



IN THE KITCHEN

Colourful Calories

Recipe Ingredients ...	Quantity:	Description:	Cost:
10291 Large Onions 2.5kg - BRAKES	40g	0.02x Each	GBP0.07
13120 Peeled Garlic - BRAKES	3g	1x Average Portion	GBP0.03
525284 Green Peppers - BRAKES	30g	0.03x Each	GBP0.10
113118 Spicentice Chipotle Rub - BRAKES	2g	0.01x Each	GBP0.05
115043 Maggi Rich & Rustic Tomato Sauce 800g - BRAKES	70g	0.09x Each	GBP0.15
74550 Brakes Low Fat Natural Yogurt - BRAKES	20g	0.01x Each	GBP0.06
548 Brakes Red Lentils - BRAKES	20g	0.01x Each	GBP0.05
117407 Tilda Brown & White Wholegrain Rice 5kg - BRAKES	75g	0.02x Each	GBP0.16
127138 Royal Crown Red Kidney Beans in Water - BRAKES	20g	0.05x Each	GBP0.03
10787 Brakes Borlotti Beans In Water - BRAKES	20g	0.03x Each	GBP0.05
1050 Brakes Cannellini Beans in Water - BRAKES	20g	0.03x Each	GBP0.06
4380 La Boulangerie 6" Fully Baked Flour Tortillas - BRAKES	29g	1x Each	GBP0.11
127418 Steak Burger Mince - BRAKES	80g	0.03x Each	GBP0.72
TOTAL COST:			GBP1.65

Products / Pack Sizes ...

1 Serving

Product code

Barcode

429g / 579kcal

Number of servings

Net pack weight

GBP1.98 / GBP1.98 ↗

Sale pr(GBP 0 + 20%)

Ingredient List (QUID) ...

Beef (18.6%) [100% Beef], Brown & White Wholegrain Rice (17.5%) [50% Wholegrain Parboiled Long Grain Rice 50% White Parboiled Long Grain Rice], Rich & Rustic Tomato Sauce (16.3%) [Sun Ripened Tomatoes (48.5%), Puree Of Sun Ripened Tomatoes (41.5%), Onion, Sunflower Oil, Sugar, Salt, Herb And Spices (Black Pepper, Basil, Oregano), Garlic, Acid (Citric Acid), Firming Agent (Calcium Chloride)], Large Onions 2.5kg (9.3%) [Onion], Green Peppers (7%) [Green Peppers], Tortilla (6.8%) [**wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt], Low Fat Natural Yogurt (4.7%) [Low Fat Natural Yogurt (**milk**)], Red Lentils (4.7%), Red Kidney Beans In Water (4.7%) [Red Kidney Beans, Water, Firming Agent (Calcium Chloride)], Borlotti Beans In Water (4.7%) [Ingredients Borlotti Beans, Water, Antioxidant(Ascorbic Acid)], Cannellini Beans In Water (4.7%) [Ingredients Cannellini Beans, Water, Antioxidant(Ascorbic Acid)], Peeled Garlic (0.7%) [Garlic (100%)], Chipotle Rub (0.47%) [SMOKED PAPRIKA, SUGAR, SALT, CHIPOTLE CHILLI(8%), GARLIC, CUMIN, OREGANO, ONION, CORIANDER, CHILLI, BLACK PEPPER]

Cooking Instructions & Notes

Preparation

Defrosted

Peeled & Finely Diced

Crushed

Seeded & Diced

Method

Heat saucepan on a medium heat and add oil

Brown mince in pan until all browned

Add garlic and onion and cook for a further 5 minutes

add chipotle spice and cook for a further 2 minutes

Add tomato sauce and beans and allow to simmer for a further 20 minutes

Finally add diced pepper a cook for 5 minute's

Recipe Ingredients ...	Quantity:	Description:	Cost:
114218 Lemons - BRAKES	100g	1x Each	GBP0.25
10439 Fresh Garlic - BRAKES	120g	1x Each	GBP1.35
10380 Ginger - BRAKES	45g	0.15x Each	GBP0.35
34002 Brakes Ground Cumin - BRAKES	30g	0.07x Each	GBP0.34
33597 Brakes Ground Coriander - BRAKES	25g	0.06x Each	GBP0.33
35002 Brakes Garam Masala - BRAKES	10g	0.02x Each	GBP0.17
33585 Brakes Paprika - BRAKES	15g	0.03x Each	GBP0.12
33601 Brakes Mild Chilli Powder - BRAKES	30g	0.06x Each	GBP0.40
10469 Cooking Onions - BRAKES	400g	0.16x Each	GBP0.56
132695 Triple Lion Ground Turmeric - BRAKES	5g	0.01x Each	GBP0.04
28326 Brakes Tomato Paste - BRAKES	20g	0.03x Each	GBP0.06
19839 Brakes Chopped Tomatoes in Tomato Juice - BRAKES	400g	0.5x Each	GBP1.08
113885 Herb Bunched Coriander - BRAKES	30g	0.3x Each	GBP0.55
100445 Brakes Vegetable Flavour Bouillon Paste - BRAKES	18g	0.02x Each	GBP0.19
119930 Golden Acre Fat Free Pasteurised Plain Yogurt 125g - BRAKES	375g	3x Each	GBP0.93
117407 Tilda Brown & White Wholegrain Rice 5kg - BRAKES	750g	0.15x Each	GBP1.65
107488 Prime Meats Diced Skinless Chicken Breast & Leg - BRAKES	900g	0.9x Each	GBP7.34
87468 Brakes Non-Stick Fry, Cook & Bake Spray - BRAKES	10g	0.02x Each	GBP0.11
525271 Red Peppers - BRAKES	2kg	2x Each	GBP6.70
TOTAL COST:			GBP22.51

Products / Pack Sizes ...

1 Serving

Product code

Barcode

528g / 555kcal

Number of servings

Net pack weight

GBP2.70 / GBP2.70 ↗

Sale pr(GBP 0 + 20%)

Ingredient List (QUID) ...

Red Peppers (37.9%) [Red Peppers], Chicken (17%) [Chicken], Brown & White Wholegrain Rice (14.2%) [50% Wholegrain Parboiled Long Grain Rice 50% White Parboiled Long Grain Rice], Tomatoes (7.6%) [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)], Onions (7.6%) [Cooking Onions], Yoghurt (7.1%) [Fat Free Yogurt (milk) (97%) , Modified Maize Starch, Thickeners Pectin], Garlic (2.3%) [Fresh Garlic], Lemons (1.9%) [Lemons], Ginger (0.85%) [Ginger], Ground Cumin (0.57%) [Ground Cumin], Mild Chilli Powder (0.57%) [Paprika, Chilli Powder (20%)], Herb Bunched Coriander (0.57%) [Coriander], Ground Coriander (0.47%) [Ground Coriander], Tomato Paste (0.38%) [Tomatoes, Acidity Regulator(Citric Acid)], Bouillon Paste (0.34%) [Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper], Paprika (0.28%) [Paprika], Garam Masala (0.19%) [Coriander (38%), Cumin (34%), Dill (7%), Black Pepper, Cinnamon (Cassia), Ginger (6%), Clove], Non Stick Fry, Cook & Bake Spray (0.19%) [Sunflower Oil], Ground Turmeric (0.09%) [Ground Turmeric]

Cooking Instructions & Notes

Preparation;

Cut each thigh into three pieces, marinade in 4 tbsp of lemon juice, cover & place in the fridge for 10 minutes

Peel & dice the onion

Peel & finely chop the garlic

Peel & grate the ginger

Rinse the rice under cold running water

Make the stock as per guidelines

Method;

To make the marinade take the following ingredients & blend to a paste;

100g peeled & roughly chopped garlic

35g peeled & grated ginger

3tsp ground cumin

3tsp ground coriander

1 tsp garam masala

2tsp paprika

2 tsp chilli powder

4tbsp yogurt

Marinate the chicken in the spicy mix in the fridge for at least one hour or ideally overnight

In a large saute pan heat 4 tbsp oil & seal the chicken on all sides, then remove from the pan

Saute the onion, cooking for approximately 5-8 minutes

Add the ginger, cook for 2 minutes

Stir in the following spices & cook for 2-3 minutes;

1tsp turmeric

1tbsp ground coriander

1tbsp paprika

1tbsp chilli powder

Then add the tomato paste & cook for 1-2 minutes

Stir in the tomatoes. 2tbsp lemon juice, add a little water & bring to a gentle simmer

Return the chicken to the pan & cook on the stove for approximately 15 minutes

Stir in the remaining yogurt, cook for a further 5 minutes

For the rice, place in a large pan, pour over the stock, cover with a lid & bring to the boil. Cook for 12 minutes

Remove from the heat, keep covered with the lid for approximately 10-12 minutes, use a fork to fluff the rice from time to time

Service;

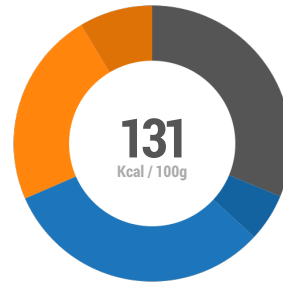
Serve the rice & curry in a bowl, garnish with chopped coriander

Healthier Katsu Chicken Burger

Buttermilk panko crumbed chicken fillets, sweet chilli coleslaw, warm katsu sauce.

By Colin Salmon from Brakes

Overview ...



CALORIES:

37.2% Carbs

31.3% Protein

31.5% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 432G SERVING	%RI
Energy(Kj)	566 kJ	7%	2444 kJ	29%
Energy(kcal)	135 kcal	7%	582 kcal	29%
Fat	4.6 g	7%	20 g	29%
<i>of which saturates</i>	1.2 g	6%	5.4 g	27%
Carbohydrate	12 g	5%	53 g	20%
<i>of which sugars</i>	1.8 g	2%	7.9 g	9%
Fibre	1.7 g	7%	7.2 g	29%
Protein	10 g	20%	44 g	88%
Salt	0.33 g	6%	1.4 g	23%

CONTAINS:



WHEAT



MILK



SOYA

MAY CONTAIN:



OATS, BARLEY,
RYE



EGGS



SESAME

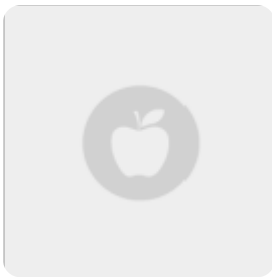
Nutrient Breakdown per 100g...

Energy		Lipid Components		Vitamins	
Energy(kcal) 7% RI	131kcal	Saturated Fat 6% RI	1.2g	Vitamin A (ret eq)	-
Energy(Kj) 7% RI	553kJ	Monounsaturated fat	-	Retinol	-
Macronutrients		cis-Mono	-	Carotene	-
Carbohydrate 5% RI	12.2g	Polyunsaturated fat	-	Vitamin D	-
Protein 21% RI	10.3g	Omega3(n-3)	-	Vitamin E	-
Fat 7% RI	4.6g	Omega6(n-6)	-	Vitamin K ₁	-
Water	70g	cis-Poly	-	Thiamin (B ₁)	-
Water from Drinks	0g	Trans-fatty acids	-	Riboflavin (B ₂)	-
Alcohol	-	Cholesterol	-	Niacin total (B ₃)	-
Carbohydrate		Minerals & trace elements		Niacin	-
Starch	10.4g	Sodium 6% RI	132mg	Tryptophan	-
Oligosaccharide	-	Potassium	-	Pantothenic Acid (B ₅)	-
Fibre 7% RI	1.7g	Chloride 25% RI	201mg	Vitamin B ₆	-
NSP	1.3g	Calcium	-	Folates (B ₉) Total	0µg
Sugars 2% RI	1.8g	Phosphorus	-	Vitamin B ₁₂	-
Glucose	-	Magnesium	-	Biotin (B ₇)	-
Galactose	-	Iron	-	Vitamin C	-
Fructose	-	Zinc	-	Other	
Sucrose	-	Copper	-	GI (estimated)	0
Maltose	-	Manganese	-	GL	-
Lactose	-	Selenium	-		
		Iodine	-		

