

# **American Independence Day Menu**

Chicken Goujons served with Dips

BBQ Veggie Mince & Nachos

Macaroni Cheese

served with

Baked Vegetable Fries

Corn on the Cob

Coleslaw

Brownie Bites

# Beetroot Brownie

Recipe Ingredients ...	Quantity:	Description:
124177 Beetroot Raw	500g	0.5x Each
71152 Brakes Sunflower spread	100g	0.05x Each
133876 McDougalls Reduced Fat Cocoa Powder	150g	0.3x Each
86874 Preema Vanilla Essence 500ml	5ml	0.01x Each
350098 Tate & Lyle Caster Sugar 2kg	175g	0.09x Each
15322 Brakes 5 Dozen British Fresh Free Range Medium Eggs	225g	3x Each
114951 Brakes Plain Flour	100g	0.07x Each

## Cooking Instructions & Notes

### Preparation;

Peel & grate the beetroot, place in a sieve over a bowl to allow any excess liquid to drain

Sift the cocoa & flour

Line a 9"x9" ovenproof dish

Pre heat the oven to 180'c

### Method;

Cream the spread, cocoa & vanilla

In a separate bowl whisk the eggs & sugar, until thick & pale

Add the beetroots to the cocoa mix

Fold in the egg & sugar mix into the cocoa & beetroot mix

Finally fold in the flour

Transfer to the dish

Bake for approximately 25 minutes

### Service:

Allow to cool & cut into squares

## CONTAINS:



WHEAT



EGGS

## Mac & Cheese with Squash & Spinach

Recipe Ingredients ...	Quantity:	Description:
12083 Butternut Squash	1000g	1.28x Each
131459 KTC Sonneveld Divider Spray Can	6g	0.01x Each
3840 Brakes Whole Leaf Spinach Portions	300g	0.12x Each
33594 Brakes Sage	3g	0.75x Average Portion
71152 Brakes Sunflower spread	125g	0.08x Each
114955 Brakes Wholemeal Flour	125g	0.08x Each
78224 Brakes Fresh Skimmed Milk	1.5l	0.08x Each
71951 Brakes Grated Reduced Fat White Cheese	350g	0.35x Each
123389 Brakes Italian Short Cut Macaroni	840g	0.17x Each

### Cooking Instructions & Notes

#### Preparation;

Peel, deseed & dice the squash

Thaw the spinach & drain

Finely shred the sage

Bring the milk to a simmer

Line a tray with parchment paper

Pre heat the oven to 200°C

#### Method;

Place the squash on the tray, spray with the oil & roast for approximately 15 minutes

Reduce the oven temperature to 180°C

Make the sauce, in a large pan melt the spread, gradually add the flour to form a roux, cook on the stove on a low heat for 3-4 minutes

Gradually whisk in the milk, continue to whisk to avoid lumps forming, cook on a low heat for approximately 15-20 minutes

Meanwhile, bring a pan of water to the boil, add the pasta & cook for approximately 8-10 minutes, drain

In a large ovenproof dish place the pasta & mix in the squash & spinach

Scatter over the sage

Once the sauce is ready, remove from the heat & whisk in half the cheese

Pour the sauce over the pasta & vegetables

Sprinkle the remaining cheese over the top

bake in the oven for approximately 30-40 minutes

CONTAINS:



WHEAT



MILK



