

SPRING / SUMMER

Menu support



Showcasing a selection of our new and classic products to support your seasonal menu change. A range of dishes in 3 menus, including a menu suitable for plant based dining, all with supporting specs and allergen information.

INTRODUCTION

CLASSIC MENU

EXPLORER MENU

PLANT-BASED MENU

WINE MENU A – FAMILIAR FAVOURITES

WINE MENU B – EVERYDAY TREATS

SPRING & SUMMER MENU INSPIRATIONS

This is the perfect time to refresh your menu with seasonal changes, driving upsell to boost revenue and help manage your margins.

Keep on trend with great dishes developed by our team of Chefs. From simple and easy to prepare recipes to help save you time and money, to creative use of ingredients to deliver amazing flavours to excite your guests.

MENU IDEAS AND RECIPES TO INSPIRE AND CONTROL COSTS

Working with our chefs, we have created three menus with inspirational dish ideas focussed on current trends and controlling the costs of preparation. Complete with recipe specs suitable for all skill levels and highlighting allergens and calories. These can be used anywhere in your business.

The menus contain a suite of dishes, balanced across a range of proteins, suitable for all operations. Our chefs have created dishes which bring to life some of the trends around health & sustainability, while using flavours consumers are excited by from across the globe.

Plant based dining continues to feature for customers, so we have dedicated an entire menu to vegan recipes and ideas.

We have included two wine lists which encompass a collection of familiar favourites and a collection of affordable luxuries, both of which are perfect for your customers to share over the coming summer months.

From the Apple Tart to Yaki Udon and every stop in between you will find inspiration for your Summer Menu here.

AN EXTENSIVE SELECTION OF WINES

Simply click on the dish you are interested in and it will take you to the associated recipe.

There is then a return to menu button to get you back.

These menus are designed to give you some ideas and starting-points. You can mix-and-match dishes from any and all of them to suit your particular customer profile and specific kitchen resources.

THE MENUS

Explore our menu ideas below to find starters, mains and desserts to match your specific menu style and customer profile. Simply click on the dish you are interested in and it will take you to the associated recipe. There is then a return to menu button to get you back.

CLASSIC MENU

Great traditional dishes with some on trend twists on old favourites.

Simple recipes using a selection of our frozen solutions and components to ease your service and help manage waste.



EXPLORER MENU

A selection of dishes, capturing global flavours from Europe & the Mediterranean, to the Middle & Far East.

Great flavours from around the world while still utilising simple low waste product solutions.



PLANT-BASED MENU

Great tasting starters and main courses for your plant focussed customers.

From vegan versions of classic favourites, to plant focussed dishes celebrating vegetables, all using our selection of product solutions.



WINE MENU A

WINE MENU B



MENU 1



Delicious Menus

CLICK HERE OR
SCAN THE QR CODE

Classic

Full Recipes

SIMPLY CLICK ON
YOUR CHOSEN DISH

M E N U

Starters

Great way
to use food
waste

MINTED PEA SOUP

Home made soup with
fresh mint and a
vegetarian cream swirl

Sulphites - 443kcal

HAM HOCK TERRINE

Ham hock & pickled
carrot terrine with wild
mushrooms, piccalilli puree
& sourdough shards

*Gluten, Wheat, Barley,
Rye, Mustard - 174kcal*

SPICED PRAWN COCKTAIL PINT

Peeled red shrimp & tandoori
spiced marie rose sauce
layered & served in a pint glass
with lettuce & a wedge
of lemon

*Celery, Mustard, Eggs,
Sulphites - 394kcal*

SMOKED MACKEREL SALAD

Smoked mackerel fillets with
a spiced potato salad

Mustard, Eggs, Milk, Fish - 388kcal

BAKED CAMEMBERT & CHILLI JAM

Baked French Camembert
studded with garlic & rosemary,
served with chilli jam & crisp
breads for dipping

*Gluten, Wheat, Eggs,
Milk - 1042kcal*

WELSH RAREBIT ON TOAST WITH ONION CHUTNEY

Welsh rarebit rich with mustard
on sourdough toast with caramelised
onion chutney

*Gluten, Wheat, Rye, Mustard,
Eggs, Milk, Sulphites
367kcal*

Perfect
for
sharing

Mains

LAMB RUMP WITH SPRING VEGETABLES

Pan roasted lamb rump with spring vegetables,
salsa verde & mashed potatoes

Milk, Soya - 254kcal

CUMBERLAND & CABBAGE YORKSHIRE PUDDING

Cumberland sausage with buttered Savoy
cabbage & roasted red onion in a Yorkshire
pudding served with gravy

Gluten, Wheat, Eggs, Milk, Sulphites - 740kcal

TANDOORI CHICKEN NAAN

Tandoori spiced chicken kebab on a sourdough
naan with roquette

*Gluten, Wheat, Celery, Mustard, Milk, Sulphites
514kcal*

TRUFFLE CHICKEN SCHNITZEL

Crisp crumbed chicken escalope, topped with
a fried egg, served with French fries

Gluten, Wheat, Eggs - 830kcal

PEA & ASPARAGUS GIRASOLE

Egg pasta in large sunflower shaped parcels
with a ricotta, asparagus & pea filling. Served
with asparagus, garden peas & artichoke hearts

Gluten, Wheat, Eggs, Milk - 542kcal

SMOKED TROUT NICOISE SALAD

Two trout fillets with soft potatoes, caperberries,
green beans, courgettes, aubergines, red
peppers & yellow peppers, served with a hard
boiled egg & a drizzle of balsamic

Eggs, Fish, Sulphites - 593kcal

BATTERED HADDOCK FISH & CHIPS

Hand battered MSC haddock fillet,
chunky chips, mushy peas
& tartare sauce

Gluten, Wheat, Eggs, Fish - 888kcal

BACON CHOP SALTIMBOCCA

Bacon chop wrapped in serrano ham &
cooked with a sage leaf, with pesto potatoes & olives

Tree nuts, Cashews, Milk - 736kcal

Perfect
for outdoor
dining

MSC is a
sustainability
champion

Desserts

BANOFFEE CHEESECAKE

Baked Banana flavoured
cheesecake with a toffee sauce
& gluten free biscuit base

Eggs, Milk - 293kcal

RASPBERRY PAVLOVA

Crisp meringue with raspberry
coulis, raspberries & whipped dairy cream

Eggs, Milk - 194kcal

CHOCOLATE BROWNIE

Chocolate Brownie with crunchy
cocoa nibs

Gluten, Wheat, Soya - 280kcal

LEMON TART

Butter pastry case filled with a tangy
lemon cream

Gluten, Wheat, Eggs, Milk - 380kcal

Deliciously
vegan

 Vegetarian  Vegan  Non-Gluten Containing Ingredients

 **brakes**
a Sysco company



Delicious Menus

CLICK HERE OR
SCAN THE QR CODE

Explorer

MENU

Full Recipes
SIMPLY CLICK ON
YOUR CHOSEN DISH

Starters

MEJILLONES GRATINADOS

Spanish style baked Greenlip Mussels, served in the half shell topped with a garlic & herb crumb

Gluten, Wheat, Rye - 185kcal

KING PRAWNS WITH
ASIAN SLAW &
WASABI MAYO

ASC King Prawns with spicy Asian style coleslaw & tangy wasabi mayonnaise

Mustard, Eggs, Crustaceans - 108kcal

BURRATA BOCCONCINI
WITH BALSAMIC
GRILLED PEACHES

Creamy mini Burrata cheese with an oozing centre served with grilled, balsamic dressed peaches & toasted almonds.

Tree nuts, Almonds, Milk, Sulphites - 216kcal

KOREAN WINGS

Deep fried chicken wings in a spicy sweet Korean BBQ style sauce

Gluten, Wheat, Sesame, Soya - 646kcal

HARISSA CHICKEN SHISH,
CHICKPEA SALAD,
HOUMOUS & FENNEL

Harissa flavoured chicken breast souvlaki & harissa houmous with a chickpea & orange salad & pickled fennel

Gluten, Wheat, Mustard, Sesame 523kcal

CHINESE STYLE DUCK
PANCAKES

Shredded roasted aromatic duck with Chinese pancakes, curly kale, spring onions & cucumber batons, with hoi sin & a sweet chilli dipping sauces

Gluten, Wheat, Sesame, Soya - 377kcal

Mains

CHERMOULA LAMB LOIN IN
TAGINE SAUCE

With chargrilled vegetables, yoghurt & pomegranate seeds

Soya, Sulphites - 1077kcal

PHO

Vietnamese inspired broth with finely sliced beef, rice noodles & a selection of garnishes

Eggs, Soya - 463kcal

SEARED TUNA & THAI NOODLE SALAD

Vermicelli noodles cooked in a soy glaze with Asian inspired vegetables, topped with a seared tuna supreme

Gluten, Wheat, Sesame, Fish, Soya - 964kcal

FRUIT DE MER RISOTTO

Prawns, baby squid, shell-on razor clams, brown & white clams and mussels, in a saffron flavoured risotto with sun dried tomatoes

Milk, Crustaceans, Molluscs - 671kcal

KATSU BUTTERMILK CHICKEN BURGER

Buttermilk panko crumbed chicken fillets, sweet chilli coleslaw, warm katsu sauce.

Gluten, Wheat, Eggs, Milk, Soya - 1344kcal

PANGANG CHICKEN WITH A
SPICY RICE SALAD

Sweet and spicy marinated chicken breast with a spiced rice salad served with a pangang mayonnaise and sesame, ginger and lime dressing

Gluten, Wheat, Mustard, Eggs, Sesame, Crustaceans, Molluscs, Soya, Sulphites - 439kcal

CONFIT DUCK WITH WARM LENTIL SALAD

Crispy skinned confit duck with a lentil, potato, sundried tomato & soya bean salad with mixed green vegetables

Soya - 848kcal

ASIAN BELLY PORK

Braised belly of pork with coconut & lime scented rice

Gluten, Wheat, Celery, Sesame, Fish, Crustaceans, Soya, Sulphites - 307kcal

Desserts

STRAWBERRY PANNACOTTA

British strawberries & vanilla panna cotta with nutty crumble crumb

Gluten, Wheat, Tree nuts, Almonds, Walnuts, Peanuts, Milk - 389kcal

PAIN PERDU

Brioche French toast scented with orange blossom, with vanilla bean ice cream & maple syrup

Gluten, Wheat, Eggs, Milk - 414kcal

CARDAMOM RICE PUDDING WITH MANGO
& BLACK COCONUT ICE CREAM

Creamy rice pudding fragrant with cardamom with sweet mango & a striking black coconut ice cream

Eggs, Milk - 220kcal

RUBY CHOCOLATE CHEESECAKE

Ruby chocolate cheesecake topped with a summer fruit compote & sprinkled with white chocolate curls

Gluten, Wheat, Milk, Soya - 546kcal

Vegetarian Vegan Non-Gluten Containing Ingredients



Delicious Menus

CLICK HERE OR
SCAN THE QR CODE

Plant-based

Full Recipes

SIMPLY CLICK ON
YOUR CHOSEN DISH

M E N U

Starters

SALAD PRIMA
VERDI

Green salad of asparagus tips, peas, broad beans, rocket & pea shoots, with crunchy croutons, Violife Prosciano shavings & French dressing

Gluten, Wheat, Mustard - 247kcal

SOYA MINCE NACHOS

Nachos with a soya mince & vegetable ragu, guacamole & salsa. Perfect for sharing

Soya - 468kcal

SUMMER GARDEN
SOUP

A fresh summer soup with peas, fennel, leeks, soya beans & spinach, served with herby salad garnish & rustic bread

Gluten, Wheat, Barley, Soya
88kcal

BEETROOT FALAFEL
WITH A HERBY
MINT SALAD

Falafel made with chickpeas & beetroot, with Moroccan inspired houmous & yoghurt dressing

Sesame, Soya - 313kcal

BUFFALO CHIQIN®
WINGS

Spicy Quorn wings with a tangy dipping sauce & celery sticks

Gluten, Wheat, Celery,
Soya - 315kcal

PORK-LESS GYOZA'S

Meat free Japanese style dumplings with a dipping sauce

Gluten, Wheat, Sesame,
Soya - 416kcal

Mains

YAKI UDON VEGETABLE NOODLES

Stir fried noodles, spring onions, shitake mushrooms with greens & chilli

Gluten, Wheat, Soya - 751kcal

BANANA BLOSSOM SALAD BOWL

Chargrilled banana blossom, avocado, sweet chilli peas, Moroccan spiced sweet potato & butternut squash, with fresh mango, sweet & sour pickles & a black rice, quinoa & ginger salad

Gluten, Wheat, Mustard, Sesame, Soya,
Sulphites - 325kcal

COTTAGE PIE

Plant based cottage pie with kale & savoy cabbage, & roasted cauliflower

Mustard, Soya - 516kcal

BUTTERNUT SQUASH & LENTIL
WELLINGTON

Butternut Squash & Lentil Wellington, Garlic Green Beans & Glazed Broad Beans with Parsley

Gluten, Wheat - 395kcal

ULTIMATE VEGAN BURGER

Chargrilled plant based patty, deli style slice, THIS Isn't bacon, lettuce, tomato, homemade burger sauce

Gluten, Wheat, Mustard, Soya - 1136kcal

MEXICAN STYLE BAKED
SWEET POTATO

A Mexican twist on a jacket potato with refried beans & chipotle sauce

Soya - 584kcal

SPICY TACOS

Meat free spicy tacos with smokey chipotle sauce, roasted corn, pickled watermelon & guacamole

Gluten, Wheat, Soya - 490kcal

BEETROOT WRAP WITH AVOCADO,
TOFU & WHEATBERRY COUSCOUS

Silken tofu, avocado & wheatberry & cranberry salad, all in a wheat flour tortilla flavoured with beetroot & chia seeds

Gluten, Wheat, Soya - 482kcal

Desserts

CHOCOLATE TRUFFLE BROWNIE
TORTE

Chocolate biscuit base topped with Belgian chocolate truffle mousse, finished with cubes of chocolate brownie and chocolate crumb

289kcal

APPLE TART

Perfectly baked shortcrust pastry filled with juicy apple slices & topped with flaked almonds

265kcal

SPECULOOS CHEESECAKE

Crisp Speculoos biscuit base, topped with a baked coconut vegan cheesecake & spiralled with Speculoos Biscoff Sauce, topped with a rich Speculoos topping & finished with Speculoos crumb

417kcal

PASSIONFRUIT & MANGO MOCHI

Passionfruit gelato surrounded by a soft purple mochi dough

234kcal

WINE MENU A

BEAUTIFUL WINES IN
PARTNERSHIP WITH

BIBENDUM

Wine List



A SELECTION OF FAMILIAR FAVOURITES
for Everyone to Enjoy

ALL AVAILABLE TO ORDER
WITH YOUR FOOD FROM



White

EL MURO BLANCO SPAIN

Fresh and easy-drinking with peach and apple fruit flavours.

CHENIN BLANC, ACACIA TREE SOUTH AFRICA

This easy-drinking wine has fresh citrus and peach flavours with a zippy, refreshing finish.

SAUVIGNON BLANC, SAN ABELLO CHILE

Dry and crisp with flavours of gooseberry and lime with grassy, herbaceous notes.

PINOT GRIGIO, IL CONTO VECCHIO ITALY

Dry and crisp on the palate with an elegant, light body.

CHARDONNAY, VALDIVIESO CHILE

Elegant and soft, with flavours of peach and honey, with some mineral overtones. The texture is creamy and the finish is refreshing.

PICPOUL DE PINET, CAP CETTE FRANCE

Medium-bodied with summery flavours of lemon zest with hints of aniseed and flowers.

Rosé

EL MURO ROSADO SPAIN

Bright strawberry-pink colour. Floral and red fruit aromas dominate the nose.

ZINFANDEL ROSÉ, THE BULLETIN USA

Juicy and light with plenty of raspberry and watermelon fruit flavours.

Red

EL MURO TINTO SPAIN

Soft, fruity, easy-going red with bags of dark berry fruit and a twist of pepper on the finish.

PINOTAGE, ACACIA TREE SOUTH AFRICA

A soft, easy-drinking red wine, with flavours of blackcurrants, cherries and plums.

MERLOT, SAN ABELLO CHILE

Intense aromas and flavours of ripe plums, sweet spices, coffee and chocolate.

SHIRAZ, THE PADDOCK AUSTRALIA

Rich plummy and red berry aromas and flavours, along with a bit of spice and pepper.

MALBEC, EL COLECTIVO ARGENTINA

The nose offers intense aromas of black stone fruit interwoven with notes of chocolate and sweet spice. A delicious long, velvety finish.

CÔTES DU RHÔNE, HUBERT ET FILS FRANCE

Full bodied with warm fruits and spice from this well known appellation.

Sparkling

VITELLI PROSECCO SPUMANTE BRUT NV ITALY

Fruity and fragrant with clean notes of citrus, pears and elderflower.

CHAMPAGNE, VEUVE DELAROY BRUT NV FRANCE

Fresh citrus aromas with yeasty layers. The palate is elegant, with strawberries and cream, and a balanced acidity.

WINE MENU A – FAMILIAR FAVOURITES

WHITE



EL MURO BLANCO A 114031

Pronounced: El Mooro Blonk-oh Aragon, Spain

Macabeo 🍷🍷

Fresh and easy-drinking with peach and apple fruit flavours

12 x 75cl



ACACIA TREE CHENIN BLANC A 121339

Pronounced: Uh-kei-shuh Tree Sheneen Blong Western Cape, South Africa

Chenin Blanc 🍷

This easy-drinking wine has fresh citrus and peach flavours with a zippy, refreshing finish

12 x 75cl



SAN ABELLO SAUVIGNON BLANC A 118788

Pronounced: San Abeh-lo Soevenyon Blong Central Valley, Chile

Sauvignon Blanc 🍷

Dry and crisp with flavours of gooseberry and lime with grassy, herbaceous notes

12 x 75cl



CONTO VECCHIO PINOT GRIGIO A 130867

Pronounced: Il Conto Vek-iy-o Peenoh Gree-jee-o Veneto, Italy

Pinot Grigio 🍷

Dry and crisp on the palate with an elegant, light body

12 x 75cl



VALDIVIESO CHARDONNAY A 130844

Pronounced: Valdee-va-zeo Shardonay Curico Valley, Chile

Chardonnay 🍷

Elegant and soft, with flavours of peach and honey, with some mineral overtones. The texture is creamy and the finish is refreshing

6 x 75cl



CAP CETTE PICPOUL DE PINET A 130850

Pronounced: Kap Set Pikpool deh Peeneh Languedoc-Roussillon, France

Picpoul 🍷🍷

Medium-bodied with summery flavours of lemon zest with hints of aniseed and flowers

6 x 75cl

ROSÉ



EL MURO ROSADO A 114032

Pronounced: El Mooro Ro-saa-doh Aragon, Spain

Garnacha 🍷🍷

Bright strawberry-pink in colour. Floral and red fruit aromas dominate the nose

12 x 75cl



THE BULLETIN ZINFANDEL ROSÉ A 130886

Pronounced: The Bulletin Zinfandel Rosay California, USA

Zinfandel 🍷

Juicy and light with plenty of raspberry and watermelon fruit flavours

12 x 75cl

RED



EL MURO TINTO A 114033

Pronounced: El Mooro Teent-oh Aragon, Spain

Garnacha 🍷🍷

Soft, fruity, easy-going red with bags of dark berry fruit and a twist of pepper on the finish

12 x 75cl



ACACIA TREE PINOTAGE A 130876

Pronounced: Uh-kei-shuh Tree Peenoh-tahj Western Cape, South Africa

Pinotage 🍷

A soft, easy-drinking red wine, with flavours of blackcurrants, cherries and plums

12 x 75cl



SAN ABELLO MERLOT A 118793

Pronounced: San Abeh-lo Merloh Central Valley, Chile

Merlot 🍷🍷

Intense aromas and flavours of ripe plums, sweet spices, coffee and chocolate

12 x 75cl



THE PADDOCK SHIRAZ A 131068

Pronounced: The Paddock Shur-ahz South East, Australia

Shiraz 🍷

Rich plummy and red berry aromas and flavours, along with a bit of spice and pepper. Full bodied and rich

12 x 75cl



EL COLECTIVO MALBEC A 130838

Pronounced: El Colect-ee-vo Molbek Mendoza, Argentina

Malbec 🍷

The nose offers intense aromas of black stone fruit interwoven with notes of chocolate and sweet spice. A delicious long, velvety finish

12 x 75cl



HUBERT ET FILS CÔTES DU RHÔNE ROUGE A 121347

Pronounced: Oo-bare eh Fiy Kot du Ron Roojh Rhône, France

Grenache, Syrah, Mourvedre

Full bodied with warm fruits and spice

6 x 75cl

SPARKLING



VITELLI PROSECCO SPUMANTE BRUT NV A 130863

Pronounced: Veetelee Prosekoh Spoomanteh Broot Veneto, Italy

Glera

Fruity and fragrant with clean notes of citrus, pears and elderflower

12 x 75cl



VEUVE DELAROY BRUT NV A 123063

Pronounced: Vev Deh-la-rooah Broot Champagne, France

Pinot Meunier 🍷

Fresh citrus aromas with yeasty layers. The palate is elegant, with strawberries and cream, and a balanced acidity

6 x 75cl

FOR OUR FULL RANGE
CLICK HERE

BIBENDUM

WINE MENU B

BEAUTIFUL WINES IN
PARTNERSHIP WITH

BIBENDUM

Wine List



A SELECTION OF GREAT WINES
for Everyday Treats

ALL AVAILABLE TO ORDER
WITH YOUR FOOD FROM



White

TERRE FORTI TREBBIANO

ITALY

Light with apples, pears and some citrus fruit.

CHARDONNAY, LA SERRE

FRANCE

A light and refreshing Chardonnay with flavours of lemons and crisp, green apples.

SAUVIGNON BLANC, TOKOMARU

NEW ZEALAND

A fresh white wine with aromas and flavours of fresh cut grass, ripe tropical fruit & gooseberries.

GAVI TUFFOLO

ITALY

Delicate with pronounced fruit and lemon characteristics. Clean & fresh with a citrusy finish.

ALBARIÑO, DOMINGO MARTIN

SPAIN

Rich and generous flavours of ripe peaches and pears, backed by vivid lemon and mineral acidity.

SANCERRE, DOMAINE LA CHEZATTE

FRANCE

Bright and refreshing, with aromas and flavours of lemon, lime and apple, with subtle mineral notes.

CHABLIS, LE FINAGE LA CHABLISIENNE

FRANCE

Dry with citrus and apple notes and a delicious minerality.

Rosé

PINOT GRIGIO BLUSH, IL CONTO VECCHIO

ITALY

Easy drinking with flavours of raspberry and strawberry.

CÔTES DES PROVENCE ROSÉ, DOMAINE PASTOURE

FRANCE

Bursting with bright peachy fruit with a faint strawberry note and a crisp dry finish.

Red

MONTEPULCIANO, VILLA DEI FIORI

ITALY

Big and bold, bursting with red berry flavours.

MERLOT, LA SERRE

FRANCE

Young, juicy and full of soft easy-going fruit.

CABERNET SAUVIGNON, VALDIVIESO

CHILE

Full bodied. Rich berry fruit aromas, blackberries, and sweet spices, coffee, chocolate and vanilla.

RIOJA CRIANZA CASTILLO CLAVIJO

SPAIN

Aromas and flavours of bright red berry fruit balanced by vanilla and spice.

MALBEC, ARGENTO

ARGENTINA

This medium-bodied red wine has aromas and flavours of plums, black cherries and hints of violet. Velvety smooth texture and a soft finish.

PINOT NOIR, ARA

NEW ZEALAND

A fruit-driven, lively and supple Pinot, majoring on juicy boysenberry and plum flavours

ST EMILION, CHATEAU LA CROIX FERRANDAT

FRANCE

Medium bodied with soft tannins and a long, fresh finish.

Sparkling

FITZ SPARKLING, BRUT NV

ENGLAND

Light bodied and dry. Fruity with notes of pears and golden apples.

CHAMPAGNE, TAITTINGER, BRUT NV

FRANCE

Light, delicate and elegant with a green fruit and citrus character.

WINE MENU B – EVERYDAY TREATS

WHITE



TERRE FORTI TREBBIANO A 130865

Pronounced: Terreh Fortee Trebbeanoh Emilia-Romagna, Italy

Trebbiano

Light with apples, pears and some citrus fruit

12 x 75cl



LA SERRE CHARDONNAY A 121350

Pronounced: La Serre Shardonay Languedoc-Roussillon, France

Chardonnay

A light and refreshing Chardonnay with flavours of lemons and crisp, green apples

6 x 75cl



TOKOMARU SAUVIGNON BLANC A 130875

Pronounced: Toko-maroo Soeveenyon Blong Marlborough, New Zealand

Sauvignon Blanc

A fresh white wine with aromas and flavours of fresh cut grass, ripe peaches, ripe tropical fruit and gooseberries

12 x 75cl



TUFFOLO GAVI A 130872

Pronounced: Toofoh-lo Gavee Piedmont, Italy

Cortese

Delicate with pronounced fruit and lemon characteristics. Clean and fresh with a long, lingering citrusy finish

6 x 75cl



DOMINGO MARTIN ALBARIÑO A 130883

Pronounced: Domeengo Marteen Albateenyah Rias Baixas, Spain

Albarino

Rich and generous flavours of ripe peaches and pears, backed by vivid lemon and mineral acidity

6 x 75cl



DOMAINE DE LA CHÉZATTE SANCERRE A 130857

Pronounced: Domain deh La Shezat Sansseh-r Loire, France

Sauvignon Blanc

Bright and refreshing, with aromas and flavours of lemon, lime and apple, with a subtle mineral note and a mouth-watering finish

6 x 75cl



LA CHABLISIENNE CHABLIS LE FINAGE A 130859

Pronounced: La Shablee-zee-n Shablee Le Fin-arge Burgundy, France

Chardonnay

Dry with citrus and apple notes and a delicious minerality

6 x 75cl

ROSÉ



CONTO VECCHIO PINOT GRIGIO BLUSH A 118791

Pronounced: Il Conto Vek-iy-o Peenoh Gree-jee-o Blush Veneto, Italy

Pinot Grigio

Easy drinking with flavours of raspberry and strawberry

12 x 75cl



DOMAINE DE LA PASTOURE CÔTES DE PROVENCE A 130847

Pronounced: Doh-main Deh La Pastoor Coat deh Prov-ahnce Provence, France

Cinsault

Bursting with bright peachy fruit with a faint strawberry note and a crisp dry finish

6 x 75cl

RED



VILLA DEI FIORI MONTEPULCIANO A 130870

Pronounced: Veella day Feeoree Montepoolcjano Abruzzo, Italy

Montepulciano

Big and bold, bursting with red berry flavours

6 x 75cl



LA SERRE MERLOT A 130213

Pronounced: La Serre Mer-loh Languedoc-Roussillon, France

Merlot

Young, juicy and full of soft easy-going plum and blackberry fruit

6 x 75cl



VALDIVIESO CABERNET SAUVIGNON A 121346

Pronounced: Valdee-v-aze-o Kaberneh Soeveenyon Rapel Valley, Chile

Cabernet Sauvignon

Rich berry fruit aromas, blackberries, and sweet spices, coffee, chocolate and vanilla. Full bodied, very flavoursome, with a round soft structure

6 x 75cl



CASTILLO CLAVIJO RIOJA CRIANZA A 130319

Pronounced: Cash-sti-yo Claveeho Reeoha Creeanza Rioja, Spain

Tempranillo

Aromas and flavours of bright red berry fruit balanced by vanilla and spice that add richness and body

6 x 75cl



ARGENTO MALBEC A 121345

Pronounced: Ah-jento Molbek Mendoza, Argentina

Malbec

This medium bodied red wine has aromas and flavours of plums, black cherries and hints of violet. It has a velvety smooth texture and a soft lingering finish

6 x 75cl



ARA PINOT NOIR A 127920

Pronounced: Ara Peenoh New-oir Marlborough, New Zealand

Pinot Noir

A fruit-driven, lively and supple Pinot, majoring on juicy boysenberry and plum flavours

6 x 75cl



CHÂTEAU LA CROIX FERRANDAT SAINT EMILION A 130858

Pronounced: Shatoh La Croo Ferrandah Sant E-mee-lee-on Bordeaux, France

Merlot

Ripe and rounded with plum, bramble fruit and blackcurrant flavours. Medium bodied with soft tannins and a long, fresh finish

6 x 75cl

SPARKLING



FITZ SPARKLING WHITE A 130833

Pronounced: Fitz Sparkling White Sussex, England

Seyval Blanc, Reichensteiner, Madeline Angevine

Light bodied and dry. Fruity with notes of pears and golden apples

6 x 75cl



TAITTINGER NV BRUT A 123064

Pronounced: Tateenger Broot Champagne, France

Chardonnay, Pinot Noir, Pinot Meunier

Light, delicate and elegant with a green fruit and citrus character

6 x 75cl

FOR OUR FULL RANGE
CLICK HERE

BIBENDUM

Serves 1

Minted Pea Soup

Home made soup with fresh mint and a vegetarian cream swirl



RECIPE INGREDIENTS

33898 Brakes Vegetable Bouillon Mix - BRAKES	75
350098 Tate & Lyle Caster Sugar 2kg - BRAKES	60
114950 Jif Bottle Lemon Juice 250ml - BRAKES	40
133687 Macphie Vegan Cream Alternative - BRAKES	150
10473 Spring Onions Bunch - BRAKES	200
450066 Maris Piper Potatoes - BRAKES	300
124181 Garlic Loose - BRAKES	20
113882 Premium Large Mint Bunch - BRAKES	10
4599 Brakes Essentials Garden Peas - BRAKES	100

COOKING INSTRUCTIONS & NOTES

Mise en Place/ Prep

- Spring Onions Bunch - Wash & chop
- Maris Piper Potatoes - Peel & chop
- Garlic - Peel & chop
- Brakes Vegetable Bouillon Mix - Make up with 3ltr water
- Premium Large Mint Bunch - Wash & chop

Method

- Put the spring onions, garlic & potatoes in a large pan and add the stock.
- Bring to the boil then simmer for 15 mins.
- Add the peas, sugar & mint.
- Check the consistency , then blend together using a hand blender until smooth.
- Move the soup to a clean pan and add the lemon juice.
- Check the seasoning and serve in warm bowls with a swirl of double cream.


Generated by Metrics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100



	PER 100	%RI	PER 280 SERVING	%RI
Energy(KJ)	662 kJ	8%	1855 kJ	22%
Energy(kcal)	158 kcal	8%	442 kcal	22%
Fat	5.6 g	8%	16 g	23%
of which saturates	5 g	25%	14 g	70%
Carbohydrate	23 g	9%	64 g	25%
of which sugars	9.7 g	11%	27 g	30%
Fibre	1.8 g	7%	5.1 g	20%
Protein	3 g	6%	8.3 g	17%
Salt	2.3 g	38%	6.5 g	108%

ALLERGENS

CONTAINS:

 **SULPHITES**

OTHER PROPERTIES:

 **VEGETARIAN**  **VEGAN**

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Ham Hock Terrine

Ham hock & pickled carrot terrine with wild mushrooms, piccalilli puree & sourdough shards



RECIPE INGREDIENTS

117443 Little & Cull Ham Hock, Picked Carrot & Mustard Terrine - BRAKES	75	0.15x Each
119656 Marinated & Seasoned Exotic Mushroom Mix (800g drained weight) - BRAKES	15	0.02x Each
121410 Golden Beetroot Piccalilli - BRAKES	15	0.02x Each
31814 La Boulangerie 10" Fully Baked Sourdough Baguettes - BRAKES	10	0.08x Each
109436 Hudson's Mild Mustard - BRAKES	3	0x Each
113881 Herb Bunched Flat Leaf Parsley - BRAKES	1	
113880 Premium Large Chives Bunch - BRAKES	1	
131417 Brakes Black Onion Seeds - BRAKES	1	
74831 Mixed Micro-Greens - BRAKES	1	

COOKING INSTRUCTIONS & NOTES

Mise en Place/ Prep

- Terrine- Defrost the terrine
- Bread- Defrost, slice & toast
- Piccalilli- Puree
- Parsley & Chives- Wash, pat dry & finely chop

Method

- Slice the terrine to required portion
- Brush half the terrine with mustard and sprinkle with the parsley, chive and onion seeds
- Plate the terrine and pipe on the piccalilli puree
- Garnish with the wild mushrooms and micro cress
- Finish with the toasted sourdough

EU LABEL VALUES PER 100

	PER 100	%RI	PER 122 SERVING	%RI
Energy(KJ)	601 kJ	7%	733 kJ	9%
Energy(kcal)	143 kcal	7%	174 kcal	9%
Fat	5.4 g	8%	6.5 g	9%
of which saturates	1.2 g	6%	1.5 g	8%
Carbohydrate	12 g	5%	14 g	5%
of which sugars	6.8 g	8%	8.2 g	9%
Fibre	0.7 g	3%	0.8 g	3%
Protein	12 g	24%	14 g	28%
Salt	2.4 g	40%	3 g	50%

ALLERGENS

CONTAINS:

- WHEAT, BARLEY, RYE
- MUSTARD

MAY CONTAIN:

- OATS
- CASHEWS, WALNUTS
- CELERY
- MILK
- SESAME

Generated by Nutriatics v5.73 on 27th Feb 2022

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Spiced Prawn Cocktail Pint

Peeled red shrimp & tandoori spiced marie rose sauce layered & served in a pint glass with lettuce & a wedge of lemon



RECIPE INGREDIENTS

89703 Brakes Real Mayonnaise - BRAKES	50
116333 BD Foods Tandoori Ketchup - BRAKES	10
10332 Little Gem Lettuces - BRAKES	20
114218 Lemons - BRAKES	16.6667
102979 Argentinean Red Shrimp 20-30/kg - BRAKES	100

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- Argentinean Red Shrimp 20-30/kg - Peel & remove black waste line
- Little Gem Lettuces - Wash
- Lemons - Cut into wedges (6)

Method

- If you have a steamer element on your oven then put this on at 100% - cook the prawns for approx. 7 mins
- Once core temperature is reached, remove the prawns & refresh under cold water for approx. 5 mins - drain & chill
- If you do not have a steamer, cook the prawns in some simmering water until core temperature is reached - drain & chill
- Mix the mayo with the ketchup and add the juice from half of the lemon to make your marie rose sauce
- Fold the cooked prawns into the marie rose sauce. Retain 3 prawns for the garnish
- Slice the gem lettuce into thin strips
- Using a pint glass build up your prawn cocktail, finishing with the reserved prawns & lemon wedge

Generated by NutriX v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 197 SERVING	%RI
Energy(KJ)	834 kJ	10%	1644 kJ	20%
Energy(kcal)	201 kcal	10%	396 kcal	20%
Fat	16 g	23%	31 g	44%
of which saturates	1.1 g	6%	2.2 g	11%
Carbohydrate	3.6 g	1%	7 g	3%
of which sugars	2.6 g	3%	5 g	6%
Fibre	.5 g	2%	0.6 g	2%
Protein	11 g	22%	21 g	42%
Salt	0.71 g	12%	1.4 g	23%

ALLERGENS

CONTAINS:



Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Smoked Mackerel Salad

Smoked mackerel fillets with a spiced potato salad



RECIPE INGREDIENTS

32411 M&J Seafood Scottish Hot Smoked Mackerel Fillets - BRAKES	240	4x Each
34002 Brakes Ground Cumin - BRAKES	1	
33599 Brakes Standard Curry Powder - BRAKES	1	
27699 Brakes Crème Fraîche - BRAKES	50	
89703 Brakes Real Mayonnaise - BRAKES	50	
89712 Brakes French Dressing - BRAKES	50	
450250 Mixed Salad Leaves - BRAKES	60	
450066 Maris Piper Potatoes - BRAKES	320	
10224 Red Onions - BRAKES	60	
10230 Cucumber - BRAKES	80	
114218 Lemons - BRAKES	100	

COOKING INSTRUCTIONS & NOTES

- Mis en Place / Prep**
- M&J Seafood Scottish Hot Smoked Mackerel Fillets. - Defrost, remove skin & flake
 - Maris Piper Potatoes - Peel & dice
 - Red Onions - Peel & finely dice
 - Cucumber - Slice
 - Lemons - Cut into wedges
- Method**
- Boil the potatoes until soft enough to eat but not breaking apart. Drain and chill.
 - Mix together the crème fraiche, mayonnaise, ground cumin and curry powder. Season to taste.
 - Combine the potato, red onion with the mixture.
 - Spoon onto a plate the potato salad. Place the flaked smoked mackerel on top and serve with a wedge on lemon.

Generated by Nutriatics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 253 SERVING	%RI
Energy(KJ)	644 kJ	8%	1630 kJ	19%
Energy(kcal)	155 kcal	8%	392 kcal	20%
Fat	11 g	16%	28 g	40%
of which saturates	2.4 g	12%	6.1 g	31%
Carbohydrate	7.6 g	3%	19 g	7%
of which sugars	1.6 g	2%	4.1 g	5%
Fibre	0.8 g	3%	1.9 g	8%
Protein	6.3 g	13%	16 g	32%
Salt	0.74 g	12%	1.9 g	32%

ALLERGENS

CONTAINS:

- MUSTARD
- EGGS
- MILK
- FISH

MAY CONTAIN:

- WHEAT

Product disclaimer
Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Baked Camembert & Chilli Jam

Baked French Camembert studded with garlic & rosemary, served with chilli jam & crisp breads for dipping



RECIPE INGREDIENTS

111966 Isigny Pasteurised Camembert 250g	250	1x Each
113877 Rosemary	2	
13120 Peeled Garlic	3	1 large clove
126918 Brakes Chilli Jam	40	
126630 Brioche Pasquier Ficelles de Pain (Petites Baguettes) Brioche	52	

COOKING INSTRUCTIONS & NOTES

Mise en Place/ Prep

- Rosemary - Wash & pick leaves
- Garlic - Defrost & slice
- Slice into the camembert and stud generously with rosemary and sliced garlic
- Chilli Jam- portion into chosen serving dish

Method

- Preheat oven to 200°C
- Soften the garlic and rosemary studded cheese in the microwave on high for 1 minute
- Finish in the preheated oven for 5 Minutes
- Serve on your chosen serving dish with a pot of Chilli Jam and the ficelle bread

Generated by Nutriatics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 347 SERVING	%RI
Energy(KJ)	1266 kJ	15%	4394 kJ	52%
Energy(kcal)	303 kcal	15%	1052 kcal	53%
Fat	18 g	26%	61 g	87%
of which saturates	13 g	65%	45 g	225%
Carbohydrate	18 g	7%	63 g	24%
of which sugars	7.7 g	9%	27 g	30%
Fibre	1.2 g	5%	4.2 g	17%
Protein	17 g	34%	60 g	120%
Salt	1.4 g	23%	5 g	83%

ALLERGENS

CONTAINS:

- WHEAT
- EGGS
- MILK

MAY CONTAIN:

- WALNUTS
- SESAME
- SOYA

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Welsh Rarebit on Toast with Onion Chutney

Welsh rarebit on toast with onion chutney



RECIPE INGREDIENTS

113099 La Boulangerie Artisan Plain Sourdough Loaves - BRAKES	60
74903 Brakes Hot Mustard Rarebit Topper - BRAKES	50
86274 Brakes Caramelised Red Onion Chutney - BRAKES	20
74063 Watercress - BRAKES	5

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- La Boulangerie Artisan Plain Sourdough Loaves - Defrost bread and slice
- Watercress - Picked and washed

Method

- Toast sourdough on both sides
- Spread with chutney and rarebit topper
- Melt under grill
- Serve with watercress

Generated by Nutriics v6.72 on 25th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 135 SERVING	%RI
Energy(KJ)	1148 kJ	14%	1550 kJ	18%
Energy(kcal)	274 kcal	14%	370 kcal	19%
Fat	12 g	17%	16 g	23%
of which saturates	4.5 g	23%	6.1 g	31%
Carbohydrate	32 g	12%	43 g	17%
of which sugars	7.7 g	9%	10 g	11%
Fibre	1.2 g	5%	1.7 g	7%
Protein	9 g	18%	12 g	24%
Salt	0.92 g	15%	1.2 g	20%

ALLERGENS

CONTAINS:

- WHEAT, RYE
- MUSTARD
- EGGS
- MILK
- SULPHITES

MAY CONTAIN:

- HAZELNUTS, ALMONDS, WALNUTS
- SESAME
- SOYA

OTHER PROPERTIES:

- VEGETARIAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Lamb Rump with Spring Vegetables

Pan roasted lamb rump with spring vegetables, salsa verde & mashed potatoes



RECIPE INGREDIENTS

Ingredient	Quantity	Unit
128353 D-Cut Lamb Rump 180-220g - BRAKES	200	1x Each
107016 Begro Chantenay Carrots 10/18mm	20	
116370 Asparagus	20	
4796 Brakes Silverskin onions	20	
33421 Soya Beans	20	
450520 Peka Chilled Mash Potato	200	
29709 Essential Cuisine No1 Savoury Gravy - BRAKES	7.5	
135115 Panzanella Dressing	30	

COOKING INSTRUCTIONS & NOTES

Mis en Place/ Prep

- Lamb rump - Defrost
- Chantenay Carrots - Clean, trim & blanch
- Asparagus- Trim & blanch
- Silverskin Onions- defrost
- Soya Beans - Defrost
- No1 Savoury gravy - reconstitute in accordance with the manufacturers guidelines

Method

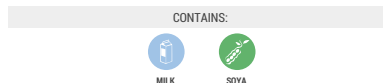
- Season & cook the lamb rump to order, allowing time to rest and ensuring appropriate core temperature is achieved
- Reheat the mashed potato in accordance with the manufacturers guidelines
- Reheat the blanched & defrosted vegetables
- Plate all the elements onto your chosen crockery, and drizzle with panzanella dressing

Generated by Nutriatics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 518 SERVING	%RI
Energy(KJ)	215 kJ	3%	1115 kJ	13%
Energy(kcal)	51 kcal	3%	266 kcal	13%
Fat	1.7 g	2%	9 g	13%
of which saturates	1.1 g	6%	5.6 g	28%
Carbohydrate	6.9 g	3%	36 g	14%
of which sugars	1.2 g	1%	6.2 g	7%
Fibre	1.2 g	5%	6.1 g	24%
Protein	1.4 g	3%	7.3 g	15%
Salt	0.36 g	6%	1.9 g	32%

ALLERGENS



Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Cumberland & Cabbage Yorkshire Pudding

Cumberland sausage with buttered Savoy cabbage & roasted red onion in a Yorkshire pudding served with gravy



RECIPE INGREDIENTS

3100 Brakes 6.5" Fully Baked Yorkshire Puddings - BRAKES	83	1x Each
33182 Brakes Cumberland Sausage Sixes - BRAKES	151	2x Each
11127 Unsalted Butter - BRAKES	5	0x Each
350094 Brakes Sunflower Oil - BRAKES	5	0x Each
25710 Brakes Essentials Gravy Mix - BRAKES	7.5	
10224 Red Onions - BRAKES	50	
10467 Savoy Cabbage - BRAKES	75	
113874 Herb Bunched Thyme - BRAKES	2	

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- Brakes 6.5" Fully Baked Yorkshire Puddings - Defrost
- Brakes Cumberland Sausage Sixes - Defrost
- Red Onions - Peel whole onion - use half
- Savoy Cabbage - Remove leaves, stalks & finely shred
- Brakes Gravy Mix - Make up with 100ml of boiling water

Method

- Pre-heat the oven to 180°C
- Put a small pan onto a high heat and add the oil, when hot add the red onion flat side down into the pan and colour
- Turn over, add a little seasoning and a sprig of thyme, place in the oven for approx. 5 mins or until soft & caramelised
- Place the sausages onto a lightly oiled tray and put under a hot grill & cook until core temperature is reached
- Place another small pan onto a medium heat, add the butter, once melted add the cabbage, add a little seasoning
- Cook for approx. 2-3 mins
- Meanwhile place the Yorkshire pudding onto a baking tray and put in the oven for approx. 1 min to warm through
- Place the warmed Yorkshire pudding onto your chosen dish, fill with the buttered cabbage, top with the sausages
- Finally add the roasted red onion to the dish - serve as shown with the gravy alongside

Generated by Nutriatics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 379 SERVING	%RI
Energy(KJ)	827 kJ	10%	3134 kJ	37%
Energy(kcal)	198 kcal	10%	752 kcal	38%
Fat	12 g	17%	47 g	67%
of which saturates	4.5 g	23%	17 g	85%
Carbohydrate	12 g	5%	46 g	18%
of which sugars	2 g	2%	7.5 g	8%
Fibre	1.4 g	6%	5.4 g	22%
Protein	8.8 g	18%	33 g	66%
Salt	0.89 g	15%	3.4 g	57%

ALLERGENS

CONTAINS:



Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Tandoori Chicken Naan

Tandoori spiced chicken kebab on a sourdough naan with rockette



RECIPE INGREDIENTS

119278 La Boulangerie Sourdough Naan - BRAKES	133.333
32031 Brakes Cooked Chicken Kebabs - BRAKES	100
113116 Spicentice Tandoori Rub - BRAKES	5
116333 BD Foods Tandoori Ketchup - BRAKES	15
10527 Roquette - BRAKES	25

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

Generated by Nutriatics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 278 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	0.5 g	3%	1.4 g	7%
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%

ALLERGENS



Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Truffle Chicken Schnitzel

Crisp crumbed chicken escalope, topped with a fried egg, served with French fries



RECIPE INGREDIENTS

55925 Breaded Chicken Escalope Plain & Simple - BRAKES	222	1x Each
114218 Lemons - BRAKES	0.3	0x Each
127291 Supernature Oil Black Truffle Cold Pressed Rapeseed Oil - BRAKES	10	0.04x Each
15322 Brakes 5 Dozen British Fresh Free Range Medium Eggs - BRAKES	74.8333	1x Each
4266 Brakes Extra Thin Cut French Fries - BRAKES	180	0.07x Each
115279 Maldon Sea Salt Flakes 250g CASE - BRAKES	3	3x Each
113881 Herb Bunched Flat Leaf Parsley - BRAKES	3	0.03x Each

COOKING INSTRUCTIONS & NOTES

Mise en Place/ Prep

- Lemons- Cut into wedges
- Lemons- Grate zest
- Parsley- Wash, pat dry & roughly chop

Method

- Cook chicken escalope in accordance with the manufacturers guidelines
- Cook fries in accordance with the manufacturers guidelines
- Gently fry the egg - sunny side up
- Plate the escalope on a suitable board or tray
- Season with salt, grated lemon zest & drizzle with truffle oil
- Place on your chosen crockery topped with the egg and sprinkled with parsley
- Serve with seasoned chips

Generated by Metrics v6.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 493 SERVING	%RI
Energy(KJ)	715 kJ	9%	3524 kJ	42%
Energy(kcal)	171 kcal	9%	841 kcal	42%
Fat	7.6 g	11%	38 g	54%
of which saturates	1.1 g	6%	5.3 g	27%
Carbohydrate	14 g	5%	70 g	27%
of which sugars	0.5 g	1%	2.5 g	3%
Fibre	1.3 g	5%	6.3 g	25%
Protein	11 g	22%	53 g	106%
Salt	1 g	17%	4.9 g	82%

ALLERGENS

CONTAINS:



Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Pea & Asparagus Girasole

Egg pasta in large sunflower shaped parcels with a ricotta, asparagus & pea filling. Served with asparagus, garden peas & artichoke hearts



RECIPE INGREDIENTS

36149 Brakes Asparagus & Pea Girasole - BRAKES	200
85201 Brakes Tarragon - BRAKES	2
89773 Prep Premium Lemon Infused Oil 1 Litre - BRAKES	5
116370 Asparagus - BRAKES	20
74818 Pea Shoots - BRAKES	5
4752 Brakes Fancy Garden Peas - BRAKES	20
119653 Whole Chargrilled Artichokes Hearts - BRAKES	30
33568 Brakes Extended Life Rapeseed Oil - BRAKES	0.3 (auto-calculated)

COOKING INSTRUCTIONS & NOTES

Mis en Place/ Prep

- Tarragon- Wash, pick & chop
- Artichokes- Drain & cut into wedges
- Asparagus- Blanch & trim

Method

- Bring a pan of salted water to the boil for the pasta
- In a frying pan add the cooking oil and sauté the artichoke wedges until lightly caramelised
- Add the (frozen) peas and cook until warmed through
- Add the blanched and trimmed asparagus
- Finish with the lemon oil and chopped tarragon
- Drop the pasta into the boiling water and cook for approx. 4 mins, stirring occasionally - drain well
- Add the pasta to your chosen dish, spoon over the warmed vegetable mix
- Finish with the pea shoots and serve

Generated by Nutriatics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 282 SERVING	%RI
Energy(kJ)	814 kJ	10%	2295 kJ	27%
Energy(kcal)	194 kcal	10%	547 kcal	27%
Fat	7.8 g	11%	22 g	31%
of which saturates	2.5 g	13%	7 g	35%
Carbohydrate	23 g	9%	64 g	25%
of which sugars	1.5 g	2%	4.1 g	5%
Fibre	1 g	4%	2.9 g	12%
Protein	7.7 g	15%	22 g	44%
Salt	0.35 g	6%	0.98 g	16%

ALLERGENS

CONTAINS:

- WHEAT
- EGGS
- MILK

OTHER PROPERTIES:

- VEGETARIAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Smoked Trout Nicoise Salad

Two trout fillets with soft potatoes, caperberries, green beans, courgettes, aubergines, red peppers & yellow peppers, served with a hard boiled egg & a drizzle of balsamic



RECIPE INGREDIENTS

3300 M&J Seafood Smoked Trout Fillets - BRAKES	115	2x Each
119111 Caperberries - BRAKES	5	
127137 Brakes Balsamic Vinegar of Modena - BRAKES	10	
119649 Cypressa Bar Mix Olives (Pitted) - BRAKES	20	
10511 Potatoes Mid Select Washed - BRAKES	75	
114204 Fine Beans - BRAKES	40	
88887 Veraneo Extra Virgin Olive Oil - BRAKES	20	
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	56	1x Each
119655 Chargrilled Mixed Vegetables - BRAKES	115	

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep:

- M&J Seafood Smoked trout fillets - Defrost
- Fine Beans - Trim - top & tail

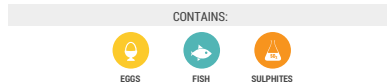
Method:

- Place a pan of water onto a high heat, once boiled add the beans & blanch for approx. 2 mins
- Take off the heat & run under cold water to refresh, drain
- In another pan of boiling water, boil the egg for 12 mins, refresh, peel and cut into 1/4's
- Put the potatoes into another pan of water & place onto a high heat to boil, cook until tender
- Take off the heat & run under cold water to refresh, drain & cut in half
- Combine the beans, potatoes & chargrilled veg, add the olive oil & toss together - add some salt & pepper if desired
- Add the egg and black olives
- Now dress your chosen dish with the nicoise salad, add the smoked trout, finish with the caperberries & balsamic
- Serve

EU LABEL VALUES PER 100

	PER 100	%RI	PER 456 SERVING	%RI
Energy(KJ)	547 kJ	7%	2495 kJ	30%
Energy(kcal)	131 kcal	7%	599 kcal	30%
Fat	9 g	13%	41 g	59%
of which saturates	1.7 g	9%	7.9 g	40%
Carbohydrate	4.2 g	2%	19 g	7%
of which sugars	0.9 g	1%	4.1 g	5%
Fibre	0.6 g	2%	2.6 g	10%
Protein	8.1 g	16%	37 g	74%
Salt	1.1 g	18%	5.2 g	87%

ALLERGENS



Generated by Nutriatics v5.73 on 27th Feb 2022

Product disclaimer

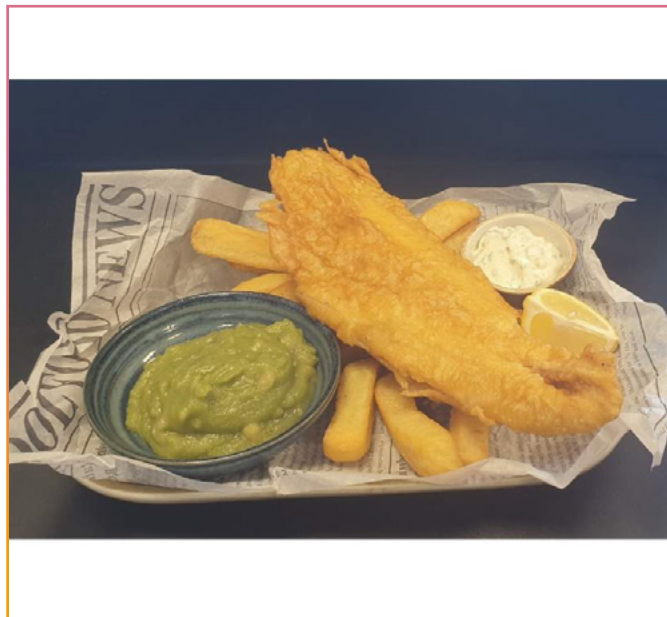
Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

**Battered Haddock
Fish & Chips**

Hand battered MSC
haddock fillet, chunky chips,
mushy peas & tartare sauce



RECIPE INGREDIENTS

85715 McDougalls Fish Batter Mix 3.5kg	45	
114178 MSC Haddock Fillets Skinless Boneless 8/10oz (230-290g)	252	1x Each
111374 Brakes Gourmet Chunky Cut Chips	250	
28979 Brakes Mushy Processed Peas - BRAKES	150	
114218 Lemons	25	Wedge
85454 Heinz Tartare Sauce 2.15L	30	

COOKING INSTRUCTIONS & NOTES

Mise en Place/ Prep

- Batter Mix - Reconstitute in accordance with the manufacturers guidelines
- Lemons - Cut into wedges
- Tartare sauce - portion into serving pots

Method

- Coat the haddock with batter and fry until crispy and core temperature is reached
- Cook the chips in accordance with the manufacturers guidelines
- Reheat the mushy peas in accordance with the manufacturers guidelines
- Arrange the Fish, Chips and Mushy peas on your chosen plate.
- Serve with tartare sauce and lemon wedges

Generated by Nutriatics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 752 SERVING	%RI
Energy(Kj)	514 kJ	6%	3863 kJ	46%
Energy(kcal)	122 kcal	6%	916 kcal	46%
Fat	2.7 g	4%	20 g	29%
of which saturates	0.3 g	2%	2.5 g	13%
Carbohydrate	15 g	6%	112 g	43%
of which sugars	1.5 g	2%	11 g	12%
Fibre	1.7 g	7%	13 g	52%
Protein	8.6 g	17%	65 g	130%
Salt	0.52 g	9%	3.9 g	65%

ALLERGENS

CONTAINS:

WHEAT EGGS FISH

MAY CONTAIN:

MILK SOYA

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

**Bacon Chop
Saltimbocca**

Bacon chop wrapped in serrano ham & cooked with a sage leaf, with pesto potatoes & olives



RECIPE INGREDIENTS

107520 Prime Meats Bacon Chop - BRAKES	170
350094 Brakes Sunflower Oil - BRAKES	20
119689 Cooks & Co Green Pesto Alla Genovese - BRAKES	10
74826 Unsalted Butter - BRAKES	10
113883 Herb Bunched Sage - BRAKES	2
118707 Cooked New Potatoes - BRAKES	100
70308 Sliced Serrano - BRAKES	33
119649 Bar Mix Olives (Pitted) - BRAKES	20

2 Slices

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- Herb Bunched Sage - Pick leaves
- Cooked New Potatoes - Cut in half lengthways
- Brakes Unsalted Butter - Cut into dice

Method

- Pre-heat an oven to 180°C
- Place the sage leaves on one side of the bacon chop
- Wrap the serrano ham around the chop
- In a frying pan add the oil and carefully place the chop in the pan
- Turn over when the ham is golden and colour the other side
- Remove from the pan, place onto a baking tray and put in the oven for 12-15 mins until core temperature has been achieved
- Put the frying pan back on the heat, drop in the butter and heat until foaming
- Drop in the potatoes, stirring occasionally to ensure even colour and prevent burning
- Add the olives and heat through
- Remove the chop from the oven, take out the pan and allow to rest
- Mix the pesto into the potatoes and olives
- Arrange all the components on chosen serving dish and serve

Generated by Metrics v6.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 365 SERVING	%RI
Energy(KJ)	841 kJ	10%	3070 kJ	37%
Energy(kcal)	203 kcal	10%	739 kcal	37%
Fat	15 g	21%	56 g	80%
of which saturates	4.2 g	21%	15 g	75%
Carbohydrate	4.3 g	2%	16 g	6%
of which sugars	.5 g	1%	1.6 g	2%
Fibre	0.7 g	3%	2.6 g	10%
Protein	11 g	22%	41 g	82%
Salt	1.6 g	27%	5.9 g	98%

ALLERGENS

CONTAINS:



Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

**Banoffee
Cheesecake**

Baked Banana flavoured
cheesecake with a toffee
sauce & gluten free biscuit
base



RECIPE INGREDIENTS

134841 Sidoli Gluten Free Banoffee Cookie Cheesecake - BRAKES

107.143

1x Each

EU LABEL VALUES PER 100

	PER 100	%RI	PER 107 SERVING	%RI
Energy(kJ)	1146 kJ	14%	1227 kJ	15%
Energy(kcal)	274 kcal	14%	293 kcal	15%
Fat	13 g	19%	14 g	20%
of which saturates	6.6 g	33%	7.1 g	36%
Carbohydrate	34 g	13%	36 g	14%
of which sugars	24 g	27%	26 g	29%
Fibre	.5 g	2%	.5 g	2%
Protein	5 g	10%	5.4 g	11%
Salt	0.24 g	4%	0.26 g	4%

ALLERGENS

CONTAINS:

- EGGS
- MILK

MAY CONTAIN:

- HAZELNUTS, PECANS, ALMONDS, WALNUTS, PISTACHIOS

OTHER PROPERTIES:

- VEGETARIAN
- GLUTEN FREE

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Raspberry Pavlova

*Crisp meringue with
raspberry coulis, raspberries
& whipped dairy cream*



RECIPE INGREDIENTS

102649 Brakes Raspberry Pavlova - BRAKES

900

12 Portions

EU LABEL VALUES PER 100

	PER 100	%RI	PER 75 SERVING	%RI
Energy(Kj)	1098 kJ	13%	823 kJ	10%
Energy(kcal)	261 kcal	13%	195 kcal	10%
Fat	7.8 g	11%	5.9 g	8%
of which saturates	5 g	25%	3.8 g	19%
Carbohydrate	45 g	17%	34 g	13%
of which sugars	45 g	50%	34 g	38%
Fibre	0.6 g	2%	.5 g	2%
Protein	2.3 g	5%	1.7 g	3%
Salt	0.1 g	2%	0.08 g	1%

ALLERGENS

CONTAINS:

- EGGS
- MILK

MAY CONTAIN:

- HAZELNUTS, PECANS, ALMONDS, WALNUTS
- PEANUTS

OTHER PROPERTIES:

- VEGETARIAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Chocolate Brownie

Chocolate Brownie with
crunchy cocoa nibs



RECIPE INGREDIENTS

129464 Brakes Vegan Brownie - BRAKES

70

1x Each

EU LABEL VALUES PER 100

	PER 100	%RI	PER 70 SERVING	%RI
Energy(kJ)	1709 kJ	20%	1196 kJ	14%
Energy(kcal)	408 kcal	20%	286 kcal	14%
Fat	20 g	29%	14 g	20%
of which saturates	9 g	45%	6.3 g	32%
Carbohydrate	51 g	20%	36 g	14%
of which sugars	36 g	40%	25 g	28%
Fibre	4.2 g	17%	2.9 g	12%
Protein	4 g	8%	2.8 g	6%
Salt	0.22 g	4%	0.15 g	3%

ALLERGENS

CONTAINS:

- WHEAT
- SOYA

MAY CONTAIN:

- HAZELNUTS, PECANS, ALMONDS, WALNUTS, PISTACHIOS
- EGGS
- MILK

OTHER PROPERTIES:

- VEGETARIAN
- VEGAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Lemon Tart

Butter pastry case filled with a tangy lemon cream



RECIPE INGREDIENTS

34220 Brakes All Butter Lemon Tart - BRAKES

111.143

1x Each

EU LABEL VALUES PER 100

	PER 100	%RI	PER 111 SERVING	%RI
Energy(KJ)	1434 kJ	17%	1592 kJ	19%
Energy(kcal)	343 kcal	17%	381 kcal	19%
Fat	20 g	29%	22 g	31%
of which saturates	12 g	60%	13 g	65%
Carbohydrate	36 g	14%	40 g	15%
of which sugars	24 g	27%	27 g	30%
Fibre	0.7 g	3%	0.8 g	3%
Protein	4.5 g	9%	5 g	10%
Salt	0.16 g	3%	0.18 g	3%

ALLERGENS

CONTAINS:

- WHEAT
- EGGS
- MILK

MAY CONTAIN:

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

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Mejillones Gratinados

Spanish style baked Greenlip Mussels, served in the half shell topped with a garlic & herb crumb



RECIPE INGREDIENTS

134517 Sandford New Zealand Greenlip Mussels - BRAKES	140
113103 La Boulangerie Artisan Sundried Tomato & Onion Loaves - BRAKES	20
110718 Greens Garlic Herbs 250g - BRAKES	2
113881 Herb Bunched Flat Leaf Parsley - BRAKES	2
33889 Veraneo Olive Oil - BRAKES	15

COOKING INSTRUCTIONS & NOTES

Mise en Place/ Prep

- La Boulangerie Artisan Sundried Tomato & Onion Loaves - Defrost and cut the bread into 2cm dice

Method

- Blitz the diced bread with the garlic and parsley
- Mix the olive oil through the crumbs
- Top 4 x mussels each with a dessert spoon of the crumb mix
- Place into chosen tapas dish
- Cook in a hot oven or pizza oven until the crumb is golden and core temp is achieved

Generated by Nutriics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 179 SERVING	%RI
Energy(KJ)	431 kJ	5%	771 kJ	9%
Energy(kcal)	104 kcal	5%	186 kcal	9%
Fat	8.5 g	12%	15 g	21%
of which saturates	1.2 g	6%	2.1 g	11%
Carbohydrate	5.7 g	2%	10 g	4%
of which sugars	0.6 g	1%	1 g	1%
Fibre	.5 g	2%	0.6 g	2%
Protein	1 g	2%	1.8 g	4%
Salt	0.14 g	2%	0.24 g	4%

ALLERGENS

CONTAINS:

WHEAT, RYE

MAY CONTAIN:

ALMONDS, EGGS, MILK, SESAME, SOYA

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

King Prawns with Asian Slaw & Wasabi Mayo

ASC King Prawns with spicy Asian style coleslaw & tangy wasabi mayonnaise



RECIPE INGREDIENTS

10332 Little Gem Lettuces	20	
10427 Prepared Coleslaw Mix	30	
115070 Blue Dragon Original Thai Sweet Chilli Sauce 380g	5	
121323 Chrisfish ASC King Prawns in Brine	50	
24932 Blue Dragon Wasabi Paste - BRAKES	2.25	0.05x Each
89703 Brakes Real Mayonnaise - BRAKES	7.75	0x Each
114218 Lemons - BRAKES	2.5	0.03x Each

COOKING INSTRUCTIONS & NOTES

Mise enPlace/ Prep

- Little gem lettuce - pick, wash & dry leaves
- Spicy coleslaw - Mix coleslaw mix with sweet chilli sauce
- Wasabi Mayo - Mix Wasabi paste, mayonnaise & lemon juice

Method

- Place little gem leaves on your chosen serving dish
- Top with spicy coleslaw
- Arrange prawns
- Drizzle with wasabi mayonnaise

Generated by Nutriatics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 118 SERVING	%RI
Energy(kJ)	390 kJ	5%	461 kJ	5%
Energy(kcal)	93 kcal	5%	110 kcal	6%
Fat	4.8 g	7%	5.7 g	8%
of which saturates	0.5 g	3%	0.6 g	3%
Carbohydrate	4.8 g	2%	5.7 g	2%
of which sugars	3.9 g	4%	4.6 g	5%
Fibre	0.9 g	4%	1 g	4%
Protein	7.3 g	15%	8.6 g	17%
Salt	1.3 g	22%	1.5 g	25%

ALLERGENS

CONTAINS:		
MUSTARD	EGGS	CRUSTACEANS
MAY CONTAIN:		
HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS	PEANUTS	SESAME

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Burrata Bocconcini with Balsamic Grilled Peaches

Creamy mini Burrata cheese with an oozing centre served with grilled, balsamic dressed peaches & toasted almonds



RECIPE INGREDIENTS

130021 Burrata Bocconcini - BRAKES	50	1 each
12061 Peaches - BRAKES	52.5	1/2 each
127137 Brakes Balsamic Vinegar of Modena - BRAKES	5	1 tsp
26229 Snacking Essentials Smoked Almonds - BRAKES	10	
9802 Brakes Extended Life Rapeseed Oil - BRAKES	2	
102661 Micro Salad Rocket - BRAKES	2	

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- Cut peach in half and remove the stone
- Defrost Burrata Bocconcini according to manufacturers guidelines

Method

- Preheat grill pan or chargrill
- Brush the peach with oil and grill until warm and distinct bar marks are visible
- Dress warm peach half with balsamic vinegar
- Gently warm the smoked almonds in a pan or under the grill
- Place the burrata on your chosen serving plate, with the warm peach and almonds
- Finish with the micro rocket and drizzle with any juices from the peach

Generated by Nutriics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 122 SERVING	%RI
Energy(KJ)	753 kJ	9%	919 kJ	11%
Energy(kcal)	181 kcal	9%	221 kcal	11%
Fat	14 g	20%	17 g	24%
of which saturates	6.2 g	31%	7.6 g	38%
Carbohydrate	5.8 g	2%	7 g	3%
of which sugars	5.4 g	6%	6.6 g	7%
Fibre	1.6 g	6%	2 g	8%
Protein	7.2 g	14%	8.8 g	18%
Salt	0.46 g	8%	0.56 g	9%

ALLERGENS

CONTAINS:

- ALMONDS
- MILK
- SULPHITES

MAY CONTAIN:

- OATS, WHEAT, BARLEY
- HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS
- PEANUTS
- SOYA

OTHER PROPERTIES:

- VEGETARIAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Korean Wings

Deep fried chicken wings in a spicy sweet Korean BBQ style sauce



RECIPE INGREDIENTS

5946 Brakes Cornflour - BRAKES	5	
114869 Heinz Sticky Korean Barbecue Sauce - BRAKES	56	
35005 Brakes Sesame Seeds - BRAKES	1	
10473 Spring Onions Bunch - BRAKES	2	
105625 Steam Cooked 2 Joint Wings - BRAKES	220.588	3x Each

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- Cooked Two Joint Chicken Wings - Defrost
- Spring Onions Bunch - Thinly slice
- Brakes Sesame Seeds - Toast

Method

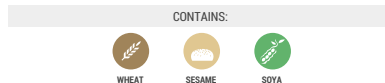
- Dust wings with cornflour, and deep fry until golden brown
- Toss in the BBQ sauce
- Sprinkle with onions and seeds and serve

Generated by Nutriics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 151 SERVING	%RI
Energy(KJ)	1798 kJ	21%	2715 kJ	32%
Energy(kcal)	430 kcal	22%	650 kcal	33%
Fat	24 g	34%	37 g	53%
of which saturates	6 g	30%	9.1 g	46%
Carbohydrate	18 g	7%	28 g	11%
of which sugars	14 g	16%	21 g	23%
Fibre	0.8 g	3%	1.3 g	5%
Protein	34 g	68%	52 g	104%
Salt	0.88 g	15%	1.3 g	22%

ALLERGENS



Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Harissa Chicken Shish, Chickpea Salad, Houmous & Fennel

Harissa flavoured chicken breast souvlaki & harissa houmous with a chickpea & orange salad & pickled fennel



RECIPE INGREDIENTS

125081 Megas Yeeros Handmade Chicken Breast Souvlaki - BRAKES	100	1x Each
121395 Brakes Smoked Houmous with Harissa - BRAKES	40	
134753 Harissa Chickpea and Orange Salad - BRAKES	50	0.5x Each
118623 Pickled Fennel - BRAKES	10	
105597 Micro Coriander BB - BRAKES	1	
113113 Spicentice Harissa Rub - BRAKES	2	
57409 Brakes 8" White Khobez Bread - BRAKES	60	1x Each

COOKING INSTRUCTIONS & NOTES

Mis en Place/ Prep

- Defrost the souvlaki, and dust with the souvlaki spice
- Defrost the khobez bread

Method

- Char grill the souvlaki until core temperature is reached
- Warm the chickpea salad as per manufacturer's guidelines
- Gently warm the khobez in the oven or on the chargrill
- Bring all the components together and garnish with the lemon oil and cress
- Serve with the warm bread on the side

Generated by Nutrilics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 263 SERVING	%RI
Energy (KJ)	837 kJ	10%	2201 kJ	26%
Energy (kcal)	199 kcal	10%	524 kcal	26%
Fat	6.4 g	9%	17 g	24%
of which saturates	0.8 g	4%	2.1 g	11%
Carbohydrate	22 g	8%	59 g	23%
of which sugars	1.5 g	2%	3.9 g	4%
Fibre	3.1 g	12%	8.1 g	32%
Protein	12 g	24%	30 g	60%
Salt	0.97 g	16%	2.5 g	42%

ALLERGENS



Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Chinese Style Duck Pancakes

Shredded roasted aromatic duck with Chinese pancakes, curly kale, spring onions & cucumber batons, with hoi sin & a sweet chilli dipping sauces



RECIPE INGREDIENTS

134409 Kims Chinese Pancakes - BRAKES	40
32683 Brakes Shredded Roasted Aromatic Duck - BRAKES	70
86972 Pan Asia Panasia Sweet Chilli Dipping Sauce 1L - BRAKES	20
86965 Brakes Hoi Sin Sauce - BRAKES	35
10473 Spring Onions Bunch - BRAKES	12
10230 Cucumber - BRAKES	80
455914 Curly Kale - BRAKES	10

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- Brakes Chinese Pancakes - Defrost
- Brakes Shredded Roasted Aromatic Duck - Defrost
- Spring Onions Bunch - Finely slice into matchsticks
- Cucumber - Finely slice into matchsticks
- Pan Asia Thai Sweet Chilli Dipping Sauce - Pour into a dipping pot
- Brakes Hoi Sin Sauce - Pour into a dipping pot
- Curly Kale - Pick, wash & dry

Method

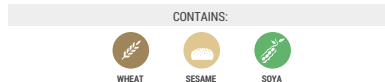
- Pre-heat the fryer to 180°C
- Put the curly kale in the fryer for a few seconds to crisp up - drain on kitchen paper
- Place a shallow pan onto a moderate heat, add the shredded duck and cook until crisp and core temperature has been achieved
- Place the pancakes into the microwave for 20 secs on high power to warm
- Bring all the elements together and arrange on your chosen dish/board - serve

Generated by Nutriics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 224 SERVING	%RI
Energy(KJ)	716 kJ	9%	1604 kJ	19%
Energy(kcal)	170 kcal	9%	381 kcal	19%
Fat	5.6 g	8%	12 g	17%
of which saturates	1.3 g	7%	3 g	15%
Carbohydrate	20 g	8%	44 g	17%
of which sugars	8.7 g	10%	19 g	21%
Fibre	1.1 g	4%	2.5 g	10%
Protein	9.8 g	20%	22 g	44%
Salt	0.74 g	12%	1.7 g	28%

ALLERGENS



Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Chermoula Lamb Loin in Tagine Sauce

With chargrilled vegetables, yoghurt & pomegranate seeds



RECIPE INGREDIENTS

525271 Red Peppers	45	
123190 Green Courgettes BB	80	
10281 Aubergine	65	
10224 Red Onions	80	
350094 Brakes Sunflower Oil	20	
84365 British Lamb Loin Chops	226	2x Each
128595 Brakes Tagine Paste	80	
113112 Spicentice Ras El Hanout Rub	10	
118561 Alpro Plain Yoghurt Alternative 500g	20	
126724 McCain Our Menu Signatures Sweet Potato Rustics 2.5kg	100	
74817 Pomegranate Seeds	5	

COOKING INSTRUCTIONS & NOTES

Mise en Place/ Prep

- Grilled vegetables - coat in oil & grill until cooked. Set aside
 - Red peppers - Core, deseed & cut into 1/8ths
 - Aubergine - Trim, slice into 1/2" slices
 - Courgette - Trim & diagonally slice 1/2" slices
 - Red Onions - Peel, trim & cut into wedges
- Lamb chops - Marinade in tagine paste
- Mix yoghurt with harissa seasoning

Method

- Grill marinated lamb chops to order ensuring appropriate core temperature is achieved & allowing time to rest
- Reheat the grilled vegetables
- Cook the sweet potato fries in accordance with the manufacturer's guidelines
- Arrange the cooked lamb chops and sweet potatoes on the grilled vegetables
- Drizzle with spiced yoghurt & sprinkle with pomegranate seeds

Generated by Metrics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 731 SERVING	%RI
Energy(KJ)	623 kJ	7%	4557 kJ	54%
Energy(kcal)	150 kcal	8%	1098 kcal	55%
Fat	11 g	16%	84 g	120%
of which saturates	3.9 g	20%	28 g	140%
Carbohydrate	6.4 g	2%	47 g	18%
of which sugars	4.6 g	5%	33 g	37%
Fibre	1.4 g	6%	10 g	40%
Protein	4.6 g	9%	34 g	68%
Salt	0.31 g	5%	2.3 g	38%

ALLERGENS

CONTAINS:
SOYA SULPHITES
MAY CONTAIN:
TREE NUTS

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Pho

Vietnamese inspired broth with finely sliced beef, rice noodles & a selection of garnishes



RECIPE INGREDIENTS

122947 Essential Cuisine Asian Master Base - BRAKES	100
1 Tap Water (for VC recipes) - BRAKES	2500
87011 Brakes Cinnamon Sticks - BRAKES	15
10380 Ginger - BRAKES	75
10439 Fresh Garlic - BRAKES	40
128315 Flat Rice Noodles - BRAKES	500
133956 Cooked Beef Brisket - BRAKES	1500
10473 Spring Onions Bunch - BRAKES	200
10415 Prepared Whole Carrots - BRAKES	300
113882 Premium Large Mint Bunch - BRAKES	30
113879 Premium Large Basil Bunch - BRAKES	30
124180 Bird's Eye Red Chillies - BRAKES	30
10478 Limes - BRAKES	140

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- Ginger- peel & slice julienne
- Garlic- separate, peel & slice
- Rice Noodles- cook according to manufacturers guidelines
- Brisket- slice thinly
- Spring onions- slice
- Carrots - cut in ribbons
- Herbs - wash and pick
- Chillies - slice julienne
- Limes - cut into wedges

Method

- Bring water to the boil & add the master stock base
- Add ginger julienne, sliced garlic and cinnamon stick
- Bring back to the boil & set aside
- Layer the noodles in the bottom of the serving bowl
- Arrange the carrot ribbons, sliced beef, spring onions & chillies on the noodles
- Pour a portion of the hot broth over the noodles, beef, carrots
- Garnish with herbs, & Lime wedges and serve immediately

Generated by Nutriics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 546 SERVING	%RI
Energy(KJ)	357 kJ	4%	1952 kJ	23%
Energy(kcal)	85 kcal	4%	463 kcal	23%
Fat	2.1 g	3%	12 g	17%
of which saturates	0.8 g	4%	4.2 g	21%
Carbohydrate	9.2 g	4%	50 g	19%
of which sugars	0.8 g	1%	4.6 g	5%
Fibre	0.6 g	2%	3.2 g	13%
Protein	7 g	14%	38 g	76%
Salt	0.5 g	8%	2.7 g	45%

ALLERGENS

CONTAINS:



Product disclaimer

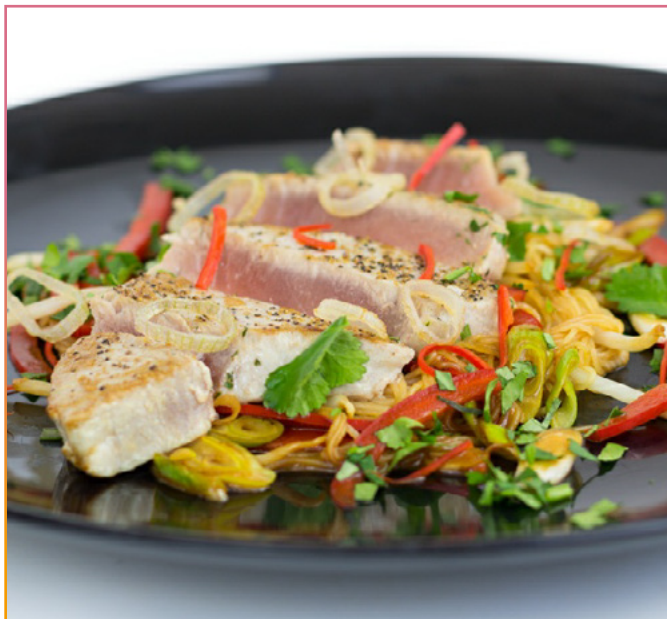
Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Seared Tuna & Thai Noodle Salad

Vermicelli noodles cooked in a soy glaze with Asian inspired vegetables, topped with a seared tuna supreme



EU LABEL VALUES PER 100

	PER 100	%RI	PER 503 SERVING	%RI
Energy(KJ)	819 kJ	10%	4119 kJ	49%
Energy(kcal)	193 kcal	10%	971 kcal	49%
Fat	1.1 g	2%	5.8 g	8%
of which saturates	0.4 g	2%	1.8 g	9%
Carbohydrate	34 g	13%	171 g	66%
of which sugars	1.2 g	1%	6.1 g	7%
Fibre	1.1 g	4%	5.4 g	22%
Protein	11 g	22%	57 g	114%
Salt	0.69 g	12%	3.5 g	58%

ALLERGENS



RECIPE INGREDIENTS

31711 M&J Seafood Medium Tuna Suprêmes (skinless, boneless) - BRAKES	155
113270 Thai Taste Rice Vermicelli Noodle Nests 200g - BRAKES	200
124866 Kikkoman Soy Sauce 1L - BRAKES	10
28355 Blue Dragon Fish Sauce - BRAKES	5
21856 Prep Premium Toasted Sesame oil - BRAKES	2.5
113885 Herb Bunched Coriander - BRAKES	5
525271 Red Peppers - BRAKES	35
10473 Spring Onions Bunch - BRAKES	25
114205 Beanshoots - BRAKES	10
10478 Limes - BRAKES	17.5
114212 Chillies Red - BRAKES	5
10380 Ginger - BRAKES	2
13133 Lemon Grass - BRAKES	2.5
10567 Banana Shallots - BRAKES	20
10439 Fresh Garlic - BRAKES	3
5946 Brakes Cornflour - BRAKES	5

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- M&J Seafood Medium Tuna Suprêmes (skinless, boneless) - Defrost the tuna - remove from packaging
- Thai Taste Rice Vermicelli Noodle Nests 200g - Pre-cook as per manufacturers instructions and keep warm
- Herb Bunched Coriander - Wash, pick & roughly chop the coriander
- Red Peppers - Thinly slice a quarter of a pepper
- Spring Onions Bunch - Trim & thinly slice the spring onion
- Beanshoots - Wash the beanshoots
- Limes - Zest and juice the lime
- Chillies Red - Thinly slice the chilli
- Ginger - Finely chop the ginger
- Lemon Grass - Finely chop the lemongrass
- Banana Shallots - Peel the shallot - cut into 5mm thick rings
- Fresh Garlic - Peel and thinly slice the garlic

Method

- Pre-heat the fryer to 180°C
- Dust the shallot rings in the cornflour. Deep fry until crisp and golden - drain and set aside
- In a bowl, combine the soy, sesame, lime juice and zest, fish sauce, chilli, ginger, lemon grass and garlic - mix well
- in a separate bowl combine the peppers, bean shoots, spring onions and half of the chillies with the cooked noodles
- Add some of the soy dressing to the noodles and mix well - set aside
- Lightly oil and season the tuna then place a pan/griddle pan onto a high heat
- Once the pan is hot sear the tuna for approx. 1 min on each side - remove
- Twist a portion of noodles into the centre of a plate, and top with the tuna
- Add the crispy shallots, reserved chilli and coriander
- Finally drizzle with the reserved dressing and serve

Generated by Nutriatics v5.73 on 27th Feb 2022

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Fruit De Mer Risotto

Prawns, baby squid, shell-on razor clams, brown & white clams and mussels, in a saffron flavoured risotto with sun dried tomatoes



RECIPE INGREDIENTS

130752 Gallo Pronto Saffron Risotto Base - BRAKES	75	
127105 M&J Seafood Fruit de Mer (Premium Shell-on Seafood Mix) - BRAKES	400	1x Each
113875 Herb Bunched Dill - BRAKES	2	
114218 Lemons - BRAKES	15	0.6x Each
74705 SunBlaze Tomatoes - BRAKES	30	

COOKING INSTRUCTIONS & NOTES

Mise en Place/ Prep:

- Seafood Mix- Defrost
- Dill- Roughly chop
- Lemons- Cut into wedges

Method:

- Cook the risotto according to the manufacturer's guidelines
- Preheat a deep pan, add the seafood mix and then the water to create steam
- Cook until core temperature has been achieved
- Discard any unopened shells
- Add the seafood and sunblaze tomatoes to the cooked risotto
- Decant the risotto into your chosen serving dish
- Sprinkle with chopped dill and serve with the lemon wedge

Generated by NutriX v6.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 522 SERVING	%RI
Energy (KJ)	546 kJ	7%	2849 kJ	34%
Energy (kcal)	129 kcal	6%	673 kcal	34%
Fat	1.7 g	2%	9 g	13%
of which saturates	0.3 g	2%	1.5 g	8%
Carbohydrate	13 g	5%	69 g	27%
of which sugars	0.8 g	1%	4.4 g	5%
Fibre	0 g	0%	0.8 g	3%
Protein	15 g	30%	79 g	158%
Salt	1.2 g	20%	6.2 g	103%

ALLERGENS

CONTAINS:



Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Katsu Buttermilk Chicken Burger

Buttermilk panko crumbed chicken fillets, sweet chilli coleslaw, warm katsu sauce



RECIPE INGREDIENTS

109909 Brakes Breaded Chicken Fillets Katsu Style	196	2x Each
450698 Prepared Coleslaw Mix	20	
126918 Brakes Chilli Jam	10	
89703 Brakes Real Mayonnaise - BRAKES	30	0.01x Each
113146 La Boulangerie 4" Fully Baked Unseeded Brioche Buns - BRAKES	144.167	2x Each
109271 Brakes Katsu Curry Sauce	50	
30123 Sysco Premium Evercrisp Extra Thin Cut French Fries	150	

COOKING INSTRUCTIONS & NOTES

Mise en Place/ Prep

- Mix coleslaw with chilli jam

Method

- Cook the burger in accordance with the manufacturers guidelines
- Cook the French Fries in accordance with the manufacturers guidelines
- Toast the cut side of the Brioche Bun
- Assemble the burger on the toasted bun: mayonnaise, coleslaw, chicken fillets, katsu sauce
- Serve on your chosen serving plate with the fries

Generated by Nutricia v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 600 SERVING	%RI
Energy(Kj)	955 kJ	11%	5731 kJ	68%
Energy(kcal)	228 kcal	11%	1370 kcal	69%
Fat	11 g	16%	68 g	97%
of which saturates	3.7 g	19%	22 g	110%
Carbohydrate	22 g	8%	133 g	51%
of which sugars	3.2 g	4%	19 g	21%
Fibre	2.2 g	9%	13 g	52%
Protein	8.5 g	17%	51 g	102%
Salt	0.65 g	11%	3.9 g	65%

ALLERGENS

CONTAINS:

- WHEAT
- EGGS
- MILK
- SOYA

MAY CONTAIN:

- WALNUTS

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Panggang Chicken with a Spicy Rice Salad

Sweet and spicy marinated chicken breast with a spiced rice salad served with a pangang mayonnaise and sesame, ginger and lime dressing



RECIPE INGREDIENTS

89703 Brakes Real Mayonnaise - BRAKES	10	
113310 Panggang Paste - BRAKES	10	
134773 Love Fresh Bombay Rice Salad - BRAKES	60	
21856 Prep Premium Toasted Sesame oil - BRAKES	5	
350094 Brakes Sunflower Oil - BRAKES	5	
105597 Micro Coriander BB - BRAKES	5	
10380 Ginger - BRAKES	5	
114212 Chillies Red - BRAKES	5	
10478 Limes - BRAKES	35	0.5x Each
84380 Prime Meats British Skinless Chicken Breast Fillets - BRAKES	155	1x Each
119384 Andros Apricot High Fruit Compote - BRAKES	10	

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- Apricot Puree- Defrost
- Ginger- Peel & finely chop
- Chillies- Julienne
- Lime-Zest & juice
- Marinade chicken
 - Mix apricot puree & half Panggang paste
 - Coat chicken & marinate in the fridge (minimum of 1 hour)
- Panggang Mayo- Mix half of the Panggang paste with mayonnaise
- Sesame, ginger & lime dressing: Whisk together the lime juice and zest with the sesame oil chilli and ginger

Method

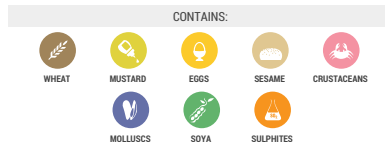
- Place a frying pan onto a moderate heat & add the oil. When hot, add the chicken and cook on each side until brown
- Transfer the chicken to a baking sheet & place into the oven.
- Cook until core temperature is reached
- Allow sufficient time to rest the meat
- Spoon rice salad onto your chosen plate,
- Slice chicken & arrange on salad
- Spoon over sesame, ginger and lime dressing & finish with mayo
- Garnish with micro coriander & serve

Generated by Nutriatics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 305 SERVING	%RI
Energy (Kj)	605 kJ	7%	1846 kJ	22%
Energy (kcal)	145 kcal	7%	442 kcal	22%
Fat	8.6 g	12%	26 g	37%
of which saturates	1.4 g	7%	4.4 g	22%
Carbohydrate	4.9 g	2%	15 g	6%
of which sugars	1.6 g	2%	4.8 g	5%
Fibre	0.6 g	2%	1.9 g	8%
Protein	12 g	24%	36 g	72%
Salt	0.17 g	3%	0.53 g	9%

ALLERGENS



Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Confit Duck with Warm Lentil Salad

Crispy skinned confit duck with a lentil, potato, sundried tomato & soya bean salad with mixed green vegetables



RECIPE INGREDIENTS

32682 Brakes Duck Leg Confit - BRAKES	240	1x Each
77904 Lentil, Semi Dried Tomato & Soya Bean Salad - BRAKES	75	0.04x Each
132543 Pinguin Mix Green Vegetable Pouches - BRAKES	120	1x Each

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- Brakes Duck Leg Confit - Defrost in pouch

Method

- Place the duck in its pouch into a pan of water and bring to a boil, then reduce to a simmer
- Reheat for approx. 8 mins or until core temperature is reached

EU LABEL VALUES PER 100

	PER 100	%RI	PER 435 SERVING	%RI
Energy(KJ)	828 kJ	10%	3603 kJ	43%
Energy(kcal)	199 kcal	10%	867 kcal	43%
Fat	14 g	20%	62 g	89%
of which saturates	4.6 g	23%	20 g	100%
Carbohydrate	3 g	1%	13 g	5%
of which sugars	1.5 g	2%	6.5 g	7%
Fibre	1.9 g	8%	8.3 g	33%
Protein	14 g	28%	60 g	120%
Salt	0.81 g	14%	3.5 g	58%

ALLERGENS

CONTAINS:



SOYA

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Asian Belly Pork

Braised belly of pork with coconut & lime scented rice



EU LABEL VALUES PER 100

	PER 100	%RI	PER 458 SERVING	%RI
Energy(KJ)	297 kJ	4%	1359 kJ	16%
Energy(kcal)	71 kcal	4%	323 kcal	16%
Fat	1.9 g	3%	8.7 g	12%
of which saturates	0.7 g	4%	3.4 g	17%
Carbohydrate	11 g	4%	50 g	19%
of which sugars	2 g	2%	9.3 g	10%
Fibre	1.8 g	7%	8.1 g	32%
Protein	1.5 g	3%	6.8 g	14%
Salt	1.4 g	23%	6.6 g	110%

ALLERGENS

CONTAINS:

- WHEAT
- CELERY
- SESAME
- FISH
- CRUSTACEANS
- SOYA
- SULPHITES

MAY CONTAIN:

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

RECIPE INGREDIENTS

134040 British Red Tractor Pork Belly Squares - BRAKES	227	1x Each
113309 Sweet Tamarind Sauce - BRAKES	10	0.01x Each
113307 Nasi Goreng Paste - BRAKES	20	0.02x Each
114212 Chillies Red - BRAKES	10	0.04x Each
115074 Amoy Light Soy Sauce 150ml - BRAKES	30	0.2x Each
186356 - 87011 Brakes Cinnamon Sticks - BRAKES	10	0.03 pack
28189 Brakes Whole Green Cardamoms - BRAKES	3	0.01x Each
30808 Brakes Basmati Rice Portions - BRAKES	100	0.5x Each
255 Brakes Desiccated Coconut - BRAKES	5	0x Each
114218 Lemons - BRAKES	0.3	0x Each
35005 Brakes Sesame Seeds - BRAKES	2	0x Each
116334 BD Foods Green Chilli, Coriander, Lime & Mint - BRAKES	30	0.07x Each
113882 Premium Large Mint Bunch - BRAKES	2	0.02x Each
10478 Limes - BRAKES	9	0.13x Each

COOKING INSTRUCTIONS & NOTES

Mise en Place/ Prep

- Prepare Belly Pork
 - Preheat oven to 180°C
 - Score fat on belly pork and season with salt
 - Combine tamarind paste, nasi goreng paste, chopped red chilli, soy sauce, cinnamon stick & cardamom
 - Bring to the boil with 150ml water in a suitable oven proof dish
 - Place the belly pork fat side facing up, in the dish
 - Braise in the oven until tender (approx 30/40 mins)
- Coconut- Toast
- Mint- Wash, pat dry & chop
- Lemon- Zest
- Limes - Cut into wedges
- Sesame seeds - Toast

Method

- Reheat Rice in accordance with the manufacturers guidelines
- Mix warm rice with toasted coconut, lemon zest & mint.
- Place rice on to your choice of crockery
- Slice belly pork & place on top of rice
- Drizzle with the cooking liquor & finish with chilli coriander & mint dressing
- Sprinkle with toasted sesame seeds & garnished with lime wedge

Generated by Nutriatics v5.73 on 27th Feb 2022

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Strawberry Pannacotta

British strawberries & vanilla panna cotta with nutty crumble crumb



RECIPE INGREDIENTS

450610 Strawberries - BRAKES	20
124516 Carte D'or Panna Cotta - BRAKES	12
4429 Brakes Crumble Mix - BRAKES	20
134292 Brakes Poppy Seeds - BRAKES	2
5750 Brakes Chopped Mixed Nuts - BRAKES	2
70325 Brakes Fresh Whole Milk - BRAKES	42
119388 Andros Strawberry High Fruit Compote - BRAKES	15
110260 Urban Fruit Gently Baked Strawberries 35g - BRAKES	5
119391 Andros Strawberry Fruit Coulis - BRAKES	5
70215 Brakes Fresh Double Cream - BRAKES	42
105597 Micro Coriander BB - BRAKES	1

COOKING INSTRUCTIONS & NOTES

Mise en Place / Prep

- Strawberries- Cut into quarters
- Crumble - Mix the crumble, mixed nuts & poppy seeds together
- Strawberry compote- Defrost
- Strawberry coulis- Defrost

Method

- Make up the panna cotta in accordance with the manufacturers guidelines
- Pour into the glass dish - chill until set (approx. 3 hrs)
- On a baking tray sprinkle the crumble, bake at 200°C for 5 mins until golden brown - cool
- Dress the strawberries with the coulis
- Remove the panna cotta from the fridge
- Spoon the compote over half the surface
- Fill the other side with the strawberries
- Spoon over the crumble
- Garnish with the dried strawberries and coriander leaves

EU LABEL VALUES PER 100

	PER 100	%RI	PER 166 SERVING	%RI
Energy(Kj)	983 kJ	12%	1631 kJ	19%
Energy(kcal)	237 kcal	12%	393 kcal	20%
Fat	18 g	26%	29 g	41%
of which saturates	10 g	50%	17 g	85%
Carbohydrate	16 g	6%	27 g	10%
of which sugars	10 g	11%	17 g	19%
Fibre	1.2 g	5%	2 g	8%
Protein	3 g	6%	4.9 g	10%
Salt	0.09 g	2%	0.14 g	2%

ALLERGENS

CONTAINS:

- WHEAT
- ALMONDS, WALNUTS
- PEANUTS
- MILK

MAY CONTAIN:

- OATS, BARLEY, RYE
- HAZELNUTS, PECANS, CASHEWS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS
- EGGS
- SOYA

OTHER PROPERTIES:

- VEGETARIAN

Generated by Nutriatics v5.73 on 27th Feb 2022

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Pain Perdu

Brioche French toast scented with orange blossom, with vanilla bean ice cream & maple syrup



RECIPE INGREDIENTS

103217 Routhiau Brioche French Toast - BRAKES	85	1 slice
11127 Unsalted Butter	5.95	(auto-calculated)
10465 Tate & Lyle Granulated Sugar 5kg - BRAKES	5	1 tsp
100535 Brakes Pure Canadian Maple Syrup - BRAKES	20	
32200 Brakes Vanilla Dairy Ice Cream with Pods - BRAKES	30	1 scoop

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- Routhiau Brioche French Toast - Defrost

Method

- Gently reheat the French Toast in a pan of foaming butter
- Dust with sugar and melt with a blow torch or under a hot grill
- Pour the syrup into a shot glass
- Place the French toast on your chosen plate alongside the syrup shot finish with the scoop of ice cream
- Serve immediately

Generated by NutriX v6.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 146 SERVING	%RI
Energy(KJ)	1191 kJ	14%	1739 kJ	21%
Energy(kcal)	284 kcal	14%	415 kcal	21%
Fat	13 g	19%	19 g	27%
of which saturates	7.9 g	40%	11 g	55%
Carbohydrate	36 g	14%	53 g	20%
of which sugars	25 g	28%	36 g	40%
Fibre	0.6 g	2%	0.9 g	4%
Protein	5.1 g	10%	7.4 g	15%
Salt	0.2 g	3%	0.29 g	5%

ALLERGENS

CONTAINS:
WHEAT EGGS MILK
OTHER PROPERTIES:
VEGETARIAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Cardamom Rice Pudding with Mango & Black Coconut Ice Cream

Creamy rice pudding fragrant with cardamom with sweet mango & a striking black coconut ice cream



RECIPE INGREDIENTS

78224 Brakes Fresh Skimmed Milk - BRAKES	500	0.25x Each
28189 Brakes Whole Green Cardamoms - BRAKES	5	6-8 pods
115344 Brakes Clear Blossom Honey - BRAKES	30	0.07x Each
544 Brakes Short Grain Pudding Rice - BRAKES	125	0.04x Each
33385 Greens Diced Mango - BRAKES	300	0.06x Each
122820 Jude's Black Coconut Ice Cream - BRAKES	150	5 scoop

COOKING INSTRUCTIONS & NOTES

Mise en Place/ Prep

- Scald milk with cardamoms & honey set aside and allow to cool
- Mango- Defrost

Method

- Cook rice pudding in accordance with manufacturers guidelines, using infused milk
- Scoop warm rice pudding into your serving bowl
- Arrange mango over the rice pudding
- Scoop ice cream into the bowl & serve immediately

Generated by Nutriatics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 222 SERVING	%RI
Energy (KJ)	425 kJ	5%	944 kJ	11%
Energy (kcal)	100 kcal	5%	223 kcal	11%
Fat	1.1 g	2%	2.4 g	3%
of which saturates	0.8 g	4%	1.7 g	9%
Carbohydrate	19 g	7%	42 g	16%
of which sugars	9.5 g	11%	21 g	23%
Fibre	0.6 g	2%	1.3 g	5%
Protein	3.4 g	7%	7.5 g	15%
Salt	0.08 g	1%	0.18 g	3%

ALLERGENS

CONTAINS:	
EGGS	MILK
MAY CONTAIN:	
HAZELNUTS, PECANS, ALMONDS, PISTACHIOS	PEANUTS
OTHER PROPERTIES:	
VEGETARIAN	

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Ruby Chocolate Cheesecake

Ruby chocolate cheesecake topped with a summer fruit compote & sprinkled with white chocolate curls



RECIPE INGREDIENTS

134011 Brakes Ruby Chocolate Cheesecake - BRAKES

147.286

1x Each

EU LABEL VALUES PER 100

	PER 100	%RI	PER 147 SERVING	%RI
Energy(KJ)	1546 kJ	18%	2272 kJ	27%
Energy(kcal)	371 kcal	19%	545 kcal	27%
Fat	24 g	34%	35 g	50%
of which saturates	13 g	65%	19 g	95%
Carbohydrate	33 g	13%	49 g	19%
of which sugars	24 g	27%	35 g	39%
Fibre	0 g	0%	0 g	0%
Protein	5.7 g	11%	8.4 g	17%
Salt	0.3 g	5%	0.44 g	7%

ALLERGENS

CONTAINS:

- WHEAT
- MILK
- SOYA

MAY CONTAIN:

- HAZELNUTS, PECANS, ALMONDS, WALNUTS
- PEANUTS

OTHER PROPERTIES:

- VEGETARIAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Salad Prima Verdi

Green salad of asparagus tips, peas, broad beans, roquette & pea shoots, with crunchy croutons, Violife Prosciано shavings & French dressing



RECIPE INGREDIENTS

127211 Violife Prosciано Wedge 150g - BRAKES	15
87189 Brakes Oven Baked Lightly Salted Croutons - BRAKES	10
89727 Brakes Reduced Fat French Dressing - BRAKES	10
10527 Roquette - BRAKES	15
74818 Pea Shoots - BRAKES	10
4752 Brakes Fancy Garden Peas - BRAKES	40
4764 Brakes British Broad Beans - BRAKES	30
116370 Asparagus - BRAKES	30
100262 Veraneo Extra Virgin Olive Oil - BRAKES	10

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- Violife Prosciано Wedge 150g - Shave required quantity
- Brakes Fancy Garden Peas - Defrost
- Brakes British Broad Beans - Defrost & remove outer skin
- Brakes Asparagus Spears - Blanch for 3 minutes & cut in half on the angle
- Roquette - Wash & pat dry
- Pea Shoots - Wash & pat dry

Method

- Place the asparagus, peas, broad beans & roquette into a bowl along with the dressing & olive oil
- Gently toss all the ingredients together then add the croutons & Violife Prosciано shavings, mix once more
- Add the salad to your chosen dish, finish with pea shoots and serve

Generated by Nutriatics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 170 SERVING	%RI
Energy(KJ)	628 kJ	7%	1068 kJ	13%
Energy(kcal)	151 kcal	8%	256 kcal	13%
Fat	9.1 g	13%	16 g	23%
of which saturates	2.5 g	13%	4.2 g	21%
Carbohydrate	12 g	5%	20 g	8%
of which sugars	2 g	2%	3.4 g	4%
Fibre	2.6 g	10%	4.4 g	18%
Protein	4.2 g	8%	7.1 g	14%
Salt	0.49 g	8%	0.83 g	14%

ALLERGENS

CONTAINS:

WHEAT MUSTARD

MAY CONTAIN:

CELERY MILK

OTHER PROPERTIES:

VEGETARIAN VEGAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Soya Mince Nachos

Nachos with a soya mince & vegetable ragu, guacamole & salsa. Perfect for sharing



RECIPE INGREDIENTS

35379 Brakes Tortilla Corn Chips - BRAKES	150	
134587 Mexicana Vegan Slices - BRAKES	30	2 slices
118561 Alpro Plain Yoghurt Alternative 500g - BRAKES	30	
130237 Freshmex Mild Guacamole Pouches - BRAKES	30	
11196 Brakes Tomato Salsa - BRAKES	30	
122511 Little & Cull Vegan Soya Ragu - BRAKES	150	Half a portion
114212 Chillies Red - BRAKES	5	
10473 Spring Onions Bunch - BRAKES	5	

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- Chillies Red - Finely slice
- Spring Onions Bunch - Finely slice
- Little & Cull Vegan Soya Ragu - Defrost - use half a portion
- Mexicana Slices - Crumble ready for sprinkling

Method

- Pre-heat the oven to 180°C
- Place half the tortilla chips into a suitable ovenproof dish
- Top with half the salsa & half the crumbled Mexicana slices followed by the rest of the tortilla chips
- Put the ragu into the microwave and cook for approx. 2 mins on high power - remove & drain any excess liquid
- Spoon this on top of the tortilla chips along with the remaining salsa & crumbled Mexicana
- Place into the oven and cook for approx. 2 mins
- Remove from the oven and finish with the sour cream, guacamole, chillies & spring onions - serve

Generated by NutriX v6.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 215 SERVING	%RI
Energy(KJ)	939 kJ	11%	2020 kJ	24%
Energy(kcal)	225 kcal	11%	483 kcal	24%
Fat	10 g	14%	22 g	31%
of which saturates	2.7 g	14%	5.7 g	29%
Carbohydrate	27 g	10%	58 g	22%
of which sugars	2.9 g	3%	6.3 g	7%
Fibre	3.4 g	14%	7.3 g	29%
Protein	4.1 g	8%	8.8 g	18%
Salt	0.82 g	14%	1.8 g	30%

ALLERGENS

CONTAINS:



SOYA

MAY CONTAIN:



TREE NUTS



SESAME

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Summer Garden Soup

A fresh summer soup with peas, fennel, leeks, soya beans & spinach, served with herby salad garnish & rustic bread



RECIPE INGREDIENTS

132528 Little & Cull Summer Garden Soup - BRAKES	200
10527 Roquette	2
113880 Premium Large Chives Bunch	1
102656 Micro Red Basil	1
113881 Herb Bunched Flat Leaf Parsley	1
113882 Premium Large Mint Bunch	1
32668 La Boulangerie Rosemary & Sea Salt Focaccia	0.25

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- Roquette - Wash & pat dry
- Chives - Wash & pat dry
- Micro Basil - Wash & pat dry
- Parsley - Wash & pat dry
- Mint - Wash & pat dry

Method

- Reheat Summer Garden Soup as per manufacturer's guidelines
- Slice focaccia as desired and toast lightly
- Combine roquette with herbs
- Pour soup into your chosen serving dish and place focaccia on the side
- Garnish with herb salad immediately prior to serving

Generated by Nutritionix v6.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 206 SERVING	%RI
Energy(KJ)	199 kJ	2%	410 kJ	5%
Energy(kcal)	47 kcal	2%	98 kcal	5%
Fat	1 g	1%	2.1 g	3%
of which saturates	0.1 g	1%	0.2 g	1%
Carbohydrate	5.1 g	2%	10 g	4%
of which sugars	2.5 g	3%	5.1 g	6%
Fibre	2.4 g	10%	5 g	20%
Protein	3.3 g	7%	6.8 g	14%
Salt	0.49 g	8%	1 g	17%

ALLERGENS

CONTAINS:

- WHEAT, BARLEY
- SOYA

MAY CONTAIN:

- EGGS
- MILK

OTHER PROPERTIES:

- VEGETARIAN
- VEGAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Beetroot Falafel with a Herby Mint Salad

Falafel made with chickpeas & beetroot, with Moroccan inspired houmous & yoghurt dressing



RECIPE INGREDIENTS

129080 Gosh! Beetroot Falafel Bites	88	4x Each
74817 Pomegranate Seeds	10	
118561 Alpro Plain Yoghurt Alternative 500g	20	
116334 BD Foods Green Chilli, Coriander, Lime & Mint	10	
129210 Brakes Moroccan Inspired Houmous	50	
Herb Salad	30	5x Recipe Total

COOKING INSTRUCTIONS & NOTES

Mise en Place/Prep

- Mix the plant based yoghurt with the chilli, coriander, lime & mint dressing

Method

- Cook the falafel bites according to the manufacturers guidelines
- Spoon houmous onto your chosen serving dish
- Drizzle prepared dressing on the plate
- Arrange hot falafel over the houmous
- Garnish with herb salad

Generated by Nutriatics v6.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 208 SERVING	%RI
Energy (KJ)	664 kJ	8%	1382 kJ	16%
Energy (kcal)	159 kcal	8%	331 kcal	17%
Fat	7.5 g	11%	16 g	23%
of which saturates	0.9 g	5%	1.9 g	10%
Carbohydrate	16 g	6%	33 g	13%
of which sugars	4.2 g	5%	8.7 g	10%
Fibre	4.5 g	18%	9.4 g	38%
Protein	4.7 g	9%	9.8 g	20%
Salt	0.76 g	13%	1.6 g	27%

ALLERGENS

CONTAINS:



SESAME SOYA

MAY CONTAIN:



WHEAT TREE NUTS

OTHER PROPERTIES:



VEGETARIAN VEGAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Buffalo ChiQin® Wings

Spicy Quorn wings with a tangy dipping sauce & celery sticks



RECIPE INGREDIENTS

Ingredient	Quantity	Unit
134959 Quorn ChiQin Vegan Buffalo Wings - BRAKES	100	1x Each
9802 Brakes Extended Life Rapeseed Oil	5	(auto-calculated)
111842 Frank's RedHot Buffalo Wing Sauce - BRAKES	30	0.01x Each
10228 Celery - BRAKES	100	0.2x Each
118561 Alpro Plain Yoghurt Alternative 500g - BRAKES	15	0.03x Each
134323 Brakes Vegan Mayo - BRAKES	15	0x Each

COOKING INSTRUCTIONS & NOTES

Mise en Place/Prep

- Celery- cut into batons
- Blend plant based yoghurt alternative & vegan mayo

Method

- Cook the ChiQin Wings according to the manufacturers guidelines
- Once heated all the way through and crispy, toss in a bowl with the Buffalo Wing sauce until coated
- Place on you chosen serving dish with the celery sticks and dipping sauce

Generated by NutriX v6.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 265 SERVING	%RI
Energy(KJ)	519 kJ	6%	1375 kJ	16%
Energy(kcal)	125 kcal	6%	331 kcal	17%
Fat	8.3 g	12%	22 g	31%
of which saturates	0.7 g	4%	1.9 g	10%
Carbohydrate	6.3 g	2%	17 g	7%
of which sugars	1.7 g	2%	4.5 g	5%
Fibre	2.9 g	12%	7.8 g	31%
Protein	4.8 g	10%	13 g	26%
Salt	1.2 g	20%	3.1 g	52%

ALLERGENS

CONTAINS:
WHEAT CELERY SOYA
MAY CONTAIN:
TREE NUTS
OTHER PROPERTIES:
VEGETARIAN VEGAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Pork-Less Gyoza's

Meat free Japanese style dumplings with a dipping sauce



RECIPE INGREDIENTS

133882 Meatless Farm Porkless Gyozas - BRAKES	125	5x Each
124866 Kikkoman Soy Sauce 1L - BRAKES	20	0.02x Each
21856 Prep Premium Toasted Sesame oil - BRAKES	10	0.01x Each
113882 Premium Large Mint Bunch - BRAKES	5	0.05x Each
10478 Limes - BRAKES	35	0.5x Each

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- Gyoza - defrost overnight
- Mint - Wash & pat dry
- Limes - Cut into wedges

Method

- Pour soy sauce and sesame oil in to dipping dish
- Cook dumplings in accordance with manufacturers guidelines
- Arrange hot dumplings on your chosen serving dish and serve with the dipping sauce, garnished with mint and lime

Generated by NutriX v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 195 SERVING	%RI
Energy(KJ)	909 kJ	11%	1772 kJ	21%
Energy(kcal)	218 kcal	11%	425 kcal	21%
Fat	13 g	19%	25 g	36%
of which saturates	2 g	10%	3.9 g	20%
Carbohydrate	20 g	8%	38 g	15%
of which sugars	2.6 g	3%	5.1 g	6%
Fibre	2.5 g	10%	4.8 g	19%
Protein	5.2 g	10%	10 g	20%
Salt	2.4 g	40%	4.7 g	78%

ALLERGENS

CONTAINS:

WHEAT

SESAME

SOYA

OTHER PROPERTIES:

VEGETARIAN

VEGAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Yaki Udon

Vegetable Noodles

Stir fried noodles, spring onions, shitake mushrooms with greens & chilli



RECIPE INGREDIENTS

89774 Prep Premium Garlic Infused Oil	30	
10473 Spring Onions Bunch	20	
10545 Portobello Mushrooms	50	
114207 Broccoli Tenderstem	75	
132573 Wing's Udon Noodles	200	1x Each
130227 Knorr Professional Blue Dragon Teriyaki Marinade	80	
134544 Kuhne Crispy Fried Onions	5	
114212 Chillies Red	5	

COOKING INSTRUCTIONS & NOTES

Mise en Place/ Prep

- Spring Onions- Clean & slice (keep some green aside to garnish)
- Mushrooms- Clean & slice
- Tenderstem Broccoli- Prep & blanch
- Chillies - Slice

Method

- Heat the oil in a wok or suitable pan
- Add sliced spring onion & mushrooms - cook
- Add the prepared broccoli and udon noodles
- Pour in the teriyaki sauce and heat through
- Place the contents of the wok in a suitable serving dish
- Garnish with crispy onions, spring onion & sliced chilli

Generated by NutriData v6.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 465 SERVING	%RI
Energy(Kj)	695 kJ	8%	3232 kJ	38%
Energy(kcal)	166 kcal	8%	771 kcal	39%
Fat	6.6 g	9%	31 g	44%
of which saturates	1.1 g	6%	5 g	25%
Carbohydrate	22 g	8%	104 g	40%
of which sugars	5.8 g	6%	27 g	30%
Fibre	2 g	8%	9.4 g	38%
Protein	3.1 g	6%	15 g	30%
Salt	0.78 g	13%	3.6 g	60%

ALLERGENS

CONTAINS:	
WHEAT	SOYA
OTHER PROPERTIES:	
VEGETARIAN	VEGAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Banana Blossom Salad Bowl

Chargrilled banana blossom, avocado, sweet chilli peas, Moroccan spiced sweet potato & butternut squash, with fresh mango, sweet & sour pickles & a black rice, quinoa & ginger salad



RECIPE INGREDIENTS

130233 Banana Blossom - BRAKES	100
86972 Pan Asia Panasia Sweet Chilli Dipping Sauce 1L - BRAKES	15
450662 Chunky Sweet Potato & Butternut Squash - BRAKES	80
134756 Black Rice, Quinoa and Edamame Bean Salad - BRAKES	30
123174 Sweet & Sour Onion Pickles - BRAKES	10
255 Brakes Desiccated Coconut - BRAKES	1
35005 Brakes Sesame Seeds - BRAKES	1
10306 Avocados - BRAKES	50
10527 Roquette - BRAKES	5
114221 Mangoes - BRAKES	25
74831 Mixed Micro-Greens - BRAKES	1
10233 Radish - BRAKES	5
3205 Brakes Choice Garden Peas - BRAKES	30
113112 Spicentice Ras El Hanout Rub - BRAKES	2

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- Banana Blossom (700G Drained Weight) - Drain - chargrill - set aside
- Avocados - Peeled & slice
- Roquette - Wash
- Brakes Choice Garden Peas - Defrost & toss in sweet chilli sauce
- Chunky Sweet Potato & Butternut Squash - Roasted & seasoned with ras el hanout
- Mangoes - Peel & thinly slice into strips
- Brakes Desiccated Coconut - Toasted
- Radish - Slice

Method

- Place all ingredients neatly around the bowl
- Serve

Generated by Nutriatics v6.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 355 SERVING	%RI
Energy(KJ)	405 kJ	5%	1436 kJ	17%
Energy(kcal)	96 kcal	5%	342 kcal	17%
Fat	3 g	4%	11 g	16%
of which saturates	0.6 g	3%	2.1 g	11%
Carbohydrate	13 g	5%	48 g	18%
of which sugars	4.4 g	5%	16 g	18%
Fibre	2.2 g	9%	8 g	32%
Protein	2.7 g	5%	9.7 g	19%
Salt	0.42 g	7%	1.5 g	25%

ALLERGENS

CONTAINS:

- WHEAT
- MUSTARD
- SESAME
- SOYA
- SULPHITES

MAY CONTAIN:

- CASHEWS
- CELERY

OTHER PROPERTIES:

- VEGETARIAN
- VEGAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Cottage Pie

Plant based cottage pie with kale & savoy cabbage, & roasted cauliflower



RECIPE INGREDIENTS

133935 Meatless Farm Plant-Based Cottage Pie	400	1x Each
132544 Pinguin Mix Kale & Savoy Cabbage Pouches	120	1x Each
10376 Cauliflower	150	
113115 Spicentice Peppery Rub	5	
29709 Essential Cuisine No1 Savoury Gravy	7.5	

COOKING INSTRUCTIONS & NOTES

Mise en Place/ Prep

- Cauliflower - Coat with peppery rub and roast in a hot oven until golden brown and tender

Method

- Heat the Cottage Pie in accordance with the manufacturers guidelines
- Heat the Kale & Cabbage Pouch in accordance with the manufacturers guidelines
- Reheat the pre-roasted cauliflower in a hot oven
- Plate on your chosen crockery with a small jug of gravy on the side

Generated by Nutriics v5.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 683 SERVING	%RI
Energy(KJ)	335 kJ	4%	2291 kJ	27%
Energy(kcal)	80 kcal	4%	546 kcal	27%
Fat	2.7 g	4%	18 g	26%
of which saturates	0.5 g	3%	3.3 g	17%
Carbohydrate	8.7 g	3%	60 g	23%
of which sugars	2.4 g	3%	17 g	19%
Fibre	2.1 g	8%	14 g	56%
Protein	4.1 g	8%	28 g	56%
Salt	0.46 g	8%	3.1 g	52%

ALLERGENS

CONTAINS:
MUSTARD SOYA
OTHER PROPERTIES:
VEGETARIAN VEGAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Butternut Squash & Lentil Wellington

Butternut Squash & Lentil Wellington, Garlic Green Beans & Glazed Broad Beans with Parsley



RECIPE INGREDIENTS

Ingredient	Quantity	Unit
122504 Brakes Cumin Butternut Squash & Lentil Wellington - BRAKES	192	1x Each
4796 Brakes Silverskin onions - BRAKES	15	
114204 Fine Beans - BRAKES	65	
88978 Brakes Reduced Fat & Salt Gluten-Free Fine Gravy Granules - BRAKES	5	
4764 Brakes British Broad Beans - BRAKES	10	
113881 Herb Bunched Flat Leaf Parsley - BRAKES	5	
10439 Fresh Garlic - BRAKES	5	
4740 Brakes British Roasting Parsnips - BRAKES	70	

COOKING INSTRUCTIONS & NOTES

Mise en Place/ Prep

- Defrost the silverskin onions
- Defrost the broad beans and remove outer shell
- Blanch and refresh the french beans

EU LABEL VALUES PER 100

	PER 100	%RI	PER 367 SERVING	%RI
Energy(KJ)	475 kJ	6%	1744 kJ	21%
Energy(kcal)	113 kcal	6%	415 kcal	21%
Fat	3.4 g	5%	13 g	19%
of which saturates	1.1 g	6%	4.2 g	21%
Carbohydrate	16 g	6%	57 g	22%
of which sugars	3.2 g	4%	12 g	13%
Fibre	2.6 g	10%	9.4 g	38%
Protein	3.7 g	7%	14 g	28%
Salt	0.59 g	10%	2.2 g	37%

ALLERGENS

CONTAINS:



WHEAT

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Ultimate Vegan Burger

Chargrilled plant based patty, deli style slice, THIS Isn't bacon, lettuce, tomato, homemade burger sauce



RECIPE INGREDIENTS

129002 Meatless Farm Plant-Based Burger	226	2x Each
131057 THIS Isn't Bacon Rashers	30	
132671 Applewood Vegan Slices 200g	20	
450706 Inca Tomatoes	20	
10332 Lettuce Little Gem	20	
10224 Red Onions	20	
133525 Hellmann's Vegan Mayo Squeezy 430ml	20	
125049 Heinz Burger Relish 2.15L	30	
130434 La Boulangerie Vegan Potato Burger Bun	60	1x Each
30123 Sysco Premium Evercrisp Extra Thin Cut French Fries	150	

COOKING INSTRUCTIONS & NOTES

Mise en Place/ Prep

- Tomatoes- Slice
- Lettuce- wash & separate leaves
- Red Onions- Slice

Method

- Cook the burger in accordance with the manufacturers guidelines
- Cook the THIS Isn't bacon in accordance with the manufacturers guidelines
- Cook the French Fries in accordance with the manufacturers guidelines
- Toast the cut side of the Potato Bun
- Assemble the burger on your chosen serving plate and serve with the fries

Generated by Nutriatics v5.12 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 596 SERVING	%RI
Energy(KJ)	828 kJ	10%	4932 kJ	59%
Energy(kcal)	198 kcal	10%	1181 kcal	59%
Fat	10 g	14%	61 g	87%
of which saturates	2.2 g	11%	13 g	65%
Carbohydrate	15 g	6%	90 g	35%
of which sugars	3.1 g	3%	18 g	20%
Fibre	3.5 g	14%	21 g	84%
Protein	9.6 g	19%	57 g	114%
Salt	1 g	17%	6.2 g	103%

ALLERGENS

CONTAINS:

- WHEAT
- MUSTARD
- SOYA

MAY CONTAIN:

- OATS, BARLEY, RYE
- EGGS
- MILK

OTHER PROPERTIES:

- VEGETARIAN
- VEGAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Mexican Style Baked Sweet Potato

A Mexican twist on a jacket potato with refried beans & chipotle sauce



RECIPE INGREDIENTS

21820 Santa Maria Refried Beans Mild 415g - BRAKES	135	
114656 Brakes Chipotle Chilli Glaze - BRAKES	15	
118561 Alpro Plain Yoghurt Alternative 500g - BRAKES	35	
350094 Brakes Sunflower Oil - BRAKES	20	
4349 Costa Fine Sea Salt 750g - BRAKES	2.5	
33579 Brakes Ground Black Pepper - BRAKES	1.25	
10449 Sweet Potatoes - BRAKES	250	1 Potato
10473 Spring Onions Bunch - BRAKES	25	
113885 Herb Bunched Coriander - BRAKES	10	
114212 Chillies Red - BRAKES	10	
10478 Limes - BRAKES	23	0.3x Each
10439 Fresh Garlic - BRAKES	30	

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- Sweet Potatoes - Wash the sweet potatoes
- Santa Maria Refried Beans Mild 415g - Decant the beans into portioned containers
- Spring Onions Bunch - Wash & thinly slice the spring onions
- Herb Bunched Coriander - Wash, pick & roughly chop the coriander
- Chillies Red - Slice the chillies widthways - seeds in
- Limes - Juice the lime
- Fresh Garlic - Peel & thinly slice the garlic

Method

- Pre-heat the oven to 180°C
- Pierce the sweet potato all over with a small knife, rub with a little oil and salt
- Place on a baking tray and put in the oven, cook for approx. 45 mins or until soft in the middle
- Put a pan onto a moderate heat and add the rest of the oil. Once hot add the garlic and lightly brown
- Add the beans, mix well, turn the heat down to low, then add the spring onions, chilli and half the coriander - mix well
- Next add the lime juice, mix once more - take off the heat and season to taste
- Now mix the yoghurt with the chipotle glaze - put to one side
- Once the sweet potato is cooked remove from the oven, cut in half lengthways and place onto your chosen dish
- Top with the bean mix, spoon over the chipotle sauce, and finish with the remaining coriander

Generated by Nutricia v6.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 379 SERVING	%RI
Energy(Kj)	677 kJ	8%	2564 kJ	31%
Energy(kcal)	161 kcal	8%	612 kcal	31%
Fat	6 g	9%	23 g	33%
of which saturates	0.8 g	4%	3 g	15%
Carbohydrate	21 g	8%	80 g	31%
of which sugars	5.1 g	6%	19 g	21%
Fibre	3.7 g	15%	14 g	56%
Protein	3.9 g	8%	15 g	30%
Salt	1.1 g	18%	4.1 g	68%

ALLERGENS

CONTAINS:



SOYA

MAY CONTAIN:



TREE NUTS

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Spicy Tacos

Meat free spicy tacos with smokey chipotle sauce, roasted corn, pickled watermelon & guacamole



RECIPE INGREDIENTS

123351 La Boulangerie Fully Baked Mini Soft White Tacos - BRAKES	43.5	3x Each
134481 Meatless Farm Plant-Based Chicken Fajita Pieces - BRAKES	120	0.12x Each
109269 Brakes Spicy Chipotle BBQ Sauce - BRAKES	60	0.03x Each
129517 Ardo Roasted Corn Mexicana - BRAKES	20	
131355 Pickled Watermelon - BRAKES	10	
119960 Mexican Guacamole - BRAKES	10	
112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml - BRAKES	3	
10233 Radish - BRAKES	5	
105597 Micro Coriander BB - BRAKES	2	

COOKING INSTRUCTIONS & NOTES

Mise en Place/ Prep

- Defrost the tacos
- Defrost the corn
- Finely dice the pickled watermelon
- Finely chop the chives
- Finely slice the radish

Method

- Toast the corn in an oven at 200°C for 3 mins
- Warm Fajita Pieces in a dry pan to caramelise and heat through
- Gently warm the tacos
- Place the hot Fajita Pieces into the tacos
- Garnish the tacos with the guacamole, salsa, corn, radish, chives and chilli sauce
- Add the pickled watermelon and micro coriander just before serving

Generated by Nutriatics v6.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 274 SERVING	%RI
Energy(KJ)	771 kJ	9%	2112 kJ	25%
Energy(kcal)	184 kcal	9%	504 kcal	25%
Fat	7.6 g	11%	21 g	30%
of which saturates	1 g	5%	2.7 g	14%
Carbohydrate	19 g	7%	51 g	20%
of which sugars	7.2 g	8%	20 g	22%
Fibre	2.2 g	9%	6 g	24%
Protein	9.1 g	18%	25 g	50%
Salt	1.2 g	20%	3.4 g	57%

ALLERGENS

CONTAINS:

- WHEAT
- SOYA

MAY CONTAIN:

- CASHEWS
- CELERY
- MUSTARD
- SESAME

OTHER PROPERTIES:

- VEGETARIAN
- VEGAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Beetroot Wrap with Avocado, Tofu & Wheatberry Couscous

Silken tofu, avocado & wheatberry & cranberry salad, all in a wheat flour tortilla flavoured with beetroot & chia seeds



RECIPE INGREDIENTS

123349 La Boulangerie 10" Fully Baked Beetroot & Chia Tortillas - BRAKES	61.2222
122994 Ardo Avocado Halves - BRAKES	60
134752 Wheatberry & Cranberry Salad - BRAKES	60
127135 Blue Dragon Extra Firm Silken Tofu 349g - BRAKES	50
74063 Watercress - BRAKES	25
74831 Mixed Micro-Greens - BRAKES	2

COOKING INSTRUCTIONS & NOTES

Mis en Place / Prep

- La Boulangerie 10" Fully Baked Beetroot & Chia Tortillas - Defrost
- Ardo Avocado Halves - Defrost & Slice
- Blue Dragon Extra Firm Silken Tofu 349g - Slice

Method

- Warm the wrap under a hot grill for approx. 10 secs
- Place onto a board then spread the tofu over the surface of the wrap
- Spoon on the wheatberry salad, add the avocado and watercress
- Wrap tightly and cut. Finish with the micro greens and serve

Generated by Nutrifix v6.73 on 27th Feb 2022

EU LABEL VALUES PER 100

	PER 100	%RI	PER 258 SERVING	%RI
Energy(KJ)	815 kJ	10%	2103 kJ	25%
Energy(kcal)	194 kcal	10%	501 kcal	25%
Fat	6.8 g	10%	18 g	26%
of which saturates	1.8 g	9%	4.6 g	23%
Carbohydrate	25 g	10%	65 g	25%
of which sugars	2.9 g	3%	7.6 g	8%
Fibre	3.7 g	15%	9.6 g	38%
Protein	6.3 g	13%	16 g	32%
Salt	0.29 g	5%	0.76 g	13%

ALLERGENS

CONTAINS:



OTHER PROPERTIES:



Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Chocolate Truffle Brownie Torte

Chocolate biscuit base topped with Belgian chocolate truffle mousse, finished with cubes of chocolate brownie and chocolate crumb



RECIPE INGREDIENTS

130790 Brakes Gluten Free Vegan Chocolate Truffle Brownie Torte - BRAKES

90

1x Each

EU LABEL VALUES PER 100

	PER 100	%RI	PER 90 SERVING	%RI
Energy(KJ)	1354 kJ	16%	1219 kJ	15%
Energy(kcal)	324 kcal	16%	292 kcal	15%
Fat	18 g	26%	16 g	23%
of which saturates	11 g	55%	9.9 g	50%
Carbohydrate	36 g	14%	32 g	12%
of which sugars	25 g	28%	23 g	26%
Fibre	1.4 g	6%	1.3 g	5%
Protein	3.8 g	8%	3.4 g	7%
Salt	0.26 g	4%	0.23 g	4%

ALLERGENS

CONTAINS:
OATS SOYA
MAY CONTAIN:
HAZELNUTS, PECANS, ALMONDS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS PEANUTS
OTHER PROPERTIES:
VEGETARIAN VEGAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

[BACK TO MENU](#)

Serves 1

Apple Tart

Perfectly baked shortcrust pastry filled with juicy apple slices & topped with flaked almonds



RECIPE INGREDIENTS

125227 Perfectly Baked Vegan Apple Tart - BRAKES

162.5

1x Each

EU LABEL VALUES PER 100

	PER 100	%RI	PER 163 SERVING	%RI
Energy(KJ)	704 kJ	8%	1148 kJ	14%
Energy(kcal)	167 kcal	8%	273 kcal	14%
Fat	5 g	7%	8.2 g	12%
of which saturates	2.1 g	11%	3.4 g	17%
Carbohydrate	28 g	11%	46 g	18%
of which sugars	17 g	19%	28 g	31%
Fibre	2 g	8%	3.3 g	13%
Protein	1.5 g	3%	2.4 g	5%
Salt	0.1 g	2%	0.16 g	3%

ALLERGENS

CONTAINS:

- WHEAT
- ALMONDS

MAY CONTAIN:

- HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS
- PEANUTS
- EGGS
- MILK
- SOYA

OTHER PROPERTIES:

- VEGETARIAN
- VEGAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Speculoos Cheesecake

Crisp Speculoos biscuit base, topped with a baked coconut vegan cheesecake & spiralled with Speculoos Biscoff Sauce, topped with a rich Speculoos topping & finished with Speculoos crumb



RECIPE INGREDIENTS

134735 Mademoiselle Desserts Vegan Speculoos Cheesecake - BRAKES

107.375

1x Each

EU LABEL VALUES PER 100

	PER 100	%RI	PER 107 SERVING	%RI
Energy(KJ)	1619 kJ	19%	1733 kJ	21%
Energy(kcal)	389 kcal	19%	416 kcal	21%
Fat	26 g	37%	28 g	40%
of which saturates	14 g	70%	15 g	75%
Carbohydrate	36 g	14%	39 g	15%
of which sugars	20 g	22%	21 g	23%
Fibre	0.7 g	3%	0.7 g	3%
Protein	1.7 g	3%	1.8 g	4%
Salt	0.43 g	7%	0.46 g	8%

ALLERGENS

CONTAINS:

- WHEAT
- SOYA

MAY CONTAIN:

- OATS, BARLEY
- HAZELNUTS, PECANS, ALMONDS, WALNUTS, PISTACHIOS
- EGGS
- MILK

OTHER PROPERTIES:

- VEGETARIAN
- VEGAN

Product disclaimer

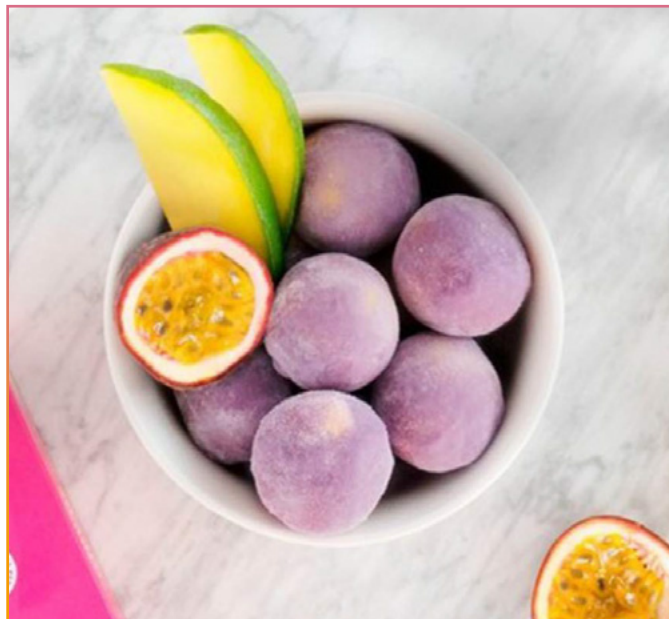
Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU

Serves 1

Passionfruit & Mango Mochi

Passionfruit gelato surrounded by a soft purple mochi dough



RECIPE INGREDIENTS

130497 Little Moons Passionfruit & Mango Soft Mochi & Gelato Ice Cream - BRAKES

96

3x Each

EU LABEL VALUES PER 100

	PER 100	%RI	PER 96 SERVING	%RI
Energy(KJ)	1025 kJ	12%	984 kJ	12%
Energy(kcal)	244 kcal	12%	234 kcal	12%
Fat	9.6 g	14%	9.2 g	13%
of which saturates	8.1 g	41%	7.8 g	39%
Carbohydrate	38 g	15%	36 g	14%
of which sugars	24 g	27%	23 g	26%
Fibre	0 g	0%	0 g	0%
Protein	1.4 g	3%	1.3 g	3%
Salt	0.08 g	1%	0.08 g	1%

ALLERGENS

CONTAINS:

- CASHEWS
- SOYA

MAY CONTAIN:

- PEANUTS
- EGGS
- MILK
- SESAME

OTHER PROPERTIES:

- VEGETARIAN
- VEGAN

Product disclaimer

Prices are correct at the time of going to print. All information is subject to change without notice. Our product details, including product names, descriptions, specifications and images of serving suggestions, are not intended to constitute the full legal description of the products, and do not necessarily include all information including allergens. Brakes may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging or alternatively contact Brakes Customer care on 0345 606 9090. View our full [Product Disclaimer](#)

BACK TO MENU