Recipe Ingredients ...	Quantity:	Description:	Cost:
109271 Brakes Katsu Curry Sauce - BRAKES	30g	0.01x Each	GBP0.09
121701 La Boulangerie 4" Wholemeal Burger buns - BRAKES	50g	1x Each	GBP0.22
525427 Asian Slaw Mix - BRAKES	20g	0.04x Each	GBP0.08
129768 Brakes Coated Medium Skin on Fries - BRAKES	120g	0.05x Each	GBP0.19
74550 Brakes Low Fat Natural Yogurt - BRAKES	30g	0.02x Each	GBP0.09
10527 Roquette - BRAKES	4g	0.02x Each	GBP0.05
114212 Chillies Red - BRAKES	3g	0.01x Each	GBP0.04
10230 Cucumber - BRAKES	20g	0.05x Each	GBP0.04
84380 Prime Meats British Skinless Chicken Breast Fillets - BRAKES	155g	1x Each	GBP1.78
TOTAL COST:			GBP2.57

Products / Pack Sizes ...

1 Serving



Product code
Barcode
432g / 582kcal
Number of servings
Net pack weight
GBP3.08 / GBP3.08 ↗
Sale pr(GBP 0 + 20%)

Ingredient List (QUID) ...

Chicken (35.9%) [Chicken], Chips/Fries (27.8%) [Potato (87%), Sunflower Oil, Modified Potato Starch, Rice Flour, Potato Starch, Salt, Dextrin, Raising Agent(Sodium Bicarbonate, Disodium Diphosphate), Spice Extract(Paprika Extract, Turmeric Extract), Thickener(Xanthan Gum), Dextrose], Burger Bun (11.6%) [Wholemeal **wheat** Flour (**wheat**), Water, Palm Oil, Yeast, **soya** Flour, Salt, **wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Emulsifiers (Mono And Di Glycerides Of Fatty Acids, Mono And Di Acetyl Tartaric Acid Esters Of Mono And Di Glycerides Of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)], Katsu Curry Sauce (6.9%) [Water, Tomato Purée From Concentrate, Rapeseed Oil, Sugar, Modified Maize Starch, Ginger Puree (3%), **soya** Sauce (2.5%) (Water, Sugar, Rice Vinegar, **soya** Bean, **wheat**, Salt), Garlic Puree, Ground Coriander, Turmeric, Salt, Ground Cumin, Acidity Regulator (Citric Acid), Ground Fenugreek, Cardamom, Chilli Powder, Garlic Powder, Ground Black Pepper, Stabiliser(Xanthan Gum), Ground Cinnamon, Cumin Seeds, Ground Fennel Seeds, Ground Cloves], Low Fat Natural Yogurt (6.9%) [Low Fat Natural Yogurt (**milk**)], Asian Slaw Mix (4.6%) [Red Cabbage (27%), Carrot (25%), Savoy Cabbage (25%), Mooli (15%), Red Onion (8%)], Cucumber (4.6%) [Cucumber], Roquette (0.93%) [Roquette], Chillies Red (0.69%) [Chillies Red]

Cooking Instructions & Notes

Mise en Place/ Prep

- Mix coleslaw with chilli jam

Method

- Cook the burger in accordance with the manufacturers guidelines
- Cook the French Fries in accordance with the manufacturers guidelines
- Toast the cut side of the Brioche Bun
- Assemble the burger on the toasted bun: mayonnaise, coleslaw, chicken fillets, katsu sauce
- Serve on your chosen serving plate with the fries



IN THE KITCHEN

<https://www.brake.co.uk/inspirational-food/special-occasions>