



# PlantForward

from  brakes  
a Sysco company



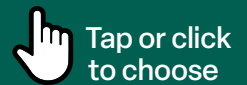
**MEAT, FISH & DAIRY WITH  
ADDED PLANT GOODNESS**

**RECIPES FOR CARE**

# LOWER COSTS WITHOUT COMPROMISING NUTRITIONAL VALUE OR FLAVOUR

Plant-forward means reducing meat, fish and dairy and emphasising vegetables, beans, pulses, rice and other plant-based ingredients. For consumers, it's a way to reduce consumption of meat, poultry and dairy without going fully vegetarian or vegan.

## RECIPES IN THIS PDF



**Greek Baked Orzo Roasted Mediterranean Traybake**

**Lentil, Sweet Potato and Spinach Balti**

**Mushroom and Blue Cheese Arancini**

**Mushroom and Sweet Potato Poke Bowl**

**Smoked Sausage, Tomato and Bean Stew**

**Steak and Pulled Mushroom Pie**

**Traditional Cottage Pie**

**MEAT, FISH & DAIRY WITH  
ADDED PLANT GOODNESS**

# GREEK BAKED ORZO ROASTED MEDITERRANEAN TRAYBAKE

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 407G SERVING	%RI
Energy(KJ)	<b>672</b> kJ	<b>8%</b>	<b>2735</b> kJ	<b>33%</b>
Energy(kcal)	<b>161</b> kcal	<b>8%</b>	<b>655</b> kcal	<b>33%</b>
Fat	<b>8.7</b> g	<b>12%</b>	<b>35</b> g	<b>50%</b>
<i>of which saturates</i>	<b>1</b> g	<b>5%</b>	<b>3.9</b> g	<b>20%</b>
Carbohydrate	<b>17</b> g	<b>7%</b>	<b>68</b> g	<b>26%</b>
<i>of which sugars</i>	<b>3</b> g	<b>3%</b>	<b>12</b> g	<b>13%</b>
Fibre	<b>1.5</b> g	<b>6%</b>	<b>6.2</b> g	<b>25%</b>
Protein	<b>3.3</b> g	<b>7%</b>	<b>13</b> g	<b>26%</b>
Salt	<b>0.18</b> g	<b>3%</b>	<b>0.74</b> g	<b>12%</b>
HFSS Rating	<b>-2</b>	points		

CONTAINS:

WHEAT

MILK

SOYA

SULPHITES

MAY CONTAIN:

MUSTARD

Recipe Ingredients ...	Quantity:	Description:
<b>146187 (19 Oct 2023)</b> - 146187 Sysco Classic Orzo (19 Oct 2023).. - BRAKES	<b>750g</b>	1.5x Each
<b>10303 (19 Oct 2023)</b> - 10303 Courgettes (19 Oct 2023).. - BRAKES	<b>450g</b>	0.09x Each
<b>450608 (19 Oct 2023)</b> - 450608 Aubergines CLASS II (19 Oct 2023).. - BRAKES	<b>400g</b>	0.08x Each
<b>13007 (19 Oct 2023)</b> - 13007 Red Peppers (19 Oct 2023).. - BRAKES	<b>500g</b>	0.1x Each
<b>12010 (19 Oct 2023)</b> - 12010 Red Onions (19 Oct 2023).. - BRAKES	<b>400g</b>	0.04x Each
<b>10333 (19 Oct 2023)</b> - 10333 Plum Tomatoes (19 Oct 2023).. - BRAKES	<b>650g</b>	0.11x Each
<b>129927</b> - 129927 Brakes Essentials Olive Pomace Oil Blend.. - BRAKES	<b>300ml</b>	0.06x Each
<b>87166</b> - 87166 Brakes Essentials Sliced Black Olives.. - BRAKES	<b>300g</b>	0.13x Each
<b>113886 (19 Oct 2023)</b> - 113886 Herb Bunched Oregano (19 Oct 2023).. - BRAKES	<b>20g</b>	0.2x Each
<b>100545</b> - 100545 Brakes Red Wine Vinegar (24 May 2023).. - BRAKES	<b>20ml</b>	0x Each
<b>10533 (19 Oct 2023)</b> - 10533 Lemons (19 Oct 2023).. - BRAKES	<b>238g</b>	2x Each
<b>125080</b> - 125080 Megas Yeeros Chicken Yeeros.. - BRAKES	<b>40g</b>	0.04x Each



**Prep**

Peel & chop onion into large dice  
Cut peppers & Tomato in large dice  
Chop oregano  
zest & Juice lemons

**Method**

Place half olive oil in large baking tray add chopped oregano & lemon  
Add Aubergines, Onions, Peppers, Garlic, & tomatoes  
Cover with foil and place back in oven for 20 minutes @ 170  
mix remaining olive oil with vinegar  
Remove from oven and add orzo , and dressing recover and cook for further 12 minutes  
reheat yeeros according to instructions packaging  
Just before serving add olives  
Serve with Warm Pitta bread

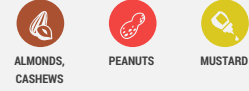
# LENTIL, SWEET POTATO AND SPINACH BALTI

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 482G SERVING	%RI
Energy(KJ)	<b>551</b> kJ	7%	<b>2656</b> kJ	32%
Energy(kcal)	<b>131</b> kcal	7%	<b>634</b> kcal	32%
Fat	<b>5.8</b> g	8%	<b>28</b> g	40%
<i>of which saturates</i>	<b>0.5</b> g	3%	<b>2.2</b> g	11%
Carbohydrate	<b>15</b> g	6%	<b>71</b> g	27%
<i>of which sugars</i>	<b>3</b> g	3%	<b>14</b> g	16%
Fibre	<b>2</b> g	8%	<b>9.7</b> g	39%
Protein	<b>4.1</b> g	8%	<b>20</b> g	40%
Salt	<b>0.44</b> g	7%	<b>2.1</b> g	35%
HFSS Rating	<b>-3</b> points			

MAY CONTAIN:



OTHER PROPERTIES:



Recipe Ingredients ...	Quantity:	Description:
<b>548</b> - 548 Brakes Red Lentils.. - BRAKES	<b>600g</b>	0.2x Each
<b>9802</b> - 9802 Brakes Extended Life Rapeseed Oil.. - BRAKES	<b>100g</b>	0.01x Each
<b>100432</b> - 100432 Lo Salt.. - BRAKES	<b>5g</b>	0x Each
<b>134293</b> - 134293 Sysco Classic Cracked Black Pepper (22 Jul 2023).. - BRAKES	<b>4g</b>	0.01x Each
<b>111841</b> - 111841 Knorr Professional Vegetable Jelly Bouillon 800g.. - BRAKES	<b>40g</b>	0.05x Each
Water, distilled.. - GB15	<b>1.5kg</b>	2x Sports bottle
<b>15497</b> - 15497 Knorr Professional Patak's Balti Paste 1.1kg.. - BRAKES	<b>300g</b>	0.27x Each
<b>3840</b> - 3840 Brakes Whole Leaf Spinach Portions.. - BRAKES	<b>250g</b>	0.1x Each
<b>113885</b> - 113885 Herb Bunched Coriander.. - BRAKES	<b>25g</b>	0.25x Each
<b>10324 (19 Oct 2023)</b> - 10324 Large Onions (19 Oct 2023).. - BRAKES	<b>400g</b>	20x Average Portion
<b>105472 (19 Oct 2023)</b> - 105472 Sweet Potatoes (19 Oct 2023).. - BRAKES	<b>1.5kg</b>	0.25x Each
<b>9802</b> - 9802 Brakes Extended Life Rapeseed Oil.. - BRAKES	<b>100g</b>	0.01x Each

**Mis en Place / Prep:**

- Brakes Red Lentils - Wash and drain Lentils.
- Sweet Potatoes - Peel and chop Sweet Potato into 2 - 3cm dice.
- Large Onions - Peel and dice Onions.
- Knorr Professional Vegetable Jelly Bouillon 800g - Prepare as per manufacturers instructions.
- Tap Water (for VC recipes) - For Vegetable stock.
- Herb Bunched Coriander - Wash and chop Coriander.

**Method:**

- Heat thick bottomed pan and fry Onions and Sweet Potatoes till lightly golden.
- Add Lentils, Balti Paste, Vegetable Stock and mix well.
- Bring to a simmer, cover and allow to simmer till Lentils and Sweet Potatoes are tender. Stir regularly.
- Add Spinach and cook uncovered for 10 - 15 minutes. Check core temperature has been achieved.
- Check seasoning.
- Serve in warm serving dishes garnished with chopped Coriander.

# MUSHROOM AND BLUE CHEESE ARANCINI

EU Label values per 100g

Serves **20**

	PER 100G	%RI	PER 143G SERVING	%RI
Energy(Kj)	<b>298</b> kJ	4%	<b>424</b> kJ	5%
Energy(kcal)	<b>71</b> kcal	4%	<b>101</b> kcal	5%
Fat	<b>3.3</b> g	5%	<b>4.7</b> g	7%
<i>of which saturates</i>	<b>1.9</b> g	10%	<b>2.7</b> g	14%
Carbohydrate	<b>8.4</b> g	3%	<b>12</b> g	5%
<i>of which sugars</i>	<b>1</b> g	1%	<b>1.4</b> g	2%
Fibre	<b>0.5</b> g	2%	<b>0.5</b> g	2%
Protein	<b>1.8</b> g	4%	<b>2.6</b> g	5%
Salt	<b>0.29</b> g	5%	<b>0.42</b> g	7%
HFSS Rating	<b>1</b> points			

**CONTAINS:**

- WHEAT
- EGGS
- MILK

**MAY CONTAIN:**

- OATS, BARLEY, RYE
- SOYA

**OTHER PROPERTIES:**

- VEGETARIAN

Recipe Ingredients ...	Quantity:	Description:
130753 Gallo Pronto Mushroom Risotto Base.. - BRAKES	<b>200g</b>	0.2x Each
10469 Cooking Onions..	<b>100g</b>	0x Each
10439 Fresh Garlic..	<b>10g</b>	0.1x Each
74827 Brakes Salted Butter..	<b>50g</b>	0.2x Each
100445 Brakes Vegetable Flavour Bouillon Paste..	<b>15g</b>	Each
1 Tap Water (for VC recipes).. - BRAKES	<b>400g</b>	0.4x Each
130723 Clawson Stilton Crumb.. - BRAKES	<b>40g</b>	0x Each
16078 Mascarpone 2.0 Kg..	<b>50g</b>	0x Each
10481 Curly Parsley..	<b>10g</b>	0.1x Each
350091 Brakes Plain Flour (22 Jul 2023)..	<b>30g</b>	Each
16392 Brakes 18 British Free Range Fresh Medium Eggs.. - BRAKES	<b>56g</b>	1x Each
135538 James Brown & Co Panko Breadcrumbs..	<b>50g</b>	0x Each
33568 Brakes Extended Life Rapeseed Oil.. - BRAKES	<b>4.6g</b>	(auto-calculated)
6462 Brakes Skimmed Milk Powder.. - BRAKES	<b>20g</b>	0x Each
<b>10226</b> - 10226 Button Mushrooms.. - BRAKES	<b>100g</b>	0.2x Each



### **Prep**

Peel and finely dice onion  
Peel and crush garlic  
Make up bouillon with water  
Pick and chop parsley  
Roughly chop mushrooms

Set up a pane mix

### **Method**

In a thick bottom sauce melt butter and add onions, mushrooms and garlic and cook without colour  
Add the risotto mix and coat with the butter, onions and garlic  
Add stock a little at a time mixing as you cook  
Once the risotto is nearly cooked remove from heat and add parsley, mascarpone and blue cheese  
Allow to cool completely  
Once cool roll into small bite size balls and dip in flour, egg and bread crumbs  
Deep fry at 180 for approx. 4-5 mins until core temp is achieved  
Serve

# MUSHROOM AND SWEET POTATO POKE BOWL

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 733G SERVING	%RI
Energy(KJ)	192 kJ	2%	1410 kJ	17%
Energy(kcal)	46 kcal	2%	334 kcal	17%
Fat	0.8 g	1%	5.5 g	8%
of which saturates	0 g	0%	0.7 g	4%
Carbohydrate	8.2 g	3%	60 g	23%
of which sugars	1 g	1%	7.3 g	8%
Fibre	0.6 g	2%	4.7 g	19%
Protein	1.2 g	2%	8.8 g	18%
Salt	0.52 g	9%	3.8 g	63%
HFSS Rating	2 points			

CONTAINS:



MAY CONTAIN:



OATS, WHEAT,  
BARLEY, RYE

OTHER PROPERTIES:



VEGETARIAN

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
130753 - 130753 Gallo Pronto Mushroom Risotto Base.. - BRAKES	50g	0.05x Each
1 - 1 Tap Water (for VC recipes).. - BRAKES	100g	0.1x Each
100445 Brakes Vegetable Flavour Bouillon Paste..	2g	Each
124867 - 124867 Kikkoman Tamari Gluten Free Soy Sauce 1L.. - BRAKES	10g	0.01x Each
10428 - 10428 Baby Leaf Spinach.. - BRAKES	5g	0.02x Each
450694 - 450694 Carrots.. - BRAKES	20g	Each
10449 - 10449 Sweet Potatoes.. - BRAKES	80g	Each
33568 Brakes Extended Life Rapeseed Oil..	3.2g	(auto-calculated)
121379 - 121379 Chef William Table Salt.. - BRAKES	1g	0x Each
134293 Sysco Classic Cracked Black Pepper (22 Jul 2023)..	1g	Each
148781 - 148781 Global Hacienda Soya Beans (23 Jul 2023).. - BRAKES	20g	0.2x Each

BACK TO  
MENU

### **Prep**

Pick and wash spinach

Defrost soya beans

Peel carrot into ribbons

Peel and dice sweet potato into cm cubes

### **Method**

Add rice to a pan and cook with stock until andante, stir in soy sauce and allow to cool

Toss sweet potatoes in oil and salt and pepper and roast at 200 deg c for 10 mins and allow to cool

Arrange all items in and bowl and serve

# SMOKED SAUSAGE, TOMATO AND BEAN STEW

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 456G SERVING	%RI
Energy(Kj)	<b>494</b> kJ	6%	<b>2254</b> kJ	27%
Energy(kcal)	<b>118</b> kcal	6%	<b>539</b> kcal	27%
Fat	<b>4.9</b> g	7%	<b>22</b> g	31%
of which saturates	<b>1.5</b> g	8%	<b>6.8</b> g	34%
Carbohydrate	<b>9.1</b> g	4%	<b>41</b> g	16%
of which sugars	<b>2.4</b> g	3%	<b>11</b> g	12%
Fibre	<b>3</b> g	12%	<b>14</b> g	56%
Protein	<b>7.9</b> g	16%	<b>36</b> g	72%
Salt	<b>0.62</b> g	10%	<b>2.8</b> g	47%
HFSS Rating	<b>-4</b>	points		

CONTAINS:



WHEAT

Recipe Ingredients ...

Quantity:	Description:
<b>100g</b>	10469 Cooking Onions.. - BRAKES 0.04x Each
<b>10g</b>	101915 Brakes Garlic Purée.. - BRAKES 0.01x Each
<b>20g</b>	350094 Brakes Sunflower Oil.. - BRAKES 0.01x Each
<b>800g</b>	22724 Brakes Butter Beans in Water.. - BRAKES 1x Each
<b>200g</b>	450694 Carrots.. - BRAKES 0.1x Each
<b>300g</b>	12083 Butternut Squash.. - BRAKES 0.38x Each
<b>1kg</b>	115043 Maggi Rich & Rustic Tomato Sauce 800g.. - BRAKES 1.25x Each
<b>80g</b>	33853 Brakes Breadcrumbs Uncoloured.. - BRAKES 0.02x Each
<b>250g</b>	450114 Mushrooms CLASS II.. - BRAKES 0.08x Each
<b>800g</b>	10787 Brakes Borlotti Beans in Water.. - BRAKES 1x Each
<b>500g</b>	<b>136579</b> - 136579 The Jolly Hog Black Treacle Back Bacon.. - BRAKES 0.5x Each
<b>500g</b>	<b>103608</b> - 103608 Prime Meats British Smoked Hot Dog Sausages.. - BRAKES 5x Each

BACK TO  
**MENU**

### **Prep**

Wash & Drain Beans

Peel & Chop Carrots, Butternut and Onions

### **Method**

Place sausage on a greased baking tray and cook in oven at 180oc for 12-15 minutes

Grill bacon and cut into chunks

In a large pan heat oil and sauté onions until soft and then add garlic

Add mushrooms, carrots, squash and cook for a for a further 3-4 minutes

Add tomato sauce and beans and reduce heat to a simmer and simmer for 8-10 minutes

Finally add sausages & bacon

Place the cassoulet and sprinkle with the breadcrumbs and place in oven @ 180oc until golden brown

# STEAK AND PULLED MUSHROOM PIE

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	<b>753</b> kJ	9%	<b>3070</b> kJ	37%
Energy(kcal)	<b>181</b> kcal	9%	<b>737</b> kcal	37%
Fat	<b>12</b> g	17%	<b>48</b> g	69%
<i>of which saturates</i>	<b>5.2</b> g	26%	<b>21</b> g	105%
Carbohydrate	<b>11</b> g	4%	<b>44</b> g	17%
<i>of which sugars</i>	<b>2.5</b> g	3%	<b>10</b> g	11%
Fibre	<b>1.9</b> g	8%	<b>7.6</b> g	30%
Protein	<b>6.9</b> g	14%	<b>28</b> g	56%
Salt	<b>1.6</b> g	27%	<b>6.4</b> g	107%
HFSS Rating	<b>11</b>	points		

**CONTAINS:**

- WHEAT
- SOYA
- SULPHITES

**MAY CONTAIN:**

- PEANUTS
- EGGS
- SESAME

Recipe Ingredients ...	Quantity:	Description:
<b>136284</b> - 136284 Halal Diced Beef 95vl Chuck UK.. - BRAKES	<b>900g</b>	0.9x Each
<b>350094</b> - 350094 Brakes Sunflower Oil.. - BRAKES	<b>90g</b>	0.05x Each
<b>114951</b> - 114951 Brakes Plain Flour.. - BRAKES	<b>100g</b>	0.07x Each
<b>10324 (19 Oct 2023)</b> - 10324 Large Onions (19 Oct 2023).. - BRAKES	<b>400g</b>	20x Average Portion
<b>134644</b> - 134644 Cooks & Co Garlic Puree.. - BRAKES	<b>40g</b>	0.4x Each
<b>135893</b> - 135893 Fable Pulled Mushrooms.. - BRAKES	<b>400g</b>	4x Each
<b>29710</b> - 29710 Essential Cuisine Beef Stock Mix.. - BRAKES	<b>160g</b>	10x Each
<b>1</b> - 1 Tap Water (for VC recipes).. - BRAKES	<b>1.3kg</b>	1.3x Each
<b>135509</b> - 135509 Henderson's Spicy Table Sauce.. - BRAKES	<b>60g</b>	0.57x Each
<b>4303</b> - 4303 Brakes Essentials Puff Pastry Sheets (24 May 2023).. - BRAKES	<b>625g</b>	1x Each



### **Prep**

Peel & Chop onions

Make stock and keep warm

Defrost pastry

### **Method**

Place mushroom in large bowl and cover with beef stock , allow to soften before draining and ensure you keep beef stock

Allow mushrooms to cool before shredding with two forks

Place beef in dish and toss it in flour.

Heat the oil in frying pan and over a high heat fry meat till well browned all over. Do this in 2 batches to avoid 'steaming' meat add extra tbsp of oil if pan is dry.

Place beef in pie dish/tray

Add oil to pan and cook the onions and garlic over a medium heat for 5-10 mins until golden and soft then mix with beef in casserole dish. Deglaze pan with hendersons and bring to boil whilst stirring and lifting any residue from the pan.

Pour sauce over the beef add stock, Bring to boil on top of stove then cover with lid and cook in oven for 1.5 hours.

Remove from oven and allow to cool before placing pastry on top

Crimp edges with fingers or fork, brush with beaten egg to glaze. Bake in oven for 30 mins until pie is golden brown and filling is piping hot.

# TRADITIONAL COTTAGE PIE

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 414G SERVING	%RI
Energy(Kj)	<b>746</b> kJ	9%	<b>3092</b> kJ	37%
Energy(kcal)	<b>179</b> kcal	9%	<b>741</b> kcal	37%
Fat	<b>9.3</b> g	13%	<b>39</b> g	56%
of which saturates	<b>5.1</b> g	26%	<b>21</b> g	105%
Carbohydrate	<b>13</b> g	5%	<b>56</b> g	22%
of which sugars	<b>1.5</b> g	2%	<b>6.3</b> g	7%
Fibre	<b>4.9</b> g	20%	<b>20</b> g	80%
Protein	<b>7.9</b> g	16%	<b>33</b> g	66%
Salt	<b>0.56</b> g	9%	<b>2.3</b> g	38%
HFSS Rating	<b>-2</b>	points		

CONTAINS:

- WHEAT, BARLEY
- EGGS
- MILK
- FISH
- CELERY
- SULPHITES

Recipe Ingredients ...	Quantity:	Description:
<b>136990</b> - 136990 Quorn Mince 50% Extra Free.. - BRAKES	<b>500g</b>	0.5x Each
114939 Cirio Double Concentrated Tomato Puree 850g..	60g	
25690 Brakes Dry Red Cooking Wine.. - BRAKES	250g	
33898 Brakes Vegetable Bouillon Mix (24 May 2023)..	50g	
70215 Brakes Fresh Double Cream..	200ml	
71128 Brakes Salted Butter..	100g	
<b>71144</b> - 71144 Sysco Classic Mature White Cheddar Cheese (22 Jul 2023).. - BRAKES	200g	Each
33853 Brakes Breadcrumbs Uncoloured.. - BRAKES	100g	
115057 Lea & Perrins Worcester Sauce..	50g	
350091 Brakes Plain Flour (22 Jul 2023)..	60g	Each
10469 Cooking Onions..	200g	
450694 Carrots..	200g	
10228 Celery..	125g	
450066 Maris Piper Potatoes..	2kg	
113881 Herb Bunched Flat Leaf Parsley..	30g	
<b>129185</b> - 129185 British Red Tractor Beef Mince.. - BRAKES	750g	0.3x Each



### **Prep**

Brakes Vegetable Bouillon Mix - Make up with 2ltr water

Brakes Mature White Cheddar - Grate

Cooking Onions - Peel & dice

Carrots - Peel & dice

Celery - Wash & dice

Maris Piper Potatoes - Peel & chop

Herb Bunched Flat Leaf Parsley - Wash & chop

### **Method**

In a large pan, fry the mince until browned. Set this aside.

Add the prepared vegetables & dried herbs, and cook without colouring for about 20 mins until soft.

Add the tomato paste & flour, and mix on a high heat for a couple of minutes.

Add mince beef and brown

Add the Quorn mince back to the pan, and add the red wine, stock and bay leaf.

Bring to the boil and then simmer for 40-50 mins to thicken the sauce.

Season well and remove the bay leaf.

Boil the potatoes until cooked and drain well, then put the potatoes through a ricer.

Add the butter, double cream, half the cheese and season.

Spoon the mixture into an oven proof dish or dishes. Pipe the mash potato on top and refrigerate when prepared.

Pre-heat the oven to 160°C

Re-heat as required until core temperature has been achieved, adding the remaining cheddar to the top.

Finish with the chopped parsley and serve.