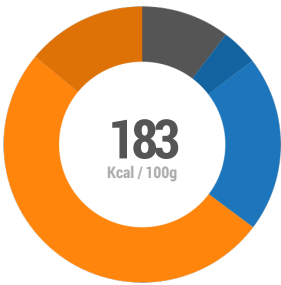


Cauliflower steaks Polonaise

By Richard Wells from Brakes

Overview ...



CALORIES:
24.9% Carbs
10.3% Protein
64.8% Fat

Food Labelling...

EU Label values per 100g Serves 1

	PER 100G	%RI	PER 641G SERVING	%RI	CONTAINS:			
Energy(Kj)	776 kJ	9%	4973 kJ	59%				
Energy(kcal)	187 kcal	9%	1197 kcal	60%	WHEAT	EGGS	MILK	MUSTARD
Fat	13 g	19%	84 g	120%				
of which saturates	2.8 g	14%	18 g	90%				
Carbohydrate	11 g	4%	73 g	28%				
of which sugars	2 g	2%	13 g	14%				
Fibre	2 g	8%	13 g	52%				
Protein	4.7 g	9%	30 g	60%				
Salt	1.7 g	28%	10.9 g	182%				

Nutrient Breakdown per 100g...


Energy		Lipid Components		Vitamins	
Energy(kcal) 9% RI	183kcal	Saturated Fat 14% RI	2.8g	Vitamin A (ret eq) 0% RI	3.9ug
Energy(Kj) 9% RI	760kJ	Monounsaturated fat 0% RI	0.01g	Retinol	0ug
Macronutrients		cis-Mono	-	Carotene	-
Carbohydrate 4% RI	11.4g	Polyunsaturated fat 0% RI	0.02g	Vitamin D 6% RI	0.28ug
Protein 9% RI	4.7g	Omega3(n-3) 1% RI	0.01g	Vitamin E 0% RI	trace
Fat 19% RI	13.1g	Omega6(n-6) 1% RI	0.11g	Vitamin K ₁	0ug
Water	68g	cis-Poly	-	Thiamin (B ₁) 1% RI	0.01mg
Water from Drinks	0g	Trans-fatty acids	0g	Riboflavin (B ₂) 3% RI	0.04mg
Alcohol (0% ABV)	0g	Cholesterol	0mg	Niacin total (B ₃) 2% RI	0.33mg
Carbohydrate		Minerals & trace elements		Niacin 0% RI	0.05mg
Starch	9.4g	Sodium 28% RI	683mg	Tryptophan	1.9mg
Oligosaccharide	-	Potassium 1% RI	21.1mg	Pantothenic Acid (B ₅) 0% RI	trace
Fibre 8% RI	2g	Chloride 129% RI	1035mg	Vitamin B ₆ 1% RI	0.01mg
NSP	1.6g	Calcium 3% RI	23.7mg	Folates (B ₉) Total 1% RI	2.8ug
Sugars 2% RI	2g	Phosphorus 3% RI	17.7mg	Vitamin B ₁₂ 1% RI	0.03ug
Glucose	trace	Magnesium 1% RI	3.4mg	Biotin (B ₇) 1% RI	0.49ug
Galactose	0g	Iron 1% RI	0.15mg	Vitamin C 2% RI	1.2mg
Fructose	trace	Zinc 2% RI	0.16mg		
Sucrose	trace	Copper 0% RI	trace	Other	
Maltose	0g	Manganese 4% RI	0.08mg	GI (estimated)	3
Lactose	0g	Selenium 0% RI	0.06ug	GL	0.34
		Iodine 0% RI	trace	Caffeine	-

Recipe Ingredients ...	Quantity:	Description:	Cost:
10376 Cauliflower - BRAKES	300g	0.25x Each	GBP0.45
131422 Brakes Spicy Chip Seasoning - BRAKES	20g	0.03x Each	GBP0.12
33889 Veraneo Olive Oil - BRAKES	50g	0.03x Each	GBP0.36
74826 Brakes Unsalted Butter - BRAKES	15g	0.06x Each	GBP0.17
131110 Jacksons Thick Sliced White Bread - BRAKES	100g	0.13x Each	GBP0.16
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	56g	1.01x Each	GBP0.43
113881 Herb Bunched Flat Leaf Parsley - BRAKES	20g	0.2x Each	GBP0.35
113874 Herb Bunched Thyme - BRAKES	20g	5x Average Portion	GBP0.37
114218 Lemons - BRAKES	50g	0.5x Each	GBP0.13
127292 Supernature Oil Lemon Infused Cold Pressed Rapeseed Oil - BRAKES	10g	0.04x Each	GBP0.14

TOTAL COST: **GBP2.67**

Products / Pack Sizes ...

1 Serving



Product code

Barcode

641g / 1197kcal

1

\$ GBP3.20 / GBP3.20 ↗

\$ Sale pr(GBP 0 + 20%)

Ingredient List (QUID) ...

Cauliflower (46.8%) [Cauliflower], Bread (15.6%) [wheat Flour [with Added Calcium Carbonate, Iron, Niacin, Thiamin], Water, Vegetable Oils [Rapeseed, Palm], Yeast, Salt, Dextrose, wheat Protein, Spirit Vinegar, Emulsifiers [E471, E472(e)], Palm Fat, Flour Treatment Agent (E300), wheat Flour Nutrients Added By Law], egg (8.7%), Olive Oil (7.8%) [Extra Virgin Olive Oil], Lemons (7.8%) [Lemons], Spicy Chip Seasoning (3.1%) [Salt, Red Pepper (7%), Maltodextrin, Cayenne Pepper (6%), Chilli Powder (5.0%), Garlic Powder (4.5%), Pimento, Coriander, Cardamom, Fennel, Black Pepper, Cumin Seed, Oregano, Ginger, White Pepper, Flavouring, mustard Powder, Yeast Extract(Yeast Extract, Salt, Sunflower Oil, Citric Acid), Oregano Leaves, Paprika Extract, Sage, Thyme, Rapeseed Oil, Anti Caking Agent(silicon Dioxide)], Parsley (3.1%) [Flat Leaf Parsley], Herb Bunched Thyme (3.1%) [Thyme], Butter (2.3%) [Ingredients Butter (milk) (Minimum 80% milk Fat Content)], Lemon Infused Cold Pressed Rapeseed Oil (1.6%) [Cold Pressed Rapeseed Oil, Lemon Oil Sicilian IN11610 180]

Cooking Instructions & Notes

- Boil or steam the egg until just cooked for approximately 10 mins
- Blitz the bread (2 slices) until medium fine breadcrumbs are formed
- Wash pick and chop the parsley and the thyme
- Cool and peel the eggs and push through a pasta basket or similar to chop them
- 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
- Season the cauliflower with the spicy seasoning and fry in the olive oil and butter 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 degree 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 and carefully mix in the chopped egg
- Present the cauliflower steak on chosen plate topped with the Polonaise breadcrumbs. Finish with the micro red basil and drizzle with the lemon oil