114212 Chillies Red - BRAKES	7g	
10380 Ginger - BRAKES	20g	
450066 Maris Piper Potatoes - BRAKES	500g	
3797 Brakes Long Grain Rice - BRAKES	1.2kg	
10303 Courgettes - BRAKES	125g	

Cooking Instructions & Notes

**Mis en Place / Prep:**

- Cooking Onions - Peel & dice
- Celery - Wash & chop
- Courgettes - Wash & dice
- Aubergine - Dice
- Chillies Red - Deseed & finely chop
- Ginger - Peel & grate
- Brakes Fish Flavour Bouillon Paste - Make up with 1ltr water
- M&J Seafood Scottish Salmon Fillet Portions - Defrost & dice
- Maris Piper Potatoes - Peel & par boil, and dice into large chunks

**Method:**





- In a large frying pan, heat the oil and sweat the vegetables for approx. 8 min.
- Add the chillies, ginger & curry powder and cook for a further 5 mins to release the flavour of the spices.
- Stir in the tomato paste, chopped tomatoes and stock. Season the sauce.
- Bring to a gentle simmer for a further 10 mins, then add the yoghurt.
- Finally add the salmon and potatoes to the dish and cook for an additional 10 mins.
- Check the core temperature has been achieved, and the seasoning and consistency.
- Cook the rice as per the pack instructions and serve with the curry.

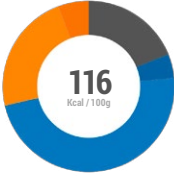
Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 291G SERVING	%RI
Energy(Kj)	498 kJ	6%	1448 kJ	17%
Energy(Kcal)	118 kcal	6%	344 kcal	17%
Fat	3.7 g	5%	11 g	16%
of which saturates	0.7 g	4%	2.2 g	11%
Carbohydrate	15 g	6%	44 g	17%
of which sugars	1.3 g	1%	3.8 g	4%
Fibre	1 g	4%	2.8 g	11%
Protein	5.5 g	11%	16 g	32%
Salt	0.37 g	6%	1.1 g	18%

CONTAINS:

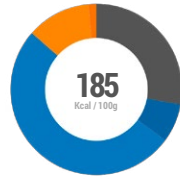
 CELERY  
 MUSTARD  
 MILK  
 FISH



CALORIES:  
 52.5% Carbs  
 18.9% Protein  
 28.6% Fat

SERVES

1



CALORIES:  
58.6% Carbs  
27.9% Protein  
13.6% Fat



Recipe Ingredients ...	Quantity:	Description:
119278 La Boulangerie Sourdough Naan - BRAKES	133g	
32031 Brakes Cooked Chicken Kebabs - BRAKES	100g	
113116 Spicentice Tandoori Rub - BRAKES	5g	
116333 BD Foods Tandoori Ketchup - BRAKES	15g	
10527 Roquette - BRAKES	25g	

Cooking Instructions & Notes

**Mis en Place / Prep:**

- La Boulangerie Sourdough Naan - Defrost
- Brakes Cooked Chicken Kebabs - Defrost

**Method:**

- Pre-heat the oven to 180°C
- Place the chicken kebab into a microwave for 2 mins on high power or until core temperature is reached
- Now brush half the tandoori ketchup over the kebab and dust with the tandoori rub
- Place on a baking sheet lined with parchment, along with the naan bread, and cook in the oven for 2 mins
- Remove from the oven, place the naan onto your chosen dish and spoon over the rest of the tandoori ketchup
- Place the kebab on top and garnish with the rocket - serve

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Food Labelling...				
EU Label values per 100g				
	PER 100G	%RI	PER 278G SERVING	%RI
Energy(Kj)	794 kJ	9%	2207 kJ	26%
Energy(Kcal)	188 kcal	9%	522 kcal	26%
Fat	2.8 g	4%	7.7 g	11%
of which saturates	0.3 g	2%	0.8 g	4%
Carbohydrate	27 g	10%	75 g	29%
of which sugars	3.4 g	4%	9.4 g	10%
Fibre	1.7 g	7%	4.6 g	18%
Protein	13 g	26%	36 g	72%
Salt	1.7 g	28%	4.6 g	77%

