

# Baked Tikka Salmon Skewers

By Oliver Lloyd from Brakes

Overview ...

U / 6630566



**165**  
Kcal / 100

CALORIES:

**12.6% Carbs**

**33% Protein**

**54.4% Fat**

Food Labelling...

Serves **1**

CONTAINS:



MILK



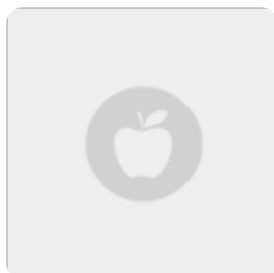
FISH

Recipe Ingredients ...

	Quantity:	Description:
34009 M&J Seafood Salmon Fillet Portions - BRAKES	<b>75</b>	0.48x Each
89708 Brakes Tikka Sauce - BRAKES	<b>20</b>	0.01x Each
74550 Brakes Low Fat Natural Yogurt - BRAKES	<b>10</b>	0.01x Each
105597 Micro Coriander BB	<b>1</b>	
74817 Pomegranate Seeds - BRAKES	<b>5</b>	0.03x Each
11053 Brakes 6" Extra Large Plain Puppodums - BRAKES	<b>5</b>	0.01x Each
555507 Bamboo Skewers 7.2" /18cm Flat End - BRAKES	<b>0.6</b>	1x Each
113885 Herb Bunched Coriander - BRAKES	<b>10</b>	0.1x Each

Products / Pack Sizes ...

**1 Serving**



**Product code**

**Barcode**

**126.5999/ 212kcal**

**Number of servings**

**Net pack weight**

**Preparation:**

Deep fry the puppodom, cool and crush

Chop the coriander

Defrost the salmon

**Method:**

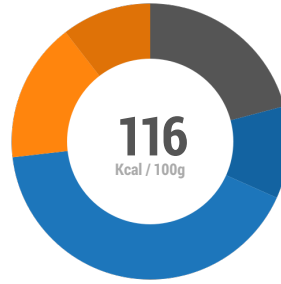
1. In a bowl mix together the yoghurt, tikka sauce and the chopped coriander.
2. Halve the salmon and skewer.
3. Dip the salmon into the tikka yoghurt sauce and place onto a papered tray
4. Cook in a hot oven @ 250oC for 5 minutes.
4. Place the skewers onto a plate and garnish with the crushed puppodom, pomegranate and micro coriander - serve!

# Chicken Tikka Bowl

By Oliver Lloyd from Brakes

Overview ...

U / 6630539



CALORIES:

**52.3% Carbs**

**20.9% Protein**

**26.8% Fat**

Food Labelling...

Serves 1

CONTAINS:



WHEAT



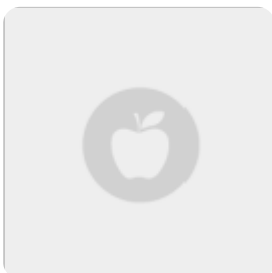
MILK

Recipe Ingredients ...

	Quantity:	Description:
2021 Brakes Cooked Chicken Tikka Breast Strips - BRAKES	50g	4.51x Each
89708 Brakes Tikka Sauce	80g	
3795 Brakes Long Grain Rice Portions - BRAKES	80g	0.48x Each
10473 Spring Onions Bunch - BRAKES	20g	0.2x Each
113885 Herb Bunched Coriander - BRAKES	5g	0.05x Each
134544 Kuhne Crispy Fried Onions - BRAKES	5g	0.01x Each
525271 Red Peppers	10g	

Products / Pack Sizes ...

1 Serving



**Product code**

**Barcode**

**250g / 293kcal**

**Number of servings**

**Net pack weight**

**Preparation:**

Defrost the chicken

Slice spring onion

Slice red pepper

pick coriander

**Method:**

1. In a pan over a medium heat bring the tikka sauce to a simmer, add in the chicken strips and half the spring onion.
2. Heat the rice as per instructions.
3. In a suitable bowl add the rice and spoon over the curry.
4. Garnish with the spring onion, peppers, crispy onion and picked coriander - serve!