

AUTUMN/WINTER MENU SUPPORT

Showcasing a selection of new and classic products to support your seasonal menu change.
A range of dishes collected into key cuisine trends, ease of preparation and focused on
consumer types, all with supporting recipe specifications and allergen information



COMFORT FOR ALL

MEDITERRANEAN STRETCH

EASY EXPERIMENTATION

SUSTAINABLE FLAVOUR

INTRODUCTION

TREND DRIVEN MENU CHANGES AS THE NIGHTS DRAW IN

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

With global and local factors increasing the pressure on business, we are here to support by helping you maximise your trade with great menu ideas and manage the skills shortage with easy to deliver recipes.

Recipe ideas inspired by current trends to control costs and simplify your operation.

Working with our chefs, we have curated a suite of dishes inspired by current trends to be used anywhere within your business. Complete with recipe specifications suitable for all skill levels and importantly highlighting allergens and nutritional information. The dishes are grouped into key trends and contain a range of dishes, balanced across a range of proteins, including plant-based dining options, which are suitable for all menu types.

We have also focused on 2 key customer types; the "Classic Consumer" and the "Explorer" as well as a selection of Plant Focused dishes in each of the 4 key trend categories.

CONSUMER TYPES

Classic Consumer

- Connects to recognisable dishes
- Confident in established flavours
- Knows what they like
- Can be a traditionalist



Explorer

- Wants to try new dishes
- Experimental with flavours
- Excited by new food ideas
- Prefers the unconventional



THE TRENDS

With new trends coming and going all the time, it is important to know which flavours and cuisines are going to have some longevity for your menus, while keeping your customers engaged.

Below are four key trends that will keep your menus interesting and without having to have any specialist skills, ingredients or recipes. Simply navigate to the trend you are interested in and review the recipes. Click a dish to view the complete recipe, allergen and nutritional information.



COMFORT FOR ALL

Certain foods illicit feelings of nostalgia. Whether great Asian street food experiences, delicious British Classics or even Retro American Style Fast food.

Comfort for All, is about heart-warming dishes from across the globe that leave customers reminiscing flavours, ingredients or dishes that evoke comforting memories of food from home; wherever that home might be. Served up with authenticity and pride.



MEDITERRANEAN STRETCH

Levantine food, or food from the Eastern Mediterranean, has influenced cuisines and flavours throughout the region.

Flavours carried on trade routes have influenced food from Syria to Sicily, across North Africa and into Turkey, the diet is vibrant and full of flavour. Plenty of plant-based cooking ensures this diet is considered healthy and tastes delicious.



EASY EXPERIMENTATION

With so many different trends around, we can help bring some of those more niche flavours to life for your customers.

Whether it's a traditional dish enhanced with a new, exciting flavour, or a novel way to serve up recognisable flavours. Adding dishes with a twist, can keep your customers excited about your menu and make sure that they keep coming back for more.



SUSTAINABLE FLAVOUR

Consumers are becoming more focused on the impact of their choices on the welfare of the environment, communities and livestock.

There are many considerations, from seasonality, local buying, fishing & farming practices to zero waste cooking practices in the kitchen, responsible procurement practices and beyond, great dishes that are full of flavour are still the number one focus for chefs and customers.

COMFORT FOR ALL



Comfort Food comes in many forms, whether from the indulgent dishes of the America, our traditional British and European or flavours from the East. Our chefs have curated the recipes below inspired by their ideas of warmth and comfort. From warm gooey desserts and traditional pies, to tender cooked meats in their own spiced broths and sauces, some of these recipes are indulgent and rich, some are simple and spicy, but all are delicious and warming in one way or another.



CLASSIC CONSUMER

Chicken & Wild Mushroom Pie

1050 KCALS

Chicken, wild mushrooms, creamy wine & tarragon sauce, shortcrust pastry with mash, roast onion gravy & peas **VF**

Smoked Mackerel Salad

392 KCALS

Scottish Mackerel fillets, beechwood smoked, spiced potato salad, cucumber, lemon wedge **VF**

Baked S'mores **▶**

548 KCALS

Oreos, chocolate brownies, hazelnut chocolate spread, toasted marshmallows

Pulled Brisket Sandwich **▶**

648 KCALS

Slow cooked brisket, brioche bun, ranch coleslaw, chilli butter glazed corn "ribs" **VF**

La Serre Chardonnay

A light and refreshing Chardonnay with flavours of lemons and crisp, green apples
Region: Languedoc-Roussillon, France
Food Pairing: Chicken and seafood

Birra Moretti Lager Beer 330ml Bottle

The ultimate Italian lager, Birra Moretti's special blend of high quality hops creates a smooth, full bodied beer with wholemeal bread top notes which are cut by a delicate citrus note

EXPLORER

Gochujang Chicken Wings

741 KCALS

Buttermilk chicken wings, Korean styled chilli sauce, sesame, naturally fermented kimchi **VF**

Huevos Rancheros

495 KCALS

Toasted flour tortilla, spiced refried beans, chorizo, guacamole, fried free range egg **VF**

"K - Dogs" - Korean Inspired Corn Dogs **▶**

1330 KCALS

Premium frankfurters & mozzarella, battered & coated, array of indulgent toppings & sauces

Asian Belly Pork

901 KCALS

Braised belly of pork, spiced cooking broth, coconut & lime scented rice, chilli, coriander & lime dressing

La Picoutine Rose

Lively summer berry aromas and a sweet tangy flavour of raspberry and strawberry fruits. Grape: Cinsault. Country: France.
Food Pairing: Chicken, pork and vegetables

Sierra Nevada Pale Ale 355ml

Sierra Nevada Pale Ale's unique piney and grapefruit aromas from the use of whole-cone American hops have fascinated beer drinkers for decades and made this beer a classic, yet it remains new, complex and surprising to thousands of beer drinkers every day

PLANT FORWARD

Vegan Cottage Pie

365 KCALS

Tomato, lentils, sweet potato, carrot & swede, crushed new potatoes & seeded broccoli **VF**

Mushroom Risotto

436 KCALS

Creamy risotto rice, champignons, ceps, parsley, garlic & vegan cheese **VF**

Sausage & Colcannon

402 KCALS

Plant based cumberland sausage, mashed potato, kale & savoy cabbage, gravy **VF**

Meatless Farm Cheese & BBQ Pulled Oumph! Burger

985 KCALS

A vegan burger from the Meatless Farm Company, vegan brioche bun, pulled BBQ Oumph! **VF**

La Serre Merlot

Young, juicy and full of soft easy-going plum and blackberry fruit.
Region: Languedoc-Roussillon, France
Food Pairing: Beef

BrewDog Punk Post Modern Classic IPA 330ml

This light, golden classic has been subverted with new world hops to create an explosion of flavour. Bursts of caramel and tropical fruit with an all-out riot of grapefruit, pineapple and lychee, precede a spiky bitter finish. **VF**

EASY TO PREPARE

SKILL REQUIRED

DRINKS PAIRING

MEDITERRANEAN STRETCH



Inspired by the shores of the Eastern Mediterranean, North Africa and beyond. This collection of recipes evokes the flavours of summer holidays but warmly spiced to be enjoyed into the cooler days of Autumn and Winter. Delicious brunch dishes that are rich and warming for colder mornings, as well as sharing platters that can bring customers together. Our chefs' easy to use recipes can help you recreate some of the great flavours and tastes of the Mediterranean, while still staying warm and indulgent as the nights draw in.

CLICK
THE DISH
FOR FULL
RECIPE

CLASSIC CONSUMER

Chicken Souvlaki

777 KCALS

Marinated chicken skewers, Mediterranean cous-sous, fresh salad & tzatziki **VF**

Lightly Dusted Calamari with Aioli Dip

396 KCALS

Squid rings & tentacles, garlic aioli dip, lemon wedge **VF**

Mezze Grill

1107 KCALS

Chicken souvlaki, lamb kofte, lemon & herb rump steak, ancient grain pitta & Greek salad

Chermoula Lamb

1071 KCALS

Grilled marinated lamb chops, chargrilled vegetables, spiced yoghurt & pomegranate seeds, sweet potato fries **VF**

La Picoutine Blanc

This dry white wine has fresh lemony aromas, balancing the acidity with a clean finish. Grape: Colombard. Country: France
Food Pairing: Chicken, seafood and salad

Natureo Syrah Torres 0% (alcohol free)

Juicy and medium-bodied, with lively hedgerow fruit, black plum and blueberry. Grape: Garnach and Syrah. Country: Spain
Food Pairing: Beef and chicken

EXPLORER

Moroccan Eggs Florentine

366 KCALS

Free range poached egg, chilli buttered spinach, toasted muffin, harissa spiced hollandaise **VF**

Baked "Paella" Risotto

521 KCALS

Saffron risotto, chicken, ASC prawns, chorizo, British peas & chilli butter **VF**

Shakshuka **VF**

873 KCALS

Traditional North African dish, baked free range eggs, slow cooked spicy tomato & pepper sauce, grilled sourdough bread **VF**

North African Style Cous Cous

1112 KCALS

Spiced couscous with apricots, sultanas, red & green peppers, candied orange peel, mint coriander & pomegranate, garlic & lemon dressing, khobez bread **VF**

Rioja Tempranillo Monte Clavijo

Juicy, easy-going Rioja with raspberry, strawberry and red cherry fruit flavours. Grape: Tempranillo. Region: Rioja, Spain **VF**
Food Pairing: Chicken and seafood

Good Earth Kombucha Cans: Ginger & Lemon

Our original fermented Kombucha with a refreshing burst of tongue tingling ginger and lemon **VF**

PLANT FORWARD

Levant Sharing Platter **VF**

952 KCALS

Sharing platter, mozzarella, padron peppers, spiced houmous, sweet potato falafel, olives, stuffed peppers, grilled artichokes, marinated onions & flat bread **VF**

Smoked Harissa Houmous

576 KCALS

Chickpeas, oak smoked chickpeas, roasted sesame tahini, harissa. Pomegranate seeds, cucumber batons & sourdough pita bread **VF**

Roasted Vegetable Tagine

434 KCALS

Butternut, red pepper, aubergine, courgette, harissa, slow cooked spiced tomato sauce & chickpeas **VF**

Ratatouille Pasta

436 KCALS

Mediterranean vegetables, rich tomato sauce, penne pasta **VF**

Il Conto Vecchio Pinot Grigio Blush

Easy drinking with flavours of raspberry and strawberry
Grape: Pinot Grigio. Region: Veneto, Italy
Food Pairing: Chicken

BrewDog Nanny State Alcohol Free Ale 330ml

We made a hardcore beer and left the alcohol out. Nanny State breaks the curfew and slips under the radar. A brigade of speciality malts and North American hops sends bitterness to the brink and back. Squeezing this many hops in, and the alcohol out, is a testament to our craft. **VF**

EASY TO PREPARE

SKILL REQUIRED

DRINKS PAIRING

EASY EXPERIMENTATION



Keeping your menu and dishes exciting, while ensuring that diners are not overwhelmed by dishes they may not recognise. “Easy Experimentation” is our way of describing creative twists on recognised favourites, interesting ingredients or new flavours in traditional recipes. This collection of recipes has a little bit of everything, with our chefs working on everything from Indonesian inspired flavours on a classic confit duck to the flavours of duck pancakes but plant based and served in a fluffy bao bun. Try some of these creations to entice your customers back for more.



EASY TO PREPARE
SKILL REQUIRED
DRINKS PAIRING

CLASSIC CONSUMER

Hunters Chicken with Creamy Slaw

891 KCALS

Chicken supreme, jerk BBQ glaze, Applewood smoked cheese, sweetcure bacon, spiced honey sweet potato wedges **NF**

Hake & Seaweed Fishcake

175 KCALS

Hake & seaweed fishcake, poached egg, hollandaise, roquette & red onion salad **VF** **NF**

Goan Fish Curry with Coconut & Spicy Mango Rice

938 KCALS

Pollack, spinach, red pepper, spiced coconut & tomato sauce, white & wild rice, mango coriander

Slow Cooked Pork Belly with Borlotti Bean Stew

1074 KCALS

Slow cooked pork belly, borlotti beans, lemon, red & spring onions, chillies & anchovies **VF** **NF**

Artis Chardonnay 0% (Alcohol-Free)

A delicious alcohol-free beverage. Starting with a Chardonnay white wine, the alcohol is carefully removed to create this appealing drink **NF**

Region: Languedoc-Roussillon, France

Food Pairing: Light dishes, bright and hearty dishes

Tiger Asian Lager Beer Bottle 330ml

A refreshing and full bodied lager beer with a light straw colour, soft beady aroma and a hint of tropical fruit. Its malty character is immediately noticeable, with a silky texture on the palate and has a clean, crisp finish when served chilled

EXPLORER

Sticky Gochujang Kimchi Pork Roll **VF**

653 KCALS

Glazed pork ribsteak in a brioche roll, kimchi, Asian slaw, crispy, red & spring onion, chilli dipping sauce **NF**

Slow Cooked Beef Barbacoa Tostadas

608 KCALS

Pulled beef, chillies, spices and BBQ flavouring. Refried beans, tomato salsa, chilli & cheese in soft blue corn tortillas **NF**

Smashed Bek Bek Goreng

759 KCALS

Crispy spiced confit duck leg, carrot & lime pickle

Chilli Glazed Salmon with Bok Choy

621 KCALS

Grilled salmon, Asian inspired glaze, seared bok choy & brown rice

SBPF Californian Zinfandel Rosé Can (Single Serve)

This wine has plenty of raspberry and watermelon fruit flavours.

Juicy and light, it has a refreshing finish. Grape: Zinfandel

Region: California, USA

Food Pairing: Spicy foods, Seafood

Goose Island Midway Session IPA 330ml

At the center of the 1893 Chicago world's fair was the Midway - Plaisance, featuring the world's first ferris wheel. The park brought visitors together from all over the globe. In this spirit, our Midway Session IPA is an easy drinking IPA, bringing beer lovers together from far and wide

PLANT FORWARD

Shicken Tikka Beetroot Wrap

696 KCALS

Shicken@ tikka kebab, pickles, Moroccan houmous, beetroot tortilla **VF** **NF**

Butternut Gobi Dhansak

565 KCALS

Diced butternut, cauliflower florets, split peas, lentils, spiced curried sauce, long grain rice, mango chutney **VF** **NF**

(THIS Isn't) Chicken Noodle Salad

606 KCALS

Plant based chicken-style pieces, soya beans, roasted sweet potato, noodle 'slaw salad, Soy, sesame & ginger dressing **VF** **NF**

'Duck' Hoi Sin Bao Bun

688 KCALS

Squeaky Bean@ pulled "duck", hoisin sauce, spring onion, cucumber & a crispy spring roll **NF**

Fitz English Sparkling Rosé Wine

Hints of redcurrant and raspberry on the nose with a creamy red berry palate.

Grape: Seyval Blanc, Reichensteiner, Madeline Angevine **NF**

Region: Sussex, England

Food Pairing: Aperitif and seafood.

Naughty Water Mango & Passionfruit

Lightly flavoured 5% Vodka based sparkling water drink. No sugar, no carbs, added vitamin C and only 72 calories **NF**

SUSTAINABLE FLAVOUR



This a collection of recipes created around key pillars of sustainability. From our selection of cauliflower recipes designed to use all part of this great vegetable, to our selection of recipes focussed on sustainably sourced proteins. Our chefs have also chosen to showcase some great frozen lines which can help you reduce your waste, such as using our amazing frozen burrata to ensure that you don't waste such an amazing ingredient through spoilage. Don't forget seasonal British vegetables mean shorter supply lines and reduced environmental impact.



EASY TO PREPARE
SKILL REQUIRED
DRINKS PAIRING

CLASSIC CONSUMER

Slow Cooked Brisket & Porcini Mash

654 KCALS

Slow cooked beef from the British Isles, seasonal root vegetables, porcini mashed potato, red wine gravy

Beef Lasagne

755 KCALS

Red Tractor assured beef bolognese, bechamel sauce, pasta, rosemary crumb & pesto. British green beans & garlic butter

Cauliflower Soufflé

448 KCALS

Classic soufflé, cauliflower, mustard, cheese, rich rarebit sauce

Pan Fried Hake

553 KCALS

MSC Hake, saffron risotto, British garden peas, chimichurri sauce

Kleine Rust Fair Trade Pinotage Shiraz

Soft and juicy with a smooth texture and a fruity finish
Grape: Pinotage Shiraz. Region: Stellenbosch, South Africa
Food Pairing: Beef

Coors Light Lager 330ml

Coors Light was born in the Rocky Mountains of Golden Colorado and is crafted to deliver ice cold refreshment in every drop

EXPLORER

Peri Peri Chicken Wings & Homemade 'Slaw

1128 KCALS

British chicken wings, peri peri sauce, seasonal coleslaw, peri-naise dressing

Smoked Mackerel Tartine

639 KCALS

Hot smoked Scottish mackerel, cooked beetroot, horseradish dressing, grilled artisan sourdough bread

Burrata Beetroot & Mushrooms

347 KCALS

Award winning buffalo milk burrata, seasonal beetroot salad, marinated mushrooms, seeds, Scottish truffle oil

Hake and Mussel Green Thai Curry

369 KCALS

British MSC Hake, fragrant Thai green curry sauce, mussels

Kleine Rust Fair Trade Pinotage Rosé

Bright pink hue. A ripe nose of strawberries, with an elegant palate
Region: Stellenbosch, South Africa
Food Pairing: Spicy food

Fentimans Ginger Beer 275ml

Fiery and packed full of natural flavour, this pale, cloudy liquid is made using the finest natural ginger root. The result is an authentic, complex and aromatic ginger beer.

PLANT FORWARD

Cauliflower Kimchi

220 KCALS

Salted & fermented cauliflower leaves, carrots & spring onions

Wild Mushroom Soup

225 KCALS

Smooth mushroom soup, mixed wild mushrooms, sunflower oil

Cauliflower Ribs

374 KCALS

Marinated cauliflower stalks, karaage style coating, Gochjang sauce, homemade cauliflower leaf kimchi

Cauliflower Steaks

1010 KCALS

Pan roasted cauliflower steak, herbed breadcrumbs, micro herbs, lemon infused Scottish cold pressed rapeseed oil

Kleine Rust Fair Trade Chenin Sauvignon

Aromas and flavours of ripe tropical fruit, honeycomb and lemon zest.
This wine is medium bodied with a lingering aftertaste
Region: Stellenbosch, South Africa
Food Pairing: Fish and chicken

Hawkes Urban Orchard Apple Cider 330ml

Two worlds collide in our classic medium dry cider made with a unique blend of London-pressed country apples. Crafted to deliver a smooth and harmonious body with a complex and rich texture on the palate, all complemented by a crisp, dry, wine-like finale.

EASY TO PREPARE



SERVES

1

CHICKEN & WILD MUSHROOM PIE

Chicken, wild mushrooms, creamy wine & tarragon sauce, shortcrust pastry with mash, roast onion gravy & peas

Recipe Ingredients ...	Quantity:	Description:
118800 Toms Pies Chicken & Wild Mushroom Pie - BRAKES	260g	1x Each
450520 Peka Chilled Mash Potato	200g	
134342 Brakes Onion Gravy - BRAKES	75g	
4753 Brakes Choice Garden Peas - BRAKES	80g	

Cooking Instructions & Notes

- Toms Pies Chicken & Wild Mushroom Pie - Defrost
- Brakes Mashed Potato with Cracked Black Pepper - Defrost
- Brakes Roast Onion Gravy - Defrost

Method:

- Pre-heat the oven to 180°C
- Place the pie on a baking tray lined and cook in the oven as per the manufacturer's instructions
- Put the mash in a microwave for 2 mins on high power
- Next put the peas in a microwave for 1 min on high power
- Add the gravy to a small pan and bring gently to the boil
- Spoon the mash onto the centre of your chosen dish and make a well in it, place the pie in the centre of the well
- Arrange the peas to the side of the pie & spoon over the gravy - serve

Generated by Nutritics v5.79 on 28th Sep 2022

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 615G SERVING	%RI
Energy(KJ)	713 kJ	8%	4388 kJ	52%
Energy(kcal)	171 kcal	9%	1050 kcal	53%
Fat	8.9 g	13%	55 g	79%
of which saturates	3.9 g	20%	24 g	120%
Carbohydrate	17 g	7%	104 g	40%
of which sugars	1.4 g	2%	8.5 g	9%
Fibre	1.7 g	7%	10 g	40%
Protein	5 g	10%	31 g	62%
Salt	0.64 g	11%	3.9 g	65%

CONTAINS:



WHEAT



EGGS



MILK



MUSTARD

BACK TO MENU

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EASY TO PREPARE



SERVES

4

SMOKED MACKEREL SALAD

Scottish Mackerel fillets, beechwood smoked, spiced potato salad, cucumber, lemon wedge

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

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 Nutritics v5.79 on 28th Sep 2022

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 253G SERVING	%RI
Energy(kJ)	645 kJ	8%	1631 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%

CONTAINS:



MAY CONTAIN:



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SKILL REQUIRED



SERVES

1

BAKED S'MORES

Oreos, chocolate brownies, hazelnut chocolate spread, toasted marshmallows

Recipe Ingredients...	Quantity:	Description:
84659 Oreo Original Sandwich Biscuits 22g - BRAKES	22g	1x Each
106282 Brakes Mini Chocolate Brownie Bites - BRAKES	43g	3x Each
110728 Nutella Hazelnut and Chocolate Spread Tub - BRAKES	30g	
118676 Brakes Mini Pink and White Marshmallows - BRAKES	30g	

Cooking Instructions & Notes

No prep required

Method:

1. Break Oreos & Brownies pieces in half and place into a ovenproof dish.
2. Spoon the Nutella on top.
3. Sprinkle with Marshmallows.
4. Place in an oven at 180°C for 2-3 mins or until the marshmallows have softened and slightly caramelised.
5. Remove from oven and serve.

NB. This would also work as a sharing dessert for 2 with dipping elements

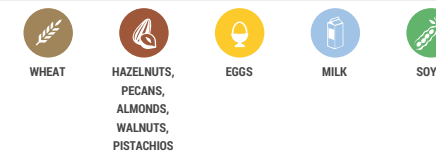
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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 125G SERVING	%RI
Energy(KJ)	1841 kJ	22%	2299 kJ	27%
Energy(kcal)	439 kcal	22%	548 kcal	27%
Fat	18 g	26%	23 g	33%
of which saturates	8 g	40%	9.9 g	50%
Carbohydrate	63 g	24%	79 g	30%
of which sugars	52 g	58%	65 g	72%
Fibre	1.7 g	7%	2.2 g	9%
Protein	5 g	10%	6.2 g	12%
Salt	0.24 g	4%	0.3 g	5%

CONTAINS:



MAY CONTAIN:



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SKILL REQUIRED



SERVES

1

PULLED BRISKET SANDWICH

Slow cooked brisket, brioche bun, ranch coleslaw, chilli butter glazed corn 'ribs'

Recipe Ingredients...	Quantity:	Description:
135422 St Pierre Seeded Brioche Burger Bun - BRAKES	67g	1x Each
117911 Brakes Slow Cooked Hickory Smoked BBQ Beef Brisket - BRAKES	125g	0.5x Each
135326 Sweetcorn Ribs - BRAKES	225g	6x Each
109268 Brakes Kentucky Bourbon BBQ Sauce - BRAKES	30g	
127210 Red Chilli Butter Portions - BRAKES	10g	1x Each
113881 Herb Bunched Flat Leaf Parsley - BRAKES	2g	
124173 White Cabbage CLASS II - BRAKES	20g	
450693 Carrots CLASS II - BRAKES	10g	
114212 Chillies Red - BRAKES	2g	
113120 Lion Buttermilk Ranch Dressing - BRAKES	20g	
9802 Brakes Extended Life Rapeseed Oil	11.3g	(auto-calculated)

Prep

- Finely shred the cabbage
- Peel and cut the carrots into thin long strips
- Deseed chilli and cut into thin strips
- Defrost the brisket
- Defrost the bun
- Defrost the corn ribs

Method

1. Remove the brisket from its packaging, place in a pan along with the cooking liquor
2. Add the BBQ sauce and place into an oven at 180°C for 10 mins
3. Remove from the oven and place on the stove on a medium heat, baste the meat to glaze for approx. 2 min
4. Take off the heat and allow to rest before shredding - put to one side
5. Mix the cabbage, carrot and chilli together
6. Deep fry the corn ribs at 180°C for 1 min or until golden and crispy - drain
7. Melt the chilli butter then mix with the corn ribs along with chopped parsley, season with salt
8. Toast the bun, place the shredded brisket on the bun base
9. Spoon on the slaw and drizzle over the ranch dressing and add the bun top
10. Serve the corn ribs alongside the sandwich

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 522G SERVING	%RI
Energy(KJ)	519 kJ	6%	2707 kJ	32%
Energy(kcal)	124 kcal	6%	648 kcal	32%
Fat	6.7 g	10%	35 g	50%
of which saturates	1.5 g	8%	8 g	40%
Carbohydrate	9 g	3%	47 g	18%
of which sugars	3.6 g	4%	19 g	21%
Fibre	0.7 g	3%	3.4 g	14%
Protein	6.5 g	13%	34 g	68%
Salt	0.47 g	8%	2.4 g	40%

CONTAINS:



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EASY TO PREPARE



SERVES

1

GOCHUJANG CHICKEN WINGS

Buttermilk chicken wings, Korean styled chilli sauce, sesame, naturally fermented kimchi

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Recipe Ingredients...	Quantity:	Description:
127407 Brakes Cooked Buttermilk Chicken Wings - BRAKES	250g	
128591 Pureety Classic Korean Gochujang Sauce - BRAKES	25g	
35005 Brakes Sesame Seeds - BRAKES	5g	
131610 Vadasz Raw Kimchi - BRAKES	30g	
113885 Herb Bunched Coriander - BRAKES	1g	
10478 Limes - BRAKES	17.5g	Quartered

Cooking Instructions & Notes

Mis en Place / Prep:

No prep required

Method:

- Pre-heat fryers to 180°C
- Fry chicken wings from frozen for approx. 5 mins ensuring core temperature has been achieved
- Toss the cooked chicken wings in the gochujang sauce and sesame seeds until covered
- Spoon kimchi into chosen bowl
- Top with coriander, wedge of lime
- Season and serve

Generated by Nutritics v5.79 on 28th Sep 2022

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 329G SERVING	%RI
Energy(KJ)	940 kJ	11%	3089 kJ	37%
Energy(kcal)	225 kcal	11%	741 kcal	37%
Fat	14 g	20%	45 g	64%
of which saturates	3.2 g	16%	10 g	50%
Carbohydrate	12 g	5%	40 g	15%
of which sugars	2.5 g	3%	8.3 g	9%
Fibre	1.2 g	5%	3.9 g	16%
Protein	13 g	26%	41 g	82%
Salt	0.91 g	15%	3 g	50%

CONTAINS:



WHEAT



MILK



SESAME



SOYA

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EASY TO PREPARE



SERVES

1

HUEVOS RANCHEROS

Toasted flour tortilla, spiced refried beans, chorizo, guacamole, fried free range egg

Recipe Ingredients...	Quantity:	Description:
111263 La Boulangerie 8" Tortilla Wraps - BRAKES	40g	1x Each
11196 Brakes Tomato Salsa - BRAKES	30g	
119960 Mexican Guacamole - BRAKES	30g	
21820 Santa Maria Refried Beans Mild 415g - BRAKES	50g	
74791 Cooking Chorizo - BRAKES	50g	
87468 Brakes Non-Stick Fry, Cook & Bake Spray - BRAKES	2.8g	(auto-calculated)
113885 Herb Bunched Coriander - BRAKES	5g	
85288 Brakes Crushed Chillies - BRAKES	2g	
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	56g	1x Each

Cooking Instructions & Notes

Mis en Place / Prep:

- La Boulangerie 8" Tortilla Wraps - Defrost
- Mexican Guacamole - Defrost
- Cooking Chorizo - Remove skin & roughly dice
- Herb Bunched Coriander - Roughly chop

Method:

- Add 5ml of the vegetable oil to a shallow pan and put onto a moderate heat
- Place the wrap into the pan and cook on each side for approx. 30 secs - remove from the pan
- Put the pan back onto a moderate heat and add the chorizo, gently warm releasing the oils, stir frequently & cook for about 2 mins until golden brown
- Next add the refried beans & salsa and cook out for a further minute - set aside
- Place another shallow pan onto a moderately high heat, add the rest of the oil & cook the egg in this
- Place the wrap onto your chosen dish, spoon on the guacamole and spread evenly over the wrap
- Add the chorizo/beans mix and finish with the coriander & chillies
- Top with the fried egg - serve

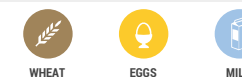
Generated by Nutritics v5.79 on 28th Sep 2022

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 266G SERVING	%RI
Energy(KJ)	776 kJ	9%	2063 kJ	25%
Energy(kcal)	186 kcal	9%	494 kcal	25%
Fat	11 g	16%	28 g	40%
of which saturates	1.7 g	9%	4.5 g	23%
Carbohydrate	13 g	5%	33 g	13%
of which sugars	2.1 g	2%	5.6 g	6%
Fibre	1.5 g	6%	4.1 g	16%
Protein	9.2 g	18%	24 g	48%
Salt	0.62 g	10%	1.7 g	28%

CONTAINS:



MAY CONTAIN:



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SKILL REQUIRED



SERVES

1

'K - DOGS' - KOREAN INSPIRED
CORN DOGS

Premium frankfurters & mozzarella, battered
& coated, array of indulgent toppings & sauces

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

Cooking Instructions & Notes

Preparation:

- Cut the hot dogs in half
- Cut the mozzarella into the same size as the hot dogs
- Skewer the hot dogs and cheese on sticks (hot dogs on the bottom / cheese on the top) - chill

Method:

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

Here are some alternative Coatings & Toppings you can use

Coatings

- Super Noodles (crushed)
- Diced Potatoes (chips cut into small cubes)
- Puffed Rice
- Corn Flakes

Toppings

- Sweet Chilli Sauce
- Mayo
- Sriracha
- Mayonnaise
- Wasabi
- Gochujang Mayo
- BBQ

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 527G SERVING	%RI
Energy(kJ)	1065 kJ	13%	5607 kJ	67%
Energy(kcal)	253 kcal	13%	1330 kcal	67%
Fat	6.1 g	9%	32 g	46%
of which saturates	2.6 g	13%	14 g	70%
Carbohydrate	38 g	15%	202 g	78%
of which sugars	4.3 g	5%	22 g	24%
Fibre	1.5 g	6%	7.8 g	31%
Protein	10 g	20%	54 g	108%
Salt	1.1 g	18%	5.6 g	93%

CONTAINS:



WHEAT



EGGS



MILK



MUSTARD

MAY CONTAIN:



PEANUTS

SKILL REQUIRED



SERVES

1

ASIAN BELLY PORK

Braised belly of pork, spiced cooking broth, coconut & lime scented rice, chilli, coriander & lime dressing

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

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 until tender (approx 30/40 mins)
- Coconut - Toast
- Mint- Wash, pat dry & chop
- Lemon- Zest
- Limes - Cut into wedges
- Sesame seeds - Toast

Method

- Heat 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 of with chilli coriander & mint dressing
- Sprinkle with toasted sesame seeds & garnished with lime wedge

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 458G SERVING	%RI
Energy(kJ)	820 kJ	10%	3759 kJ	45%
Energy(kcal)	197 kcal	10%	901 kcal	45%
Fat	12 g	17%	54 g	77%
of which saturates	4.3 g	22%	20 g	100%
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	11 g	22%	50 g	100%
Salt	1.5 g	25%	7 g	117%

CONTAINS:



MAY CONTAIN:



EASY TO PREPARE



SERVES

1

MUSHROOM RISOTTO

Creamy risotto rice, champignons, ceps, parsley, garlic & vegan cheese

Recipe Ingredients...	Quantity:	Description:
126216 Brakes Mushroom Risotto - BRAKES	350g	1x Each
127211 Violife Prosociano Wedge 150g - BRAKES	10g	

Cooking Instructions & Notes

Mis en Place / Prep:

- Violife Prosociano Wedge 150g - Cut shavings

Method:

- Cook the risotto by following the manufacturers cooking guide
- Garnish with the prosociano shavings and serve

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 360G SERVING	%RI
Energy(kJ)	508 kJ	6%	1827 kJ	22%
Energy(kcal)	121 kcal	6%	436 kcal	22%
Fat	5.7 g	8%	21 g	30%
of which saturates	1 g	5%	3.7 g	19%
Carbohydrate	15 g	6%	56 g	22%
of which sugars	1 g	1%	3.5 g	4%
Fibre	0 g	0%	0 g	0%
Protein	2 g	4%	7.2 g	14%
Salt	0.53 g	9%	1.9 g	32%

MAY CONTAIN:



SOYA

OTHER PROPERTIES:



VEGETARIAN



VEGAN

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EASY TO PREPARE



SERVES

1

VEGAN COTTAGE PIE

Tomato, lentils, sweet potato, carrot & swede, crushed new potatoes & seeded broccoli

Recipe Ingredients...	Quantity:	Description:
128406 Brakes Vegan Cottage Pie - BRAKES	350g	1x Each
10213 Broccoli - BRAKES	150g	
130609 Brakes Toasted Seeds & Grains Topper - BRAKES	5g	

Cooking Instructions & Notes

Prep:

- Brakes Vegan Cottage Pie - Defrost
- Broccoli - Remove florets for use

Method:

- Pre-heat oven to 180°C
- Cook the cottage pie for approx. 18 mins and core temperature has been achieved
- Cook the broccoli in a pan of boiling water until tender
- Decant the pie onto your chosen serving dish and add the broccoli alongside
- Sprinkle the broccoli with the toasted seeds
- Serve

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 505G SERVING	%RI
Energy(kJ)	302 kJ	4%	1527 kJ	18%
Energy(kcal)	72 kcal	4%	365 kcal	18%
Fat	2.3 g	3%	12 g	17%
of which saturates	0.3 g	2%	1.6 g	8%
Carbohydrate	7.6 g	3%	39 g	15%
of which sugars	2.8 g	3%	14 g	16%
Fibre	3.5 g	14%	17 g	68%
Protein	3.5 g	7%	17 g	34%
Salt	0.36 g	6%	1.8 g	30%

CONTAINS:



CELERY

MAY CONTAIN:



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



PEANUTS



MILK

OTHER PROPERTIES:



VEGETARIAN



VEGAN

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SKILL REQUIRED



SERVES

1

MEATLESS FARM CHEESE & BBQ PULLED OUMPH! BURGER

A vegan burger from the Meatless Farm Company, vegan brioche bun, pulled BBQ Oumph!

Recipe Ingredients...	Quantity:	Description:
129002 Meatless Farm Plant-Based Burger - BRAKES	113g	1x Each
125668 La Boulangerie 4" Vegan Brioche Style Burger Bun - BRAKES	97g	1x Each
126924 Brakes Vegan Mayo - BRAKES	50ml	
128103 Oumph! Pulled - BRAKES	60g	
122001 Violife Mature Flavour Slices 200g - BRAKES	20g	
10332 Little Gem Lettuces - BRAKES	50g	
13010 Beef Tomatoes - BRAKES	10g	
10224 Red Onions - BRAKES	15g	

Cooking Instructions & Notes

Mis en Place / Prep:

- La Boulangerie Vegan Brioche Style Burger Bun - Defrost and slice through the middle
- Little Gem Lettuces - Wash and pick leaves
- Beef Tomatoes - Thinly sliced
- Red Onions - Peeled & thinly sliced

Method:

- Cook the burgers as per pack instructions
- Lightly toast the brioche bun and squeeze some mayo on the bottom half of the bun
- Build the gem, tomato and onion onto the base of the bun
- Heat the Oumph through as per the manufacturer's instructions
- Place the cooked burger on top of the salad topped bun
- Spoon some of the Oumph onto the burger
- Arrange a slice of the vegan cheese onto the Oumph/burger and place under a hot grill to melt
- Place the lid of the bun on top and serve with accompaniment of choice

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 415G SERVING	%RI
Energy(kJ)	989 kJ	12%	4106 kJ	49%
Energy(kcal)	237 kcal	12%	985 kcal	49%
Fat	14 g	20%	59 g	84%
of which saturates	2.5 g	13%	10 g	50%
Carbohydrate	17 g	7%	71 g	27%
of which sugars	4.2 g	5%	18 g	20%
Fibre	2.7 g	11%	11 g	44%
Protein	9 g	18%	37 g	74%
Salt	0.91 g	15%	3.8 g	63%

CONTAINS:



OATS, WHEAT, BARLEY, RYE

SOYA

MAY CONTAIN:



EGGS

MILK

OTHER PROPERTIES:



VEGETARIAN

VEGAN

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SKILL REQUIRED



SERVES

1

SAUSAGE & COLCANNON

Plant based cumberland sausage, mashed potato, kale & savoy cabbage, gravy

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Recipe Ingredients...	Quantity:	Description:
135253 Garden Gourmet ® Sensational™ Cumberland Sausage - BRAKES	200g	2x Each
131039 Classic Creations Vegan Mash Potato Mix - BRAKES	50g	
1 Tap Water (for VC recipes) - BRAKES	200g	
132544 Pinguin Mix Kale & Savoy Cabbage Pouches - BRAKES	120g	1x Each
5895 Bisto Gravy Granules 1.9kg - BRAKES	10g	

Cooking Instructions & Notes

Prep

- Defrost the veg pouch.
- Make the mashed potato mix.
- Mix the veg and mash together.
- Make up gravy.

Method

- From frozen oven bake the sausages until golden brown and core temperature has been achieved
- Heat the gravy and the colcannon
- Place colcannon on the plate, add the sausages and drizzle the gravy over
- Serve

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 580G SERVING	%RI
Energy(kJ)	291 kJ	3%	1689 kJ	20%
Energy(kcal)	69 kcal	3%	402 kcal	20%
Fat	1.9 g	3%	11 g	16%
of which saturates	0.6 g	3%	3.3 g	17%
Carbohydrate	6.3 g	2%	37 g	14%
of which sugars	2.3 g	3%	13 g	14%
Fibre	2.6 g	10%	15 g	60%
Protein	5.5 g	11%	32 g	64%
Salt	0.6 g	10%	3.5 g	58%

CONTAINS:



WHEAT, BARLEY



SOYA

MAY CONTAIN:



EGGS



CELERY



MUSTARD



SESAME

OTHER PROPERTIES:



VEGETARIAN



VEGAN

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EASY TO PREPARE



SERVES

1

HAKE & SEAWEED FISHCAKE

Hake & seaweed fishcake, poached egg, hollandaise, roquette & red onion salad

Recipe Ingredients ...	Quantity:	Description:
NPD 135792 Haddock & Seaweed Rosti Fishcake	110g	
9802 Brakes Extended Life Rapeseed Oil	1.1g	(auto-calculated)
127620 Brakes British Free Range Poached Eggs - BRAKES	45g	1x Each
10156 Brakes Hollandaise Sauce - BRAKES	35g	
10527 Roquette - BRAKES	15g	
123174 Sweet & Sour Onion Pickles - BRAKES	20g	

Cooking Instructions & Notes

Prep

- Wash and drain well the roquette
- Drain the onions

Method

- Heat oil to 180°C
- Deep fry the fishcake as per manufacturer's instructions
- Place the poached egg in a microwave and heat for 15 secs
- Warm the hollandaise
- Toss the roquette and onions together and place neatly on a flat plate
- Once the fishcake is ready, place the fishcake on top of the lettuce
- Remove the heated poached egg from the pouch and sit on top of the fishcake
- Spoon the hollandaise over the egg and serve

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 226G SERVING	%RI
Energy(kJ)	321 kJ	4%	727 kJ	9%
Energy(kcal)	78 kcal	4%	175 kcal	9%
Fat	6.3 g	9%	14 g	20%
of which saturates	2 g	10%	4.5 g	23%
Carbohydrate	2 g	1%	4.6 g	2%
of which sugars	0.8 g	1%	1.9 g	2%
Fibre	0.5 g	2%	1 g	4%
Protein	3 g	6%	6.8 g	14%
Salt	0.15 g	3%	0.33 g	6%

CONTAINS:



EGGS



MILK



MUSTARD

MAY CONTAIN:



CELERY



SESAME

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EASY TO PREPARE



SERVES

1

HUNTER'S CHICKEN WITH CREAMY SLAW

Chicken supreme, jerk BBQ glaze, Applewood smoked cheese, sweetcure bacon, spiced honey sweet potato wedges

Recipe Ingredients ...	Quantity:	Description:
121299 Prime Meats British Chicken Supremes French Trim	215g	1x Each
71892 Prime Meats Sweetcure Smoked Rindless Streaky Bacon	40g	
114654 Brakes Sticky BBQ Glaze	40g	
126724 McCain Our Menu Signatures Sweet Potato Rustics 2.5kg	150g	
10427 Prepared Coleslaw Mix	30g	
113120 Lion Buttermilk Ranch Dressing	15g	
129517 Ardo Roasted Corn Mexicana	20g	
Welsh Rarebit	40g	1 Serving
9802 Brakes Extended Life Rapeseed Oil	9g	(auto-calculated)

Cooking Instructions & Notes

Prep

- Wrap the supreme with the bacon
- Spoon the ranch dressing into a dip pot

Method

- Oven roast the bacon wrapped chicken supreme for approx. 20-25 min until cooked though and core temperature is achieved
- Gently heat the BBQ glaze either in a pan until steaming, or in the microwave until warmed through
- Once the chicken is cooked, remove from the oven and cover with the BBQ glaze
- Top with the Welsh Rarebit and flash under a grill until it's golden and bubbling
- Cook the Sweet Potato Rustics as per the manufacturer's instructions
- Heat the Roasted Corn Mexicana in the microwave until core temperature is achieved
- Plate the Hunters Chicken with the corn and rustics, and serve with a dip pot of ranch dressing on the side

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 596 SERVING	%RI
Energy(kJ)	623 kJ	7%	3484 kJ	41%
Energy(kcal)	149 kcal	7%	831 kcal	42%
Fat	6.4 g	9%	36 g	51%
of which saturates	1.4 g	7%	7.6 g	38%
Carbohydrate	11 g	4%	63 g	24%
of which sugars	8.5 g	9%	47 g	52%
Fibre	1.3 g	5%	7.4 g	30%
Protein	11 g	22%	61 g	122%
Salt	0.5 g	8%	2.8 g	47%

CONTAINS:



WHEAT, BARLEY



EGGS



MILK



MUSTARD

BACK TO MENU

Product disclaimer

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SKILL REQUIRED



SERVES

1

GOAN FISH CURRY WITH COCONUT & SPICY MANGO RICE

Pollack, spinach, red pepper, spiced coconut & tomato sauce, white & wild rice, mango coriander

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Recipe Ingredients ...	Quantity:	Description:
129070 Brakes Goan Fish Curry - BRAKES	350g	1x Each
119852 Pinguin White Wild Rice - BRAKES	200g	1x Each
114221 Mangoes - BRAKES	50g	
10224 Red Onions - BRAKES	25g	
114212 Chillies Red - BRAKES	5g	
113885 Herb Bunched Coriander - BRAKES	5g	
10473 Spring Onions Bunch - BRAKES	35g	
127293 Chef William Crispy Fried Onions - BRAKES	20g	
525271 Red Peppers - BRAKES	20g	
525283 Yellow Peppers - BRAKES	20g	
255 Brakes Desiccated Coconut - BRAKES	25g	

Cooking Instructions & Notes

Prep

- Finely dice the onion, chilli, coconut and mango then mix together with chopped coriander
- Julienne the red and yellow pepper and the spring onion

Method

- Cook the curry as per instructions
- Cook the rice as per instructions
- Mix the mango salsa into the rice and place into a bowl
- Spoon the curry onto the rice
- Spoon the red and yellow pepper and fried onion onto the dish and serve

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 755G SERVING	%RI
Energy(kJ)	521 kJ	6%	3930 kJ	47%
Energy(kcal)	124 kcal	6%	939 kcal	47%
Fat	5.9 g	8%	45 g	64%
of which saturates	3.3 g	17%	25 g	125%
Carbohydrate	12 g	5%	92 g	35%
of which sugars	3.5 g	4%	27 g	30%
Fibre	1.7 g	7%	13 g	52%
Protein	4.7 g	9%	35 g	70%
Salt	0.31 g	5%	2.4 g	40%

CONTAINS:



WHEAT



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



FISH



SULPHITES

MAY CONTAIN:



PEANUTS



SESAME

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SKILL REQUIRED



SERVES

1

SLOW COOKED PORK BELLY WITH BORLOTTI BEAN STEW

Slow cooked pork belly, borlotti beans, lemon, red & spring onions, chillies & anchovies/wedges

BACK TO MENU

Recipe Ingredients...	Quantity:	Description:
33083 Brakes Slow Cooked Belly of Pork - BRAKES	315g	1x Each
10787 Brakes Borlotti Beans In Water - BRAKES	200g	
100545 Brakes Red Wine Vinegar - BRAKES	15ml	
33889 Veraneo Olive Oil - BRAKES	15g	0x Each
114977 Cooks & Co Anchovy Fillets in Sunflower Oil 365g - BRAKES	3g	
33579 Brakes Ground Black Pepper - BRAKES	1g	
10473 Spring Onions Bunch - BRAKES	25g	
114218 Lemons - BRAKES	50g	0.5x Each
113885 Herb Bunched Coriander - BRAKES	3g	
10439 Fresh Garlic - BRAKES	3g	
114212 Chillies Red - BRAKES	4g	

Cooking Instructions & Notes

Mis en Place / Prep:

- Brakes Slow Cooked Belly of Pork - Defrost in pouch
- Brakes Borlotti Beans In Water - Drain
- Red Onions - Peel & dice (medium cut)
- Spring Onions Bunch - Trim and slice
- Lemons - Zest and juice
- Herb Bunched Coriander - Chop
- Fresh Garlic - Peel and thinly slice
- Chillies Red - Slice - leave seeds in

Method:

- For the stew, Put 15ml of the oil into a pan on a medium heat
- Add the sliced garlic and allow to colour slightly, then add the red onion & simmer gently until soften
- Now add the anchovy fillets and mix into the onions allowing the fillets to break down, stir well
- Next add the chilli, mix well & sauté for approx. 1 min before adding the beans, stir into the onion mix
- Add the vinegar, lemon zest & juice, stir well and allow to sauté for another 2-3 mins on a low heat
- Take off the heat, add the spring onions & coriander, mix well,
- Add the seasoning to taste, allow to cool, place in a fridge to be used as required
- Pre-heat the oven to 180°C
- Remove the pork belly from its packaging and place on a lined baking tray
- Place into the oven for approx. 10 mins or until core temp is reached and the pork is golden brown
- Re-heat the bean stew and spoon into your chosen dish, place the pork on top and serve as shown

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 539G SERVING	%RI
Energy(kJ)	834 kJ	10%	4494 kJ	54%
Energy(kcal)	200 kcal	10%	1079 kcal	54%
Fat	12 g	17%	67 g	96%
of which saturates	3.9 g	20%	21 g	105%
Carbohydrate	6.6 g	3%	36 g	14%
of which sugars	0.5 g	1%	2.1 g	2%
Fibre	3.1 g	12%	17 g	68%
Protein	14 g	28%	75 g	150%
Salt	0.46 g	8%	2.5 g	42%

CONTAINS:



FISH



SULPHITES

EASY TO PREPARE



SERVES

1

SLOW COOKED BEEF BARBACOA TOSTADAS

Pulled beef, chillies, spices and BBQ flavouring. Refried beans, tomato salsa, chilli & cheese in soft blue corn tortillas

Recipe Ingredients ...	Quantity:	Description:
129228 Blanco Nino 15cm Soft Corn Tortillas - BRAKES	46g	2x Each
21820 Santa Maria Refried Beans Mild 415g - BRAKES	50g	
71268 Brakes Grated Mature White Cheddar - BRAKES	35g	
11196 Brakes Tomato Salsa - BRAKES	30g	
134568 Brakes Nacho Cheese Sauce - BRAKES	30g	
129179 Slow Cooked Beef Barbacoa - BRAKES	125g	0.5x Each
10332 Little Gem Lettuces - BRAKES	25g	
114212 Chillies Red - BRAKES	10g	
450078 Pointed Red Peppers - BRAKES	15g	
113885 Herb Bunched Coriander - BRAKES	12g	

Cooking Instructions & Notes

Mis en Place / Prep:

- Blanco Nino 15cm Soft Blue Corn Tortillas - Defrost the tortilla
- Brakes Slow Cooked Beef Barbacoa - Defrost the barbacoa
- Little Gem Lettuces - Wash, dry and tear into 1 inch pieces
- Brakes Nacho Cheese Sauce - Decant into a squeeze bottle - keep warm
- Chillies Red - Cut into thin rings, store in ice water
- Pointed Red Peppers - Slice into thin rings
- Herb Bunched Coriander - Roughly chop

Method:

- Re-heat barbacoa following manufactures cooking guidelines
- Place the tortillas onto a grill tray and heat under the grill until crisp on one side
- Heat the refried beans through the microwave until core temp is reached
- Remove tortilla from the grill and turn them over
- Spoon refried beans into the middle and spread outwards
- Once the barbacoa is cooked, cut pouch and spoon half the mix over the 2 tortilla
- Spoon salsa on top
- Add sprinkling of red peppers, grated cheese and red chilli
- Place back under the grill until the cheese is melted
- Garnish with the lettuce, crispy onions and chopped coriander
- Place tortillas onto serving plate

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 378G SERVING	%RI
Energy(kJ)	672 kJ	8%	2540 kJ	30%
Energy(kcal)	160 kcal	8%	607 kcal	30%
Fat	7.4 g	11%	28 g	40%
of which saturates	3.7 g	19%	14 g	70%
Carbohydrate	13 g	5%	51 g	20%
of which sugars	5.1 g	6%	19 g	21%
Fibre	1.4 g	6%	5.4 g	22%
Protein	9.2 g	18%	35 g	70%
Salt	0.77 g	13%	2.9 g	48%

CONTAINS:



WHEAT



MILK



CELERY



SOYA

MAY CONTAIN:



SESAME

BACK TO MENU



EASY TO PREPARE



SERVES

1

STICKY GOCHUJANG KIMCHI PORK ROLL

Glazed pork ribsteak in a brioche roll, kimchi, Asian slaw, crispy, red & spring onion, chilli dipping sauce

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

Cooking Instructions & Notes

Prep:

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

Method:

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

Generated by Nutritics v5.79 on 28th Sep 2022

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 291G SERVING	%RI
Energy(kJ)	940 kJ	11%	2734 kJ	33%
Energy(kcal)	225 kcal	11%	653 kcal	33%
Fat	11 g	16%	31 g	44%
of which saturates	4.2 g	21%	12 g	60%
Carbohydrate	22 g	8%	63 g	24%
of which sugars	6.1 g	7%	18 g	20%
Fibre	2 g	8%	5.9 g	24%
Protein	9.2 g	18%	27 g	54%
Salt	1.2 g	20%	3.4 g	57%

CONTAINS:

OATS, WHEAT, BARLEY, RYE

EGGS

MILK

SESAME

SOYA

BACK TO MENU

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SKILL REQUIRED



SERVES

1

CHILLI GLAZED SALMON WITH BOK CHOY

Grilled salmon, Asian inspired glaze, seared bok choy & brown rice

BACK TO MENU

Recipe Ingredients...	Quantity:	Description:
128687 M&J Seafood Scottish Salmon Fillet Suprêmes - BRAKES	155g	1x Each
86972 Pan Asia Panasia Sweet Chilli Dipping Sauce 1L - BRAKES	15g	1 tbsp
16285 Blue Dragon Dark Soy Sauce 2 Litre - BRAKES	10g	2 tsp
21856 Prep Premium Toasted Sesame oil - BRAKES	2g	1/2 tsp
10582 Pak Choi - BRAKES	115g	1/4 each
10439 Fresh Garlic - BRAKES	2.5g	1/2 clove
117407 Tilda Brown & White Wholegrain Rice 5kg - BRAKES	50g	
85120 Chef William Cooking Salt - BRAKES	0.3g	
1 Tap Water (for VC recipes) - BRAKES	100g	
9802 Brakes Extended Life Rapeseed Oil - BRAKES	5g	

Cooking Instructions & Notes

Mis en Place / Prep:

- Mix sweet chilli sauce, 1 tsp of soy sauce and sesame oil and set aside
- Cook the rice according to manufacturer's guidelines and chill immediately
- Cut pak choy into quarters, clean and dry
- Finely slice the garlic

Method:

- Preheat the overhead grill
- Place the salmon side down on a suitable baking tray, and cover with the chilli soy and sesame glaze
- Place under the grill and cook until core temperature is reached
- Brush the pak choy quarters with oil and sear on the cut surface in a hot pan until coloured
- Add remain soy (1 tsp) a splash of water and sliced garlic, cover and allow to steam until cooked
- Reheat the cooked rice- ensure core temperature is reached
- Arrange the salmon skin side down on the plate with the rice and the pak choy
- Drizzle with any remaining glaze and serve

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 455G SERVING	%RI
Energy(kJ)	571 kJ	7%	2598 kJ	31%
Energy(kcal)	136 kcal	7%	621 kcal	31%
Fat	6.8 g	10%	31 g	44%
of which saturates	1.2 g	6%	5.5 g	28%
Carbohydrate	10 g	4%	48 g	18%
of which sugars	1.6 g	2%	7.3 g	8%
Fibre	0.5 g	2%	2.3 g	9%
Protein	8 g	16%	36 g	72%
Salt	0.55 g	9%	2.5 g	42%

CONTAINS:



WHEAT



FISH



SESAME



SOYA

MAY CONTAIN:



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



PEANUTS

SKILL REQUIRED



SERVES

1

SMASHED BEK BEK GORENG

Crispy spiced confit duck leg, carrot & lime pickle

Recipe Ingredients...	Quantity:	Description:
32682 Brakes Duck Leg Confit - BRAKES	240g	1x Each
113308 Malay Curry Paste - BRAKES	5g	
10416 Prepared Grated Carrot	50g	
115358 Geeta's Lime Pickle Medium 1.3kg - BRAKES	10g	
34002 Brakes Ground Cumin - BRAKES	1g	
10478 Limes - BRAKES	35g	0.5x Each

Cooking Instructions & Notes

Prep:

- Defrost confit duck leg
- Coat the duck leg with the Malay spice paste - Set aside for service-
- Mix the carrot, lime pickle, lime juice and ground cumin - Set aside for service

Method:

- Place the duck leg on a hot flat top between 2 sheets of baking paper
- As it heats up, press down firmly breaking the duck leg down and proving more surface area to crisp
- Once skin is crisp, serve with the carrot pickle

Generated by Nutritics v5.79 on 28th Sep 2022

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 341G SERVING	%RI
Energy(kJ)	925 kJ	11%	3153 kJ	38%
Energy(kcal)	222 kcal	11%	759 kcal	38%
Fat	16 g	23%	56 g	80%
of which saturates	5.4 g	27%	19 g	95%
Carbohydrate	3.2 g	1%	11 g	4%
of which sugars	1.6 g	2%	5.6 g	6%
Fibre	0.8 g	3%	2.7 g	11%
Protein	15 g	30%	51 g	102%
Salt	1.3 g	22%	4.6 g	77%

CONTAINS:



WHEAT



MUSTARD



SOYA

MAY CONTAIN:



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



PEANUTS

BACK TO
MENU

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EASY TO PREPARE



SERVES

1

BUTTERNUT GOBI DHANSAK

Diced butternut, cauliflower florets, split peas & lentils, spiced curried sauce, long grain rice, mango chutney

BACK TO MENU

Recipe Ingredients ...	Quantity:	Description:
126221 Brakes Butternut Gobi Dhansak - BRAKES	350g	1x Each
3795 Brakes Long Grain Rice Portions - BRAKES	167g	1x Each
114844 Geeta's Premium Mango Chutney Medium 1.5kg - BRAKES	50g	

Cooking Instructions & Notes

Prep

No prep required

Method

- Heat the curry and the rice portions separately, as per their cooking instructions until core temperature has been achieved.
- Portion the chutney into a small serving bowl or ramekin
- Decant the curry and rice into your chosen serving dishes. Serve the chutney on the side.

Generated by Nutritics v5.79 on 28th Sep 2022

Food Labeling...

EU Label values per 100g

	PER 100G	%RI	PER 567G SERVING	%RI
Energy(kJ)	421 kJ	5%	2388 kJ	28%
Energy(kcal)	100 kcal	5%	565 kcal	28%
Fat	1.1 g	2%	6.4 g	9%
of which saturates	0.2 g	1%	1.2 g	6%
Carbohydrate	19 g	7%	110 g	42%
of which sugars	7.8 g	9%	44 g	49%
Fibre	1.4 g	6%	8.1 g	32%
Protein	2.2 g	4%	12 g	24%
Salt	0.53 g	9%	3 g	50%

CONTAINS:



MUSTARD

MAY CONTAIN:



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



PEANUTS



SESAME

OTHER PROPERTIES:



VEGETARIAN



VEGAN

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EASY TO PREPARE



SERVES

1

SHICKEN TIKKA BEETROOT WRAP

Shicken tikka kebab, pickles, Moroccan houmous, beetroot tortilla

Recipe Ingredients...	Quantity:	Description:
135654 Plant Alternative Shicken Tikka Kebab Skewers - BRAKES	150g	2x Each
123174 Sweet & Sour Onion Pickles - BRAKES	30g	
131355 Pickled Watermelon - BRAKES	25g	
450344 Shredded Iceberg Lettuce - BRAKES	25g	
129210 Brakes Moroccan Inspired Houmous - BRAKES	50g	
123349 La Boulangerie 10" Fully Baked Beetroot & Chia Tortillas - BRAKES	61g	1x Each

Cooking Instructions & Notes

Prep

- Wash the shredded lettuce and dry well
- Drain the onions and watermelon

Method

- Pre Heat Oven to 180°C
- Place the skewers on a tray and cook as per manufacturers instructions
- Warm the Tortilla in the oven for 1 min
- Place tortilla onto a sheet of tin foil
- Spoon the houmous into the middle and spread out with a spoon
- Arrange a neat line of the iceberg
- Remove the skewers from the oven when cooked
- Remove the wooden skewers and arrange the Shicken meat on top of the lettuce
- Sprinkle over the sweet & sour onions and watermelon
- Roll the tortilla and wrap in the foil
- Cut in half and serve

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 341G SERVING	%RI
Energy(Kj)	853 kJ	10%	2912 kJ	35%
Energy(kcal)	204 kcal	10%	696 kcal	35%
Fat	9.9 g	14%	34 g	49%
of which saturates	2 g	10%	7 g	35%
Carbohydrate	17 g	7%	59 g	23%
of which sugars	5.9 g	7%	20 g	22%
Fibre	2.5 g	10%	8.6 g	34%
Protein	10 g	20%	34 g	68%
Salt	0.39 g	7%	1.3 g	22%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



BACK TO MENU

SKILL REQUIRED



SERVES

1

'DUCK' HOI SIN BAO BUN

Squeaky Bean pulled 'duck', hoisin sauce, spring onion, cucumber & a crispy spring roll

BACK TO MENU

Recipe Ingredients...	Quantity:	Description:
112265 Bao (Hirata) Bun - BRAKES	100g	2x Each
134294 Squeaky Bean Plant Based Pulled Duck	60g	
85664 Knorr Professional Blue Dragon Hoi Sin Concentrated Sauce 1.1L - BRAKES	30g	
10230 Cucumber - BRAKES	20g	
10473 Spring Onions Bunch - BRAKES	15g	
114212 Chillies Red - BRAKES	5g	
131165 Black Sesame Seeds - BRAKES	5g	
35005 Brakes Sesame Seeds - BRAKES	5g	
3928 Brakes Mini Vegetable Spring Rolls - BRAKES	36g	2x Each
127293 Chef William Crispy Fried Onions - BRAKES	10g	
112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml	5g	
9802 Brakes Extended Life Rapeseed Oil	1.8g	(auto-calculated)

Cooking Instructions & Notes

Prep:

- Mix the seeds and crispy onions
- Finely shred the spring onion, cucumber skin and chilli
- Defrost the bao buns

Method:

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

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 293G SERVING	%RI
Energy(Kj)	989 kJ	12%	2895 kJ	34%
Energy(kcal)	235 kcal	12%	688 kcal	34%
Fat	7.6 g	11%	22 g	31%
of which saturates	1.7 g	9%	4.9 g	25%
Carbohydrate	32 g	12%	93 g	36%
of which sugars	8.7 g	10%	25 g	28%
Fibre	1.8 g	7%	5.2 g	21%
Protein	8.9 g	18%	26 g	52%
Salt	0.8 g	13%	2.3 g	38%

CONTAINS:



WHEAT,
BARLEY



SESAME



SOYA

MAY CONTAIN:



ALMONDS,
CASHEWS



PEANUTS



CELERY



MUSTARD

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SKILL REQUIRED



SERVES

1

(THIS ISN'T) CHICKEN NOODLE SALAD

Plant based chicken-style pieces, soya beans, roasted sweet potato, noodle 'slaw salad, soy, sesame & ginger dressing

Recipe Ingredients ...	Quantity:	Description:
135695 THIS™ Isn't Chicken Pieces - BRAKES	125g	
128315 Flat Rice Noodles - BRAKES	50g	
134849 Brakes Soy, Sesame and Ginger Dressing - BRAKES	15g	
525427 Asian Slaw Mix - BRAKES	100g	
10333 Plum Tomatoes - BRAKES	40g	
450662 Chunky Sweet Potato & Butternut Squash - BRAKES	100g	
33421 Global Hacienda Soya Beans - BRAKES	25g	

Cooking Instructions & Notes

Prep:

- Soak noodles as per instructions and drain.
- Roast the diced sweet potato, leave to cool.
- Defrost beans and chicken
- Cut tomato in wedges of set.

Method:

- In a bowl add the slaw mix, noodles, beans, sweet potato and tomato, mix and drizzle half of the dressing, mix again.
- In a large bowl, decant the mix.
- Arrange the chicken on top then drizzle remaining dressing.
- Serve.

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 455G SERVING	%RI
Energy(kJ)	560 kJ	7%	2549 kJ	30%
Energy(kcal)	133 kcal	7%	606 kcal	30%
Fat	3.3 g	5%	15 g	21%
of which saturates	0.3 g	2%	1.5 g	8%
Carbohydrate	16 g	6%	72 g	28%
of which sugars	2.2 g	2%	10 g	11%
Fibre	3.4 g	14%	15 g	60%
Protein	8.4 g	17%	38 g	76%
Salt	0.35 g	6%	1.6 g	27%

CONTAINS:



WHEAT



SESAME



SOYA



SULPHITES

OTHER PROPERTIES:



VEGETARIAN



VEGAN

BACK TO MENU

EASY TO PREPARE



SERVES

1

CHICKEN SOUVLAKI

Marinated chicken skewers, Mediterranean cous-sous, fresh salad & tzatziki

Recipe Ingredients...	Quantity:	Description:
125081 Megas Yeeros Handmade Chicken Breast Souvlaki - BRAKES	200g	2x Each
89413 Brakes Mediterranean Style Couscous - BRAKES	150g	
11214 Brakes Tzatsiki - BRAKES	25g	
10231 Iceberg Lettuce - BRAKES	10g	
10230 Cucumber - BRAKES	15g	
10333 Plum Tomatoes - BRAKES	20g	
74817 Pomegranate Seeds - BRAKES	10g	

Cooking Instructions & Notes

Prep

- Defrost the souvlaki
- Make couscous as per manufacturer's instructions
- Shred lettuce, wedge tomatoes and cucumber

Method

- Grill the souvlaki until golden brown and core temperature is achieved
- Warm couscous through and decant onto plate
- Add the souvlaki
- Place the lettuce on the side top with cucumber the tomato mix
- Drizzle with tzatziki and sprinkle seeds
- Serve

Generated by Nutritics v5.79 on 28th Sep 2022

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 430G SERVING	%RI
Energy(kJ)	764 kJ	9%	3287 kJ	39%
Energy(kcal)	181 kcal	9%	777 kcal	39%
Fat	2.3 g	3%	9.7 g	14%
of which saturates	0.8 g	4%	3.4 g	17%
Carbohydrate	27 g	10%	114 g	44%
of which sugars	3.1 g	3%	13 g	14%
Fibre	2 g	8%	8.7 g	35%
Protein	13 g	26%	54 g	108%
Salt	1.2 g	20%	5 g	83%

CONTAINS:



WHEAT



MILK



MUSTARD

MAY CONTAIN:



SESAME

BACK TO MENU

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EASY TO PREPARE



SERVES

1

LIGHTLY DUSTED CALAMARI
WITH AIOLI DIP

Squid rings & tentacles, garlic aioli dip,
lemon wedge

Recipe Ingredients ...	Quantity:	Description:
35044 Lightly Dusted Calamari	100g	
129213 Brakes Garlic Aioli	30g	
113885 Herb Bunched Coriander	2g	
114212 Chillies Red	2g	
114218 Lemons	25g	Wedge
10473 Spring Onions Bunch	2g	
9802 Brakes Extended Life Rapeseed Oil	1g	(auto-calculated)

Cooking Instructions & Notes

Prep

- Wash and pick coriander leaves
- Thinly slice the chillies and spring onions on the diagonal
- Cut the lemon into wedges

Method

- Pre-heat the deep fryer to 180°C
- Fry the calamari for approx. 1-2 mins until golden brown and core temperature has been achieved - drain
- Decant the calamari into your chosen serving bowl and sprinkle the chillies, spring onions and coriander over
- Spoon the aioli into a dip pot
- Serve together

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Food Labelling...

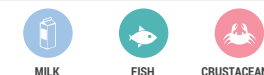
EU Label values per 100g

	PER 100G	%RI	PER 162G SERVING	%RI
Energy(Kj)	1013 kJ	12%	1642 kJ	20%
Energy(kcal)	244 kcal	12%	396 kcal	20%
Fat	20 g	29%	32 g	46%
of which saturates	2 g	10%	3.2 g	16%
Carbohydrate	11 g	4%	17 g	7%
of which sugars	1.2 g	1%	2 g	2%
Fibre	0 g	0%	0.5 g	2%
Protein	5.5 g	11%	8.9 g	18%
Salt	0.82 g	14%	1.3 g	22%

CONTAINS:



MAY CONTAIN:



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SKILL REQUIRED



SERVES

1

CHERMOULA LAMB

Grilled marinated lamb chops, chargrilled vegetables, spiced yoghurt & pomegranate seeds, sweet potato fries

BACK TO MENU

Recipe Ingredients ...	Quantity:	Description:
84365 British Lamb Loin Chops	226g	2x Each
525271 Red Peppers	45g	
123190 Green Courgettes BB	80g	
10281 Aubergine	65g	
10224 Red Onions	80g	
87468 Brakes Non-Stick Fry, Cook & Bake Spray - BRAKES	20g	
128595 Brakes Tagine Paste	80g	
113112 Spicentice Ras El Hanout Rub	10g	
118561 Alpro Plain Yoghurt Alternative 500g	20g	
126724 McCain Our Menu Signatures Sweet Potato Rustics 2.5kg	100g	
74817 Pomegranate Seeds	5g	
9802 Brakes Extended Life Rapeseed Oil	6g	(auto-calculated)

Cooking Instructions & Notes

Mise en Place/ Prep

- Grilled vegetables - coat in oil & grill until cooked. Set aside
 - Red peppers - Core, deseed & cut into 1/8
 - 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

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 737G SERVING	%RI
Energy(Kj)	603 kJ	7%	4447 kJ	53%
Energy(kcal)	145 kcal	7%	1071 kcal	54%
Fat	11 g	16%	78 g	111%
of which saturates	3.2 g	16%	23 g	115%
Carbohydrate	6.4 g	2%	47 g	18%
of which sugars	4.5 g	5%	33 g	37%
Fibre	1.4 g	6%	10 g	40%
Protein	5.3 g	11%	39 g	78%
Salt	0.29 g	5%	2.2 g	37%

CONTAINS:



MAY CONTAIN:



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SKILL REQUIRED



SERVES

1

MEZZE GRILL

Chicken souvlaki, lamb kofta, lemon & herb rump steak, ancient grain pitta & Greek salad

Recipe Ingredients...	Quantity:	Description:
71633 Birchstead British Aberdeen Angus 28 Day Aged Rump Steaks	142g	0.5x Each
112653 Brakes Lamb Kofta	70g	1x Each
125081 Megas Yeeros Handmade Chicken Breast Souvlaki	100g	1x Each
89773 Prep Premium Lemon Infused Oil 1 Litre	30g	
33592 Brakes Oregano	2g	
129210 Brakes Moroccan Inspired Houmous	30g	
116334 BD Foods Green Chilli, Coriander, Lime & Mint	10g	
74550 Brakes Low Fat Natural Yogurt - BRAKES	20g	
450706 Inca Tomatoes	40g	
10224 Red Onions	10g	
123352 La Boulangerie Sourdough & Ancient Grain Pitta	87g	1x Each
Herb Salad	15g	

Cooking Instructions & Notes

Prep:

- Peel and slice the red onion
- Cut the tomatoes into wedges
- Mix the oregano into the yoghurt
- Spoon the Houmous, yoghurt and Green Chilli, Coriander, Lime & Mint into three separate pots
- Defrost the pitta

Method:

- Cook the steak as per the customer's specification
- Cook both the lamb kofta and the chicken souvlaki in the oven until core temperature has been achieved
- Toast the pitta
- Toss the Inca tomatoes and red onions in the herb salad
- Once the three meat products are cooked, arrange them on your chosen serving dish with the pitta, salad and dipping pots
- Drizzle with a little lemon oil and serve

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 556G SERVING	%RI
Energy(Kj)	833 kJ	10%	4634 kJ	55%
Energy(kcal)	200 kcal	10%	1110 kcal	56%
Fat	11 g	16%	63 g	90%
of which saturates	2.9 g	15%	16 g	80%
Carbohydrate	11 g	4%	62 g	24%
of which sugars	1.6 g	2%	8.9 g	10%
Fibre	1.7 g	7%	9.5 g	38%
Protein	12 g	24%	69 g	138%
Salt	0.65 g	11%	3.6 g	60%

CONTAINS:



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EASY TO PREPARE



SERVES

1

BAKED 'PAELLA' RISOTTO
Saffron risotto, chicken, ASC prawns, chorizo, British peas & chilli butter

Recipe Ingredients...	Quantity:	Description:
130752 Gallo Pronto Saffron Risotto Base - BRAKES	80g	
1069 Brakes 19mm Cooked Diced Chicken Breast - BRAKES	25g	
121323 Chrisfish ASC King Prawns in Brine - BRAKES	25g	
3205 Brakes Choice Garden Peas - BRAKES	25g	
134459 The Snaffling Pig Co Chorizo Bites Punchy Paprika 50g - BRAKES	25g	0.5x Each
127210 Red Chilli Butter Portions - BRAKES	10g	1x Each

Cooking Instructions & Notes

Prep

- No prep required

Method

- Cut the Chorizo bites in half lengthways
- Drain the king prawns thoroughly
- Combine the Dry Risotto Rice, King Prawns, Chicken, Peas and Chorizo
- Decant into chosen oven proof dish
- Top with the Chilli butter portion
- Add 240 mls cold water and agitate slightly
- Bake in a pre-heated 180°C oven or accelerated oven until all the water has been absorbed, the rice is cooked and core temp is achieved.
- Serve with chosen accompaniment

Generated by Nutritics v5.80 on 3rd Oct 2022. Last Modified 3rd Oct 2022.

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 190G SERVING	%RI
Energy(Kj)	1153 kJ	14%	2191 kJ	26%
Energy(kcal)	274 kcal	14%	521 kcal	26%
Fat	9.4 g	13%	18 g	26%
of which saturates	4.3 g	22%	8.2 g	41%
Carbohydrate	34 g	13%	65 g	25%
of which sugars	1 g	1%	2 g	2%
Fibre	1.4 g	6%	2.6 g	10%
Protein	13 g	26%	24 g	48%
Salt	1.8 g	30%	3.5 g	58%

CONTAINS:



MILK



CRUSTACEANS

MAY CONTAIN:



OATS, WHEAT,
BARLEY, RYE



SOYA

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MENU

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EASY TO PREPARE



SERVES

1

MOROCCAN EGGS FLORENTINE

Free range poached egg, chilli buttered spinach, toasted muffin, harissa spiced hollandaise

Recipe Ingredients...	Quantity:	Description:
10156 Brakes Hollandaise Sauce - BRAKES	50g	
113113 Spicentice Harissa Rub - BRAKES	10g	
30866 Ardo Freeflow Spinach Leaves - BRAKES	50g	
127210 Red Chilli Butter Portions - BRAKES	10g	1x Each
2815 La Boulangerie English Muffins - BRAKES	36g	0.5x Each
127620 Brakes British Free Range Poached Eggs - BRAKES	45g	1x Each

Cooking Instructions & Notes

Prep

- No prep required

Method

- Cut the muffin in half laterally
- Combine the Harissa Spice with the Hollandaise Sauce and decant into a microwavable container. Cover with clingfilm
- Decant the spinach into a microwavable container with the portion of chilli butter and cover with clingfilm
- Place the Harissa hollandaise and the Spinach into the microwave until core temp is achieved
- Toast the half muffin
- Microwave the poached egg as per pack instructions
- Assemble on chosen plate. Muffin, Spinach, Poached Egg and finish with the Harissa Hollandaise

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 2016 SERVING	%RI
Energy(kJ)	758 kJ	9%	1523 kJ	18%
Energy(kcal)	182 kcal	9%	366 kcal	18%
Fat	13 g	19%	25 g	36%
of which saturates	5 g	25%	10 g	50%
Carbohydrate	11 g	4%	21 g	8%
of which sugars	2 g	2%	4 g	4%
Fibre	1.2 g	5%	2.4 g	10%
Protein	5.9 g	12%	12 g	24%
Salt	0.66 g	11%	1.3 g	22%

CONTAINS:



WHEAT



EGGS



MILK



SOYA

MAY CONTAIN:



SESAME

OTHER PROPERTIES:



VEGETARIAN

BACK TO MENU

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SKILL REQUIRED



SERVES

40

NORTH AFRICAN STYLE COUS COUS

Spiced couscous with apricots, sultanas, red & green peppers, candied orange peel, mint, coriander & pomegranate, garlic & lemon dressing, khobez bread

Recipe Ingredients ...	Quantity:	Description:
89414 Brakes Moroccan Style Couscous - BRAKES	6kg	1x Each
113885 Herb Bunched Coriander - BRAKES	100g	1x Each
113882 Premium Large Mint Bunch - BRAKES	100g	1x Each
450149 Pomegranate	300g	
129213 Brakes Garlic Aioli - BRAKES	1kg	1x Each
114218 Lemons - BRAKES	200g	2x Each
112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml - BRAKES	700g	1x Each
57409 Brakes 8" White Khobez Bread - BRAKES	6kg	100x Each

Cooking Instructions & Notes

Prep

- Deseed the pomegranate
- Soak the cous cous in an equal amount of boiling water. Allow to stand then fluff up with a whisk
- Wash, pick and chop the herbs
- Combine the Aioli with the zest and juice of the lemons. Transfer to a drizzle bottle

Method

- Warm the cous cous back through , covered in the oven, microwave or steam
- Finish with the chopped herbs and pomegranate seeds
- Alternatively serve the cous cous after stage 1 as it doesn't take long to make to order
- Char the flatbreads over a gas flame or chargrill for approx. 10 seconds
- Serve with the cous cous and sauce and chosen pulled meat or tagine

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 360G SERVING	%RI
Energy(kJ)	1303 kJ	16%	4690 kJ	56%
Energy(kcal)	309 kcal	15%	1112 kcal	56%
Fat	5.9 g	8%	21 g	30%
of which saturates	0.6 g	3%	2.2 g	11%
Carbohydrate	52 g	20%	188 g	72%
of which sugars	6.9 g	8%	25 g	28%
Fibre	4.9 g	20%	17 g	68%
Protein	9.3 g	19%	34 g	68%
Salt	1.4 g	23%	4.9 g	82%

CONTAINS:



WHEAT



EGGS



MUSTARD



SULPHITES

MAY CONTAIN:



SESAME

OTHER PROPERTIES:



VEGETARIAN

BACK TO MENU

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MEDITERRANEAN STRETCH EXPLORER

WATCH
OUR
VIDEO

brakes
a Sysco company

SKILL REQUIRED



SERVES

1

SHAKSHUKA

Traditional North African dish, baked free range eggs, slow cooked spicy tomato & pepper sauce, grilled sourdough bread

Recipe Ingredients ...	Quantity:	Description:
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	111g	2x Each
13007 Red Peppers - BRAKES	200g	
10469 Cooking Onions - BRAKES	200g	
13120 Peeled Garlic - BRAKES	10g	
33585 Brakes Paprika - BRAKES	3g	
113113 Spicentice Harissa Rub - BRAKES	3g	
34002 Brakes Ground Cumin - BRAKES	3g	
115043 Maggi Rich & Rustic Tomato Sauce 800g - BRAKES	250g	
113881 Herb Bunched Flat Leaf Parsley - BRAKES	2g	
113885 Herb Bunched Coriander - BRAKES	2g	
113099 La Boulangerie Artisan Plain Sourdough Loaves - BRAKES	100g	
2032 Brakes White Wine Vinegar - BRAKES	30ml	
114961 Tate & Lyle Granulated Cane Sugar 1kg - BRAKES	25g	
87468 Brakes Non-Stick Fry, Cook & Bake Spray	4.1g	(auto-calculated)

Cooking Instructions & Notes

Prep:

- Chop the peppers, onions & garlic
- Pick the parsley and coriander leaves
- Defrost the bread and slice

Method:

1. Add some olive oil to a pan and sauté the peppers, onions and garlic for 3-4 mins or until soft
2. Add paprika, harissa and cumin, cook out for 2 mins
3. Add tomatoes, sugar and vinegar and simmer for 8-10 mins - season to taste
4. Remove from the heat and allow to cool
5. Pour the Shakshuka sauce into a your choice of cooking/ serving dish or pan
6. Using the back of a large spoon, make 2 dips in the sauce
7. Crack the eggs into each one of the dips
8. Cook over a low heat for a couple of minutes
9. Place the dish into an oven and continue to cook for 3-5 mins ensuring the yolks are still runny
10. Remove from oven and scatter over the coriander and parsley
11. Serve with toasted crusty sourdough bread for dunking

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 943G SERVING	%RI
Energy(Kj)	389 kJ	5%	3674 kJ	44%
Energy(kcal)	93 kcal	5%	873 kcal	44%
Fat	2.6 g	4%	24 g	34%
of which saturates	0.6 g	3%	5.4 g	27%
Carbohydrate	13 g	5%	124 g	48%
of which sugars	6.9 g	8%	65 g	72%
Fibre	1.3 g	5%	12 g	48%
Protein	3.5 g	7%	33 g	66%
Salt	0.27 g	5%	2.5 g	42%

CONTAINS:



WHEAT, RYE



EGGS



SULPHITES

MAY CONTAIN:



HAZELNUTS,
ALMONDS,
WALNUTS



MILK



SESAME



SOYA

OTHER PROPERTIES:



VEGETARIAN

BACK TO
MENU

MEDITERRANEAN STRETCH PLANT FORWARD



EASY TO PREPARE



SERVES

2

LEVANT SHARING PLATTER

Sharing platter, mozzarella, padron peppers, spiced houmous, sweet potato falafel, olives, stuffed peppers, grilled artichokes, marinated onions & flat bread

Recipe Ingredients ...	Quantity:	Description:
114218 Lemons - BRAKES	100g	1x Each
114212 Chillies Red - BRAKES	3g	
113885 Herb Bunched Coriander - BRAKES	3g	
116170 Cows Milk Mini Mozzarella Balls - BRAKES	50g	
124179 Padron Peppers - BRAKES	125g	
121395 Brakes Smoked Houmous with Harissa - BRAKES	100g	
13609 Brakes Chickpeas in Water - BRAKES	30g	
450149 Pomegranate - BRAKES	85g	0.25x Each
129174 Gosh! Sweet Potato Falafel Bites - BRAKES	88g	4x Each
119648 Cypress Market Mix Olives (Whole) - BRAKES	100g	
74541 Peppers Stuffed with Cream Cheese - BRAKES	150g	
124987 Roasted Artichoke Quarters in Sunflower Oil (1.4kg Drained Weight) - BRAKES	100g	
119654 Whole Borettane Onions In Balsamic Vinegar - BRAKES	100g	
57409 Brakes 8" White Khobez Bread - BRAKES	120g	2x Each
100262 Veraneo Extra Virgin Olive Oil - BRAKES	20g	
113113 Spicentice Harissa Rub - BRAKES	1g	
131417 Brakes Black Onion Seeds - BRAKES	1g	
9802 Brakes Extended Life Rapeseed Oil	1.6g	(auto-calculated)

Cooking Instructions & Notes

Stage One

Red Chilli - Deseed and finely chop, place into mixing bowl
Lemon - Zest 1/2 into the bowl
Coriander - Finely chop
Remove mozzarella from packaging, pat dry
Add to bowl season with salt and pepper and a little olive oil
Toss thoroughly and leave to one side

Stage Two

Chickpeas - Drain and pat dry
Place into fryer at 180°C and fry for 1 min
Allow to drain and add to a mixing bowl
Sprinkle Harissa and salt, toss thoroughly

Stage Three

Throw Padron peppers on the char grill and move around until charred
Remove from grill and drizzle in a little olive oil season with salt

Stage Four

Lemon - Cut into 4 slices, chargrill on each side for 1 min or until the grill marks appear
Pomegranate - Cut into 4 then cut 1 quarter into 3 pieces

Stage Five

Place the falafel into the fryer at 180°C for approx. 3 mins and cooked through
Drain on kitchen paper

Presentation

Choose a platter of your choice
Spoon houmous on the plate, smear with the back on the spoon
Build the dish with the remaining ingredients
Sprinkle onion seeds all over
Serve with warm Khobez Bread

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 589G SERVING	%RI
Energy(Kj)	674 kJ	8%	3966 kJ	47%
Energy(kcal)	162 kcal	8%	952 kcal	48%
Fat	9.7 g	14%	57 g	81%
of which saturates	1.9 g	10%	11 g	55%
Carbohydrate	13 g	5%	78 g	30%
of which sugars	4.1 g	5%	24 g	27%
Fibre	2.4 g	10%	14 g	56%
Protein	4.1 g	8%	24 g	48%
Salt	1.1 g	18%	6.3 g	105%

CONTAINS:



WHEAT



MILK



SESAME

BACK TO
MENU

Product disclaimer

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EASY TO PREPARE



SERVES

1

SMOKED HARISSA HOUMOUS

Chickpeas, oak smoked chickpeas, roasted sesame tahini, harissa. Pomegranate seeds, cucumber batons & sourdough pita bread

Recipe Ingredients ...	Quantity:	Description:
121395 Brakes Smoked Houmous with Harissa - BRAKES	100g	
450649 Cucumbers CLASS II - BRAKES	100g	
74817 Pomegranate Seeds - BRAKES	10g	
127292 Supernature Oil Lemon Infused Cold Pressed Rapeseed Oil - BRAKES	5g	
123352 La Boulangerie Sourdough & Ancient Grain Pita - BRAKES	87g	1x Each

Cooking Instructions & Notes

Prep:

No prep required

Method:

- Spoon the houmous onto chosen plate. Using a circular motion in the centre, create a ring with a well in the middle
- Cut cucumber into batons
- Scatter over the pomegranate seeds
- Drizzle over the lemon oil
- Toast the sourdough pita
- Serve

Generated by Nutritics v5.79 on 28th Sep 2022

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 302G SERVING	%RI
Energy(kJ)	797 kJ	9%	2406 kJ	29%
Energy(kcal)	191 kcal	10%	576 kcal	29%
Fat	9.9 g	14%	30 g	43%
of which saturates	0.9 g	5%	2.7 g	14%
Carbohydrate	19 g	7%	56 g	22%
of which sugars	2 g	2%	6 g	7%
Fibre	2.9 g	12%	8.9 g	36%
Protein	5.2 g	10%	16 g	32%
Salt	0.65 g	11%	2 g	33%

CONTAINS:



WHEAT, RYE



SESAME

OTHER PROPERTIES:



VEGETARIAN



VEGAN

BACK TO MENU

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SKILL REQUIRED



SERVES

1

RATATOUILLE PASTA
Mediterranean vegetables, rich tomato sauce, penne pasta

BACK TO MENU

Recipe Ingredients...	Quantity:	Description:
34415 Cooked Frozen Penne Pasta (Quills) - BRAKES	200g	
19839 Brakes Chopped Tomatoes in Tomato Juice - BRAKES	65g	
28326 Brakes Tomato Paste - BRAKES	5g	
10291 Large Onions 2.5kg - BRAKES	25g	
10439 Fresh Garlic - BRAKES	2g	
113879 Premium Large Basil Bunch - BRAKES	2g	
31026 Brakes Roasted Mediterranean Vegetable Medley - BRAKES	150g	

Cooking Instructions & Notes

Mis en Place / Prep:

- Brakes Roasted Mediterranean Vegetable Medley - Defrost
- Large Onions - Peel and dice
- Fresh Garlic - Peel and chop
- Premium Large Basil Bunch - Pick and cut

Method:

- Place a pan onto a moderate heat, add oil and once hot add the onions & garlic to cook until soft
- Now add the Mediterranean vegetables and cook out for 5 mins
- Next add the tomato puree, stir into the vegetables and cook out for 1 min
- Pour in the chopped tomatoes, stir well & simmer gently for 3 mins, add seasoning to taste
- Meanwhile place the penne in the microwave and cook for approx. 2 mins on high power
- Decant the penne pasta into your chosen dish, add the basil to the ratatouille, stir well
- Spoon the ratatouille over the pasta and serve

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Food Labeling...

EU Label values per 100g

	PER 100G	%RI	PER 193G SERVING	%RI
Energy(kJ)	955 kJ	11%	1844 kJ	22%
Energy(kcal)	226 kcal	11%	436 kcal	22%
Fat	1.3 g	2%	2.5 g	4%
of which saturates	0.3 g	2%	0.6 g	3%
Carbohydrate	43 g	17%	83 g	32%
of which sugars	5 g	6%	9.6 g	11%
Fibre	4.1 g	16%	8 g	32%
Protein	8.4 g	17%	16 g	32%
Salt	0.04 g	1%	0.07 g	1%

CONTAINS:



WHEAT

MAY CONTAIN:



EGGS



SOYA

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SKILL REQUIRED



SERVES

40

ROASTED VEGETABLE TAGINE

Butternut, red pepper, aubergine, courgette, harissa, slow cooked spiced tomato sauce & chickpeas

BACK TO MENU

Recipe Ingredients ...	Quantity:	Description:
12083 Butternut Squash - BRAKES	3.9kg	5x Each
525271 Red Peppers - BRAKES	3kg	3x Each
123190 Green Courgettes BB - BRAKES	3kg	3x Each
10281 Aubergine - BRAKES	3kg	9x Each
113113 Spicentice Harissa Rub - BRAKES	180g	1x Each
29080 Cold Pressed Rapeseed Oil	600ml	
10469 Cooking Onions - BRAKES	1.5kg	
13120 Peeled Garlic - BRAKES	120g	
117819 Ardo Diced Ginger - BRAKES	125g	0.5x Each
113112 Spicentice Ras El Hanout Rub - BRAKES	360g	2x Each
28326 Brakes Tomato Paste - BRAKES	400g	0.5x Each
19839 Brakes Chopped Tomatoes in Tomato Juice - BRAKES	6.4kg	8x Each
13609 Brakes Chickpeas in Water - BRAKES	1.6kg	2x Each
113885 Herb Bunched Coriander - BRAKES	200g	2x Each
133531 Violife Greek Style White Block 200g - BRAKES	800g	4x Each

Cooking Instructions & Notes

Prep

- Peel, half and de-seed the butternut squash. Cut into large Batons/wedges approx 3cm x 8cm.
- Cut the pepper into 6 lengthways. Remove the seeds and stalk.
- Top and tail the courgettes. Cut them horizontally into 3 cylinders. Cut each cylinder in half lengthways
- Trim the stalk from the aubergine. Cut them horizontally into 3 thick rounds. Then cut each round into thick wedges lengthways. trim the point of each wedge to create a thick, skin on baton

Method

- Toss the vegetables separately in the harissa and 360ml of oil. Set aside in roasting trays
- Peel and slice the onions, chop the garlic and ginger to a paste.
- Fry on a low to medium heat in the remaining oil without browning. Add the Ras el Hanout and cook out for 5 mins
- Add the tomato paste and cook out for a further 5 mins.
- Add the tinned tomatoes and half a tin measure of water. Cover with a greaseproof cartouche and foil. Braise in a 160°C oven for 2 - 3 hours.
- Meanwhile thoroughly drain the chickpeas. Toss in some oil and the remaining ras El Hanout and roast to crisp. Alternatively deep fry and post season with the spice mix.
- Chop the coriander and crumble the Greek style white block and set aside
- To serve. Roast off the veg. Combine with the sauce and finish with the crispy chickpeas, crumbled cheese and chopped coriander
- Note the veg is chunky so ensure it is well cooked. It will hold in the sauce well in advance of serving

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 630G SERVING	%RI
Energy(Kj)	287 kJ	3%	1808 kJ	22%
Energy(kcal)	69 kcal	3%	434 kcal	22%
Fat	3.9 g	6%	25 g	36%
of which saturates	1.1 g	6%	6.8 g	34%
Carbohydrate	6 g	2%	38 g	15%
of which sugars	3.5 g	4%	22 g	24%
Fibre	1.5 g	6%	9.2 g	37%
Protein	1.8 g	4%	11 g	22%
Salt	0.16 g	3%	1 g	17%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

EASY TO PREPARE



SERVES

1

BEEF LASAGNE

Red Tractor assured beef bolognaise, bechamel sauce, pasta,, rosemary crumb & pesto. British green beans & garlic butter

Recipe Ingredients ...	Quantity:	Description:
134298 KK Beef Lasagne - BRAKES	400g	1x Each
4745 Brakes Whole Green Beans Extra Fine - BRAKES	100g	0.07x Each
127207 Garlic & Parsley Butter Portions - BRAKES	10g	1x Each

Cooking Instructions & Notes

Mise en Place

- no prep required

Method

- Reheat the lasagne in accordance with the manufacturer's guidelines
- Heat the beans
 - top with the garlic butter
- Serve on your chosen crockery

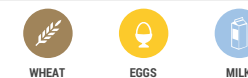
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Food Labelling...

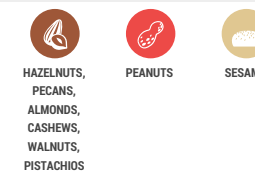
EU Label values per 100g

	PER 100G	%RI	PER 510G SERVING	%RI
Energy(Kj)	617 kJ	7%	3148 kJ	37%
Energy(kcal)	148 kcal	7%	755 kcal	38%
Fat	8.8 g	13%	45 g	64%
of which saturates	3.3 g	17%	17 g	85%
Carbohydrate	10 g	4%	53 g	20%
of which sugars	2.4 g	3%	12 g	13%
Fibre	1.4 g	6%	7.2 g	29%
Protein	6.1 g	12%	31 g	62%
Salt	0.61 g	10%	3.1 g	52%

CONTAINS:



MAY CONTAIN:



BACK TO MENU

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EASY TO PREPARE



SERVES

1

SLOW COOKED BRISKET & PORCINI MASH

Slow cooked beef from the British Isles, seasonal root vegetables, porcini mashed potato, red wine gravy

Recipe Ingredients ...	Quantity:	Description:
128742 Sysco Premium Beef and Red Wine Gravy - BRAKES	75g	1x Each
117911 Brakes Slow Cooked Hickory Smoked BBQ Beef Brisket - BRAKES	250g	1x Each
450694 Carrots - BRAKES	50g	
130259 Mashed Potatoes with Paris Mushroom and Ceps - BRAKES	150g	
10477 Swede - BRAKES	50g	
10326 Turnips - BRAKES	50g	
134194 Pinguin Celeriac Puree - BRAKES	30g	
113881 Herb Bunched Flat Leaf Parsley - BRAKES	5g	

Cooking Instructions & Notes

Prep:

- Peel and dice the root vegetables
- Defrost the brisket
- Defrost the mash
- Defrost the celeriac puree
- Chop the parsley

Method:

1. Blanch the root veg in salted boiling water, refresh in iced cold water - drain
2. Remove all the cooking liquor from the brisket pouch - mix with the red wine gravy
3. Place the red wine gravy into a pan and place on a medium heat, when simmering add the brisket
4. Baste the brisket with the sauce, and once it reaches core temperature add the blanched root veg - simmer for approx. 5 mins
5. Meanwhile heat the celeriac puree and mash
6. Spoon celeriac puree onto the plate along with the mash, then add the brisket
7. Finish with the root veg and finally the red wine sauce and chopped parsley - serve

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 660G SERVING	%RI
Energy(Kj)	416 kJ	5%	2747 kJ	33%
Energy(kcal)	99 kcal	5%	654 kcal	33%
Fat	3.4 g	5%	22 g	31%
of which saturates	1.6 g	8%	10 g	50%
Carbohydrate	7.4 g	3%	49 g	19%
of which sugars	3.4 g	4%	22 g	24%
Fibre	1.3 g	5%	8.6 g	34%
Protein	9.1 g	18%	60 g	120%
Salt	0.44 g	7%	2.9 g	48%

CONTAINS:



MAY CONTAIN:



BACK TO MENU

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SKILL REQUIRED



SERVES

4

CAULIFLOWER SOUFFLÉ
Classic soufflé, cauliflower, mustard, cheese, rich rarebit sauce

Recipe Ingredients ...	Quantity:	Description:
10376 Cauliflower - BRAKES	200g	
70219 Brakes Fresh Whole Milk - BRAKES	300ml	
74826 Brakes Unsalted Butter - BRAKES	100g	
470703 Plain Flour - BRAKES	60g	
74903 Brakes Hot Mustard Rarebit Topper - BRAKES	50g	
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	224g	4x Each
115963 Bella Lodi Italian Grated Hard Cheese - BRAKES	20g	
2032 Brakes White Wine Vinegar - BRAKES	5ml	
5946 Brakes Cornflour - BRAKES	5g	

Cooking Instructions & Notes

Prep

- Roughly cut the cauliflower or cauliflower trimmings excluding the leaves

Method

- Cook the cauliflower in the milk on a medium heat until the cauliflower is completely soft
- Strain the cauliflower, reserving the milk
- In a pan melt 60g of the butter and add the flour. Cook until a sandy consistency is formed
- Gradually add the milk until a thick smooth white sauce is made
- Take approx one third of the sauce and add the hot mustard rarebit. Continue to cook until you have smooth sauce. Thin with milk or cream if necessary and season to taste
- Blitz the remaining sauce with the cauliflower with a stick blender until smooth. Season to taste
- Set aside to cool
- Meanwhile split the eggs ensuring no egg yolk contaminates the whites. Note the eggs are best used at room temperature for this recipe
- Add the egg yolks to the cauliflower sauce. This can now be chilled and will keep for 3 days
- Melt the remaining butter and grease 4 Ramekins. Next dust with the Bella Lodi cheese. Chill the dishes until required
- Combine the White Wine vinegar with the cornflour
- Add to the egg whites and whisk on the mixer in a clean metal bowl until peaks form
- Take the chilled cauliflower sauce mix and add a little of the whipped egg whites to loosen the sauce
- Carefully fold in the remaining whipped egg whites
- Fill the lined ramekins. Flatten with a palette knife and run your pinched 1st finger and thumb around the rim of each ramekin
- Bake for 10 mins in a 180°C pre-heated fan oven
- Meanwhile heat up the Hot Mustard Rarebit Sauce
- Serve the soufflé immediately with the sauce alongside. At the table make a hole in the centre top of the soufflé and pour in the sauce

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 241G SERVING	%RI
Energy(kj)	773 kJ	9%	1862 kJ	22%
Energy(kcal)	186 kcal	9%	448 kcal	22%
Fat	14 g	20%	34 g	49%
of which saturates	7.8 g	39%	19 g	95%
Carbohydrate	7.4 g	3%	18 g	7%
of which sugars	2.2 g	2%	5.3 g	6%
Fibre	0.6 g	2%	1.4 g	6%
Protein	6.9 g	14%	17 g	34%
Salt	0.26 g	4%	0.63 g	11%

CONTAINS:



WHEAT



EGGS



MILK



MUSTARD



SULPHITES

OTHER PROPERTIES:



VEGETARIAN

BACK TO MENU

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SKILL REQUIRED



SERVES

1

PAN FRIED HAKE
MSC hake, saffron risotto, British garden peas, chimichurri sauce

Recipe Ingredients...	Quantity:	Description:
32655 M&J Seafood Extra Large MSC Hake Fillets - BRAKES	113g	0.5x Each
134683 Brakes Chimichurri Sauce	25g	
4753 Brakes Choice Garden Peas - BRAKES	40g	
130752 Gallo Pronto Saffron Risotto Base - BRAKES	70g	
23327 Isigny PDO Unsalted Butter Roll 250g - BRAKES	10g	
10481 Curly Parsley - BRAKES	3g	
74818 Pea Shoots - BRAKES	3g	
10473 Spring Onions Bunch - BRAKES	10g	

Cooking Instructions & Notes

Prep:

- Defrost the hake - dry on kitchen paper
- Defrost the peas
- Slice the spring onions
- Chop the parsley

Method:

1. Add a little oil to a pan, place on a moderately high heat, when hot add the hake
2. Colour on one side and place in an oven at 180°C for approx. 5 mins
3. Meanwhile cook the risotto as per pack instructions
4. When it's almost cooked, add the peas, chopped parsley and finish with a knob of butter
5. Spoon the risotto into a bowl, top with the hake and finish with the chimichurri, spring onions and pea shoots
6. Serve

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 274G SERVING	%RI
Energy(kJ)	848 kJ	10%	2323 kJ	28%
Energy(kcal)	202 kcal	10%	553 kcal	28%
Fat	7.9 g	11%	22 g	31%
of which saturates	2.6 g	13%	7.2 g	36%
Carbohydrate	22 g	8%	59 g	23%
of which sugars	1 g	1%	2.6 g	3%
Fibre	1.1 g	4%	3.1 g	12%
Protein	10 g	20%	29 g	58%
Salt	0.8 g	13%	2.2 g	37%

CONTAINS:



MLK



FISH

MAY CONTAIN:



OATS, WHEAT,
BARLEY, RYE



CELERY



MUSTARD



SOYA

BACK TO MENU

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EASY TO PREPARE



SERVES

1

PERI PERI CHICKEN WINGS & HOMEMADE 'SLAW

British chicken wings, peri peri sauce, seasonal coleslaw, peri-naise dressing

Recipe Ingredients...	Quantity:	Description:
105625 Steam Cooked 2 Joint Wings - BRAKES	222g	3x Each
450693 Carrots CLASS II - BRAKES	10g	
10233 Radish - BRAKES	10g	
13107 Pointed Cabbage - BRAKES	10g	
455914 Curly Kale - BRAKES	10g	
10214 Red Cabbage - BRAKES	10g	
10332 Lettuce Little Gem - BRAKES	10g	
134898 Red Chicory 500g - BRAKES	10g	10x Each
10519 Radicchio - BRAKES	10g	
10467 Savoy Cabbage - BRAKES	10g	
10473 Spring Onions Bunch - BRAKES	10g	
109270 Brakes Peri Peri Sauce - BRAKES	50g	
89703 Brakes Real Mayonnaise - BRAKES	100g	

Cooking Instructions & Notes

Prep

- Wash, top and tail and grate the carrot
- Wash, top and tail and grate the radish if using
- Trim, remove any damaged outer leaves and thinly shred your choice of any of the other produce.
 - Total slaw mix needs to be approx. 100g
- Combine half of the peri peri sauce with the mayonnaise and decant it into a drizzle bottle
- Marinade the chicken wings in the remaining half of the peri peri sauce

Method

- Cook the wings on the chargrill or in a pre-heated 180°C oven or accelerated oven
- Arrange the slaw mix on chosen plate, drizzle over the perinaise or mix it through the slaw and top with the chicken wings
- Option to finish with toasted seeds for extra texture

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 472G SERVING	%RI
Energy(kJ)	990 kJ	12%	4673 kJ	56%
Energy(kcal)	239 kcal	12%	1128 kcal	56%
Fat	20 g	29%	95 g	136%
of which saturates	2.7 g	14%	13 g	65%
Carbohydrate	2.7 g	1%	13 g	5%
of which sugars	1.3 g	1%	6.2 g	7%
Fibre	0.8 g	3%	3.9 g	16%
Protein	11 g	22%	53 g	106%
Salt	0.39 g	7%	1.8 g	30%

CONTAINS:



EGGS



SULPHITES

BACK TO MENU

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EASY TO PREPARE



SERVES

1

SMOKED MACKEREL TARTINE

Hot smoked Scottish mackerel, cooked beetroot, horseradish dressing, grilled artisan sourdough bread

BACK TO MENU

Recipe Ingredients...	Quantity:	Description:
32411 M&J Seafood Scottish Hot Smoked Mackerel Fillets - BRAKES	60g	1x Each
113880 Premium Large Chives Bunch - BRAKES	2g	
15946 Brakes Crème Fraîche - BRAKES	60g	
88387 Brakes Horseradish Sauce - BRAKES	10ml	
105129 Cooked Beetroots - BRAKES	20g	
113099 La Boulangerie Artisan Plain Sourdough Loaves - BRAKES	100g	
10527 Roquette - BRAKES	5g	
127292 Supernature Oil Lemon Infused Cold Pressed Rapeseed Oil - BRAKES	5g	

Cooking Instructions & Notes

Prep

- Remove the skin from the mackerel and coarsely flake by hand
- Wash, dry and finely chop the chives
- Gently wash and salad spin/dry the roquette
- Check, trim and remove any skin from the beetroot. Cut into 1cm dice

Method

- Combine the mackerel, crème fraîche, horseradish and chopped chives. Season to taste
- Cut a slice of the sourdough bread and toast/griddle on both side
- Top with the mackerel mix
- Scatter over the beetroot dice, finish with the roquette and a drizzle of lemon oil

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Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 262G SERVING	%RI
Energy(Kj)	1020 kJ	12%	2672 kJ	32%
Energy(kcal)	244 kcal	12%	639 kcal	32%
Fat	14 g	20%	36 g	51%
of which saturates	5 g	25%	13 g	65%
Carbohydrate	21 g	8%	54 g	21%
of which sugars	2.1 g	2%	5.6 g	6%
Fibre	1 g	4%	2.7 g	11%
Protein	9.1 g	18%	24 g	48%
Salt	1 g	17%	2.7 g	45%

CONTAINS:



MAY CONTAIN:





SKILL REQUIRED



SERVES

1

BURRATA, BEETROOT & MUSHROOMS

Award winning buffalo milk burrata, seasonal beetroot salad, marinated mushrooms, seeds, Scottish truffle oil

Recipe Ingredients ...	Quantity:	Description:
123355 Burrata Mozzarella - BRAKES	100g	1x Each
119656 Marinated & Seasoned Exotic Mushroom Mix (800g drained weight) - BRAKES	10g	
124177 Beetroot Raw - BRAKES	100g	
130609 Brakes Toasted seeds & Grains Topper - BRAKES	10g	
74831 Mixed Micro-Greens - BRAKES	2g	
88386 Brakes Glaze with Balsamic Vinegar of Modena - BRAKES	3g	
86027 Brakes Balsamic Vinegar of Modena - BRAKES	5ml	
450693 Carrots CLASS II - BRAKES	10g	
127291 Supernature Oil Black Truffle Cold Pressed Rapeseed Oil - BRAKES	2g	

Cooking Instructions & Notes

Prep:

- Defrost the burrata - dry on kitchen paper
- Remove the beet top - chop and reserve
- Peel the beet - reserve the trim
- Dice the peeled beet

Method:

1. Blanch the diced beet until tender, refresh in cold water - drain and keep to one side
2. Grate the beet trim and carrot, mix with the chopped beet top and the balsamic vinegar
3. Dress the micro shoots and beet leaf with the truffle oil
4. Place the diced beet on the plate, add the burrata, spoon on the beet and carrot slaw
5. Next add the mushrooms followed by the dressed leaves/micro shoots
6. Finally finish with the seeds and a drizzle of balsamic glaze & extra virgin olive oil - serve

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 242G SERVING	%RI
Energy(Kj)	596 kJ	7%	1442 kJ	17%
Energy(kcal)	143 kcal	7%	347 kcal	17%
Fat	9.9 g	14%	24 g	34%
of which saturates	4.9 g	25%	12 g	60%
Carbohydrate	5.7 g	2%	14 g	5%
of which sugars	4.4 g	5%	11 g	12%
Fibre	1.4 g	6%	3.3 g	13%
Protein	7.2 g	14%	17 g	34%
Salt	0.56 g	9%	1.4 g	23%

CONTAINS:



MILK



SULPHITES

MAY CONTAIN:



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



PEANUTS

OTHER PROPERTIES:



VEGETARIAN

BACK TO MENU

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SKILL REQUIRED



SERVES

1

HAKE AND MUSSEL GREEN THAI CURRY

British MSC Hake, fragrant Thai green curry sauce, mussels

Recipe Ingredients ...	Quantity:	Description:
127613 M&J Seafood British MSC Hake Supremes (Skin on, Boneless) 140-170g - BRAKES	155g	1x Each
33568 Brakes Extended Life Rapeseed Oil - BRAKES	4.7g	(auto-calculated)
115545 Cooked Mussel Meat 100/200 - BRAKES	50g	
128597 Brakes Thai Green Paste - BRAKES	5g	
85106 Kingfisher Oriental Light Coconut Milk 400ml - BRAKES	150ml	
10473 Spring Onions Bunch - BRAKES	10g	
525271 Red Peppers - BRAKES	50g	
113885 Herb Bunched Coriander - BRAKES	5g	

Cooking Instructions & Notes

- **Mise en Place**
 - Defrost hake
 - Drain bamboo shoots and set aside
 - Slice spring onion into 1.5 inch pieces
 - Cut red peppers into strips
- **Method**
 - In the first pan,
 - Cook the hake skin side down over a medium to high heat
 - Cook two thirds through then turn and reduce the heat
 - In a second pan,
 - Sear the spring onion on a high heat
 - Add the red peppers and sweat down
 - Add the green Thai curry paste and sauté to release the flavours
 - Pour in the coconut milk
 - Add the frozen mussel meat and simmer until core temperature is reached
 - Microwave the savoy cabbage according to manufacturer's guidelines
 - Place the cabbage in the centre of your chosen serving bowl
 - Pour the Thai mussel curry around the cabbage, ensuring even distribution of all the ingredients
 - Place the hake on top of the cabbage
 - Garnish with the coriander

Generated by Nutritics v5.79 on 28th Sep 2022

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 430G SERVING	%RI
Energy(kJ)	359 kJ	4%	1543 kJ	18%
Energy(kcal)	86 kcal	4%	369 kcal	18%
Fat	4.5 g	6%	19 g	27%
of which saturates	2.1 g	11%	9.2 g	46%
Carbohydrate	2.1 g	1%	9.1 g	4%
of which sugars	1.3 g	1%	5.5 g	6%
Fibre	0.5 g	2%	1.3 g	5%
Protein	9.1 g	18%	39 g	78%
Salt	0.19 g	3%	0.8 g	13%

CONTAINS:



FISH



MOLLUSCS

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EASY TO PREPARE



SERVES



CAULIFLOWER KIMCHI

Salted & fermented cauliflower leaves, carrots & spring onions

Recipe Ingredients...	Quantity:	Description:
10376 Cauliflower - BRAKES	3.66kg	3x Each
4349 Costa Fine Sea Salt 750g - BRAKES	30g	
450693 Carrots CLASS II - BRAKES	200g	
10233 Radish - BRAKES	125g	1x Each
10473 Spring Onions Bunch - BRAKES	100g	1x Each
10439 Fresh Garlic - BRAKES	20g	
10380 Ginger - BRAKES	20g	
112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml - BRAKES	30g	
350098 Tate & Lyle Caster Sugar 2kg - BRAKES	30g	
127153 Mikado Rice Vinegar CASE - BRAKES	50ml	
115074 Amoy Light Soy Sauce 150ml - BRAKES	30g	0.2x Each

Cooking Instructions & Notes

Prep/Method

1. Remove the outer leaves from the cauliflowers. You need 400g. Use the florets and ribs for another recipe.
2. Cut the leaves into 2cm strips. Toss thoroughly in the salt and set aside for at least 1 hr
3. Top, tail, wash and coarsely grate the carrot
4. Remove the root and any damaged outer leaves from the spring onion. Wash and thinly slice
5. Trim, wash and coarsely grate the radish
6. Peel the garlic and the ginger and blitz to a paste with the sugar, vinegar, sriracha and soy sauce.
7. Wash the salted cauliflower leaves. Dry thoroughly in a salad spinner
8. Combine with the radish, carrot, spring onion and the paste
9. Transfer to sterilised Kilner Jar(s) and leave to ferment at room temperature for 24 hrs
10. Store in the fridge and serve as required
11. The Kimchi will keep for up to 2 weeks in the fridge

Generated by Nutritics v5.79 on 28th Sep 2022

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 537G SERVING	%RI
Energy(Kj)	172 kJ	2%	924 kJ	11%
Energy(kcal)	41 kcal	2%	220 kcal	11%
Fat	0.8 g	1%	4.4 g	6%
of which saturates	0.2 g	1%	1 g	5%
Carbohydrate	4.2 g	2%	23 g	9%
of which sugars	3.3 g	4%	18 g	20%
Fibre	1.8 g	7%	9.6 g	38%
Protein	3.3 g	7%	18 g	36%
Salt	0.84 g	14%	4.5 g	75%

CONTAINS:



WHEAT



SOYA



SULPHITES

MAY CONTAIN:



SESAME

OTHER PROPERTIES:



VEGETARIAN



VEGAN

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EASY TO PREPARE



SERVES

1

WILD MUSHROOM SOUP
Smooth mushroom soup, mixed wild mushrooms, sunflower oil

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Recipe Ingredients...	Quantity:	Description:
124773 Little & Cull Wild Mushroom Soup - BRAKES	300g	0.19x Each
119656 Marinated & Seasoned Exotic Mushroom Mix (800g drained weight) - BRAKES	100g	0.1x Each
113878 Herb Bunched Tarragon - BRAKES	4g	1x Average Portion

Cooking Instructions & Notes

Mise en Place:

- Portion or defrost the soup depending on number of servings required

Preparation:

- Reheat the soup according to the manufacturer's guidelines
- Serve in chosen bowl with marinated mushrooms placed on top
- Garnish with tarragon

Generated by Nutritics v5.79 on 28th Sep 2022

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 404G SERVING	%RI
Energy(kJ)	232 kJ	3%	937 kJ	11%
Energy(kcal)	56 kcal	3%	225 kcal	11%
Fat	3.7 g	5%	15 g	21%
<i>of which saturates</i>	0.3 g	2%	1.3 g	7%
Carbohydrate	3.7 g	1%	15 g	6%
<i>of which sugars</i>	1.1 g	1%	4.4 g	5%
Fibre	1 g	4%	3.9 g	16%
Protein	1.5 g	3%	6.2 g	12%
Salt	0.94 g	16%	3.8 g	63%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

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SKILL REQUIRED



SERVES

6

CAULIFLOWER RIBS

Marinated cauliflower stalks, karaage style coating, Gochjang sauce, homemade cauliflower leaf kimchi

Recipe Ingredients...	Quantity:	Description:
10376 Cauliflower - BRAKES	3.66kg	3x Each
10439 Fresh Garlic - BRAKES	30g	
10380 Ginger - BRAKES	30g	
124866 Kikkoman Soy Sauce 1L - BRAKES	40g	
127153 Mikado Rice Vinegar CASE - BRAKES	20ml	
350098 Tate & Lyle Caster Sugar 2kg - BRAKES	5g	
5946 Brakes Cornflour - BRAKES	100g	
134614 FREEE Gluten Free Rice Flour - BRAKES	100g	1x Each
128591 Pureety Classic Korean Gochujang Sauce - BRAKES	20g	
Cauliflower Kimchi	60g	

Cooking Instructions & Notes

Prep

- Remove the outer leaves from the cauliflowers. Cut the green leaves to leave the white "Rib" part. Use the florets and leaves in another recipe.
- Trim the Ribs into strips approximately 2cm thick and 10cm long. It doesn't have to be precise and a little green left is no issue
- Boil or steam the cauliflower ribs until tender. This may take 20 minutes. Drain and allow to cool
- Peel the garlic and the ginger. Blitz to a paste with the Soy, Vinegar and Sugar
- Rub the cauliflower ribs all over with the paste. Set aside until required.

Method

- Heat the fryer to 180°C
- Combine the rice flour and the cornflour
- Dredge the marinated cauliflower ribs in the flour mix. Deep fry until golden
- Drain the cauliflower ribs thoroughly
- Toss in a bowl with the Kimchi and Gochujang sauce. Serve immediately

Generated by Nutritics v5.80 on 3rd Oct 2022. Last Modified 3rd Oct 2022.

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 678G SERVING	%RI
Energy(kJ)	233 kJ	3%	1578 kJ	19%
Energy(kcal)	55 kcal	3%	374 kcal	19%
Fat	0.9 g	1%	6 g	9%
of which saturates	0.2 g	1%	1.3 g	7%
Carbohydrate	7.3 g	3%	49 g	19%
of which sugars	2.6 g	3%	18 g	20%
Fibre	1.8 g	7%	12 g	48%
Protein	3.7 g	7%	25 g	50%
Salt	0.22 g	4%	1.5 g	25%

CONTAINS:



WHEAT



SOYA



SULPHITES

OTHER PROPERTIES:



VEGETARIAN



VEGAN

BACK TO MENU

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SKILL REQUIRED



SERVES

1

CAULIFLOWER STEAKS

Pan roasted cauliflower steak, herbed breadcrumbs, micro herbs, Lemon infused Scottish cold pressed rapeseed oil

Recipe Ingredients ...	Quantity:	Description:
10376 Cauliflower - BRAKES	300g	0.25x Each
131422 Brakes Spicy Chip Seasoning - BRAKES	20g	
129927 Brakes Essentials Olive Pomace Oil Blend - BRAKES	50ml	
131110 Jacksons Thick Sliced White Bread - BRAKES	100g	
113881 Herb Bunched Flat Leaf Parsley - BRAKES	20g	
113874 Herb Bunched Thyme - BRAKES	20g	
114218 Lemons - BRAKES	50g	0.5x Each
127292 Supernature Oil Lemon Infused Cold Pressed Rapeseed Oil - BRAKES	10g	

Cooking Instructions & Notes

Prep

- Blitz the bread (2 slices) until medium fine breadcrumbs are formed
- Wash pick and chop the parsley and the thyme
- Cut the cauliflower through the centre and through the middle of the stem. Then cut a steak approximately 2cm thick again through the stem. A whole cauliflower will give you 2 good sized steaks

Method

- Season the cauliflower with the spicy seasoning and fry in the olive oil for 2 mins each side until nicely coloured
- Remove the cauliflower steak from the pan and transfer to a baking sheet and place in a 180°C oven
- Meanwhile fry the breadcrumbs to a light golden colour in the same pan the cauliflower steaks were cooked in
- Stir in the chopped herbs, zest and juice of lemon. Season to taste.
- Present the cauliflower steak on chosen plate topped with the breadcrumbs. Finish with the micro red basil and drizzle with the lemon oil

Generated by Nutritics v5.80 on 3rd Oct 2022. Last Modified 3rd Oct 2022.

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 570G SERVING	%RI
Energy(kJ)	738 kJ	9%	4204 kJ	50%
Energy(kcal)	177 kcal	9%	1010 kcal	51%
Fat	12 g	17%	67 g	96%
of which saturates	1.2 g	6%	6.8 g	34%
Carbohydrate	13 g	5%	73 g	28%
of which sugars	2.2 g	2%	12 g	13%
Fibre	2.3 g	9%	13 g	52%
Protein	4 g	8%	23 g	46%
Salt	1.8 g	30%	10.5 g	175%

CONTAINS:



OATS, WHEAT, BARLEY, RYE



VEGETARIAN



VEGAN

VEGETARIAN

VEGAN

VEGETARIAN

VEGAN

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