CONTAINS:

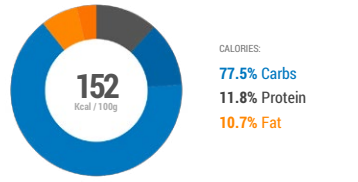
- WHEAT
- CELERY
- MUSTARD
- MILK
- SULPHITES

TANDOORI CHICKEN  
NAAN

BACK TO  
MENU

SERVES

10



Recipe Ingredients ...	Quantity:	Description:
100259 Brakes Extended Life Rapeseed Oil - BRAKES	3g	(auto-calculated)
89708 Brakes Tikka Sauce - BRAKES	700g	
33630 Brakes Easy Cook Long Grain Rice - BRAKES	800g	
10224 Red Onions - BRAKES	300g	
12083 Butternut Squash - BRAKES	780g	
10226 Button Mushrooms - BRAKES	400g	
10376 Cauliflower - BRAKES	800g	
10303 Courgettes - BRAKES	300g	
525271 Red Peppers - BRAKES	254g	2 x Each

Cooking Instructions & Notes

**Mis en Place / Prep:**

- Red Onions - Peel & dice
- Courgettes - Wash & dice
- Butternut Squash - Peel & dice
- Button Mushrooms - Clean & quarter
- Red Peppers - Deseed & dice
- Cauliflower - Remove florets

**Method:**

- In the oil in a pan and fry the onion & garlic until softened but not coloured.
- Add the prepared vegetables and stir well together.
- Add the tikka sauce and simmer for 25-30 mins, stirring regularly for consistency and to prevent burning.
- Check the vegetables are fully cooked before serving. Season to taste.
- Heat the rice and per pack instructions and serve with the curry.

Generated by Nutritics v5.7 on 21st Jan 2022

Food Labelling...				
EU Label values per 100g				
	PER 100G	%RI	PER 282G SERVING	%RI
Energy(Kj)	655 kJ	8%	1848 kJ	22%
Energy(Kcal)	155 kcal	8%	437 kcal	22%
Fat	1.8 g	3%	5.1 g	7%
<i>of which saturates</i>	0.6 g	3%	1.8 g	9%
Carbohydrate	29 g	11%	83 g	32%
<i>of which sugars</i>	4.6 g	5%	13 g	14%
Fibre	1.6 g	6%	4.6 g	18%
Protein	4.4 g	9%	12 g	24%
Salt	0.22 g	4%	0.61 g	10%

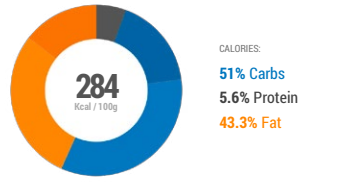
CONTAINS:	
	MILK

VEGETABLE CURRY AND RICE

BACK TO MENU

SERVES

1



Recipe Ingredients ...	Quantity:	Description:
3556 Brakes Vegetable Samosas - BRAKES	190g	3x Each
114844 Geeta's Premium Mango Chutney Medium 1.5kg - BRAKES	30g	0x Each

**Cooking Instructions & Notes**

Cook samosas in a fryer for 5-6 mins or until core temperature is achieved  
 Pour sauce into dip pot  
 Serve

Generated by Nutritics v5.7 on 21st Jan 2022

**Food Labelling...**

EU Label values per 100g

	PER 100G	%RI	PER 167G SERVING	%RI
Energy(Kj)	1207 kJ	14%	2016 kJ	24%
Energy(Kcal)	288 kcal	14%	481 kcal	24%
Fat	14 g	20%	23 g	33%
of which saturates	4.6 g	23%	7.6 g	38%
Carbohydrate	36 g	14%	60 g	23%
of which sugars	12 g	13%	21 g	23%
Fibre	2.4 g	10%	4 g	16%
Protein	4 g	8%	6.6 g	13%
Salt	1.2 g	20%	2 g	33%

VEGETABLE SAMOSA WITH MANGO CHUTNEY

BACK TO MENU

**CONTAINS:**

WHEAT

**MAY CONTAIN:**

HAZELNUTS, PEGANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS