



SUMMER OF SPORT

MATCHDAY HOTDOGