

VEGANUARY

MENU SUPPORT

Showcasing a selection of new and classic products to support your Veganuary 2023 offering.
A range of dishes collected into key cuisine trends and ease of preparation,
all with supporting specs and allergen information



INTRODUCTION
PLANT BASED DINING FOR VEGANUARY

TREND DRIVEN PLANT BASED MENU ENHANCEMENTS FOR VEGANUARY

Dining out continues to be the biggest challenge for people, according to Veganuary. Having compelling plant-based and vegan choices available can be a great opportunity.

One vegan or vegetarian person in a party can influence where the whole group dines. Consumers making conscious choices with their diet will typically scan a menu before choosing or recommending somewhere to eat out. If they can't see something they want to eat, they are likely to influence the whole group to go somewhere else. With people's dietary choices being so varied on the vegan, vegetarian, flexitarian spectrum, it's important to have dishes everyone will love.

The good news is, it's not difficult to choose exciting ingredients and dishes that flex across your whole menu. If you're looking to add more options to your offer, we can help

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 a complete recipe with associated allergen and nutritional information.

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 specs suitable for all skill levels and importantly highlighting allergens and nutritional. The dishes are grouped into key trends and contain a range of dishes, balanced across a range of proteins including plant-based dining option which are suitable for all menu types.



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.



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



MEDITERRANEAN STRETCH

Levantine food or food from the Eastern Mediterranean, has influenced cuisines 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 delicious.



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.



PLANT BASED DINING FOR VEGANUARY

Scan the QR code and view all dishes on our Virtual Chef powered by Nutritics, with images, calories and allergens so you can decide if you'd like to use this in your kitchen.

Then click the menu dishes below to go direct to our full specs with ingredients and methods.



EASY TO PREPARE

SKILL REQUIRED

DRINKS PAIRING

COMFORT FOR ALL

Vegan Cottage Pie

365 KCALS

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

Mushroom Risotto

436 KCALS

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

Sausage & Colcannon

402 KCALS

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

Meatless Farm Cheese & BBQ Pulled Oumph! Burger

985 KCALS

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

San Abello Merlot

COUNTRY: Chile; REGION: Central Valley
TASTING NOTES: Intense aromas and flavours of ripe plums, sweet spices, coffee and chocolate.
FOOD PAIRING: Rich Umami Dishes **VB**

Terre Forti Trebbiano

COUNTRY: Italy; REGION: Emilia-Romagna
TASTING NOTES: Light with apples, pears and some citrus fruit.
FOOD PAIRING: Flavours of soft herbs **VB**

MEDITERRANEAN STRETCH

Levant Sharing Platter

897 KCALS

Sharing platter, Greek-style cheese, padron peppers, spiced houmous, sweet potato falafel, olives, plant-based koftas, grilled artichokes, marinated onions & flat bread **VB**

Smoked Harissa Houmous

576 KCALS

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

Roasted Vegetable Tagine

434 KCALS

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

Ratatouille Pasta

436 KCALS

Mediterranean vegetables, rich tomato sauce, penne pasta **VB** **NF**

Cap Cette Picpoul de Pinet

COUNTRY: France; REGION: Languedoc-Roussillon
TASTING NOTES: Medium-bodied with summery flavours of lemon zest with hints of aniseed and flowers.
FOOD PAIRING: Lightly spiced food or soft mineral flavours **VB**

Rioja Tempranillo Monte Clavijo

COUNTRY: Spain; REGION: Rioja
TASTING NOTES: Juicy, easy-going Rioja with raspberry, strawberry and red cherry fruit flavours.
FOOD PAIRING: Full flavoured dishes **VB**

EASY EXPERIMENTATION

Shicken Tikka Beetroot Wrap

696 KCALS

Shicken® tikka kebab, pickles, Moroccan houmous, beetroot tortilla **VB** **NF**

Butternut Gobi Dhansak

565 KCALS

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

(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 **VB** **NF**

'Duck' Hoi Sin Bao Bun

688 KCALS

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

Little Yering Pinot Noir

COUNTRY: Australia; REGION: Yarra
TASTING NOTES: Aromas of lifted strawberry and red cherry fruit with gamey notes, complemented with subtle vanilla oak.
FOOD PAIRING: Hearty dishes with woody herbs **VB**

Albarino Domingo Martin

COUNTRY: Spain; REGION: Rias Baixas
TASTING NOTES: Rich and generous flavours of ripe peaches and pears, backed by vivid lemon and mineral acidity.
FOOD PAIRING: Flavours of soft herbs **VB**

SUSTAINABLE FLAVOUR

Cauliflower Kimchi **VB**

220 KCALS

Salted & fermented cauliflower leaves, carrots & spring onions **VB** **NF**

Wild Mushroom Soup

225 KCALS

Smooth mushroom soup, mixed wild mushrooms, sunflower oil **VB** **VF** **NF**

Cauliflower Ribs **VB**

374 KCALS

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

Cauliflower Steaks **VB**

1010 KCALS

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

Kleine Rust Fair Trade Chenin Sauvignon

COUNTRY: South Africa; REGION: Stellenbosch
TASTING NOTES: Aromas and flavours of ripe tropical fruit, honeycomb and lemon zest. This wine is medium bodied with a lingering aftertaste.
FOOD PAIRING: Lightly spiced food or soft mineral flavours **VB**

Kleine Rust Fair Trade Pinotage Shiraz

COUNTRY: South Africa; REGION: Stellenbosch
TASTING NOTES: Soft and juicy with a smooth texture and a fruity finish.
FOOD PAIRING: Rich Umami Dishes **VB**

VB Vegetarian **VF** Vegan **NI** Non-Gluten Containing Ingredients **NF** Nut Free **VA** Video Available on Recipe Sheet

CONTENTS

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

Generated by Nutritics v5.79 on 28th Sep 2022

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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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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SKILL REQUIRED



SERVES

1

SAUSAGE & COLCANNON

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

| 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

Generated by Nutritics v5.79 on 28th Sep 2022

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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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

Generated by Nutricis v5.79 on 28th Sep 2022

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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EASY TO PREPARE



SERVES

2

LEVANT SHARING PLATTER

Sharing platter, Greek-style cheese, padron peppers, spiced houmous, sweet potato falafel, olives, plant-based koftas, 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 | |
| 133531 Violife Greek Style White Block 200g | 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 | |
| 131050 Brakes Plant-Based Kofta - BRAKES | 160g | 4x Each |
| 124987 Roasted Artichoke Quarters in Sunflower Oil (1.4kg Drained Weight) - BRAKES | 100g | |
| 119654 Whole Borettane Onions In Balsamic Vinegar - BRAKES | 100g | |
| 30932 La Boulangerie Fully Baked Folded Flatbreads - BRAKES | 113g | 1x Each |
| 113113 Spicentice Harissa Rub - BRAKES | 1g | |
| 131417 Brakes Black Onion Seeds - BRAKES | 1g | |
| 9802 Brakes Extended Life Rapeseed Oil | 1.6g | (auto-calculated) |

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

Cook the koftas as per the manufacturer's instructions and keep warm until plating

Stage Four

Char the padron peppers on the grill, then lightly drizzle with suitable oil and a season with a little salt

Stage Five

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 Six

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 flat bread

Food Labelling...

EU Label values per 100g

| | PER 100G | %RI | PER 580G SERVING | %RI |
|--------------------|----------|-----|------------------|------|
| Energy(Kj) | 645 kJ | 8% | 3740 kJ | 45% |
| Energy(kcal) | 155 kcal | 8% | 897 kcal | 45% |
| Fat | 8.7 g | 12% | 51 g | 73% |
| of which saturates | 2.4 g | 12% | 14 g | 70% |
| Carbohydrate | 13 g | 5% | 77 g | 30% |
| of which sugars | 2.5 g | 3% | 15 g | 17% |
| Fibre | 2.7 g | 11% | 16 g | 64% |
| Protein | 4.4 g | 9% | 26 g | 52% |
| Salt | 1.1 g | 18% | 6.4 g | 107% |

CONTAINS:



WHEAT,
BARLEY



SESAME

MAY CONTAIN:



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



PEANUTS

OTHER PROPERTIES:



VEGETARIAN



VEGAN

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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 Nutricits 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

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SKILL REQUIRED



SERVES

40

ROASTED VEGETABLE TAGINE

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

| 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

SKILL REQUIRED



SERVES

1

RATATOUILLE PASTA

Mediterranean vegetables, rich tomato sauce, penne pasta

| 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 Labelling...

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

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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

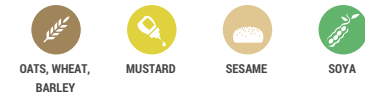
Generated by Nutritics v5.80 on 3rd Oct 2022. Last Modified 28th Sep 2022.

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:



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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

| 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.

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Food Labelling...

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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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:



OTHER PROPERTIES:



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SKILL REQUIRED



SERVES

1

'DUCK' HOI SIN BAO BUN

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

| 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.

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

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EASY TO PREPARE



SERVES

8

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

| 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

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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

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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

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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

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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

OTHER PROPERTIES:



VEGETARIAN



VEGAN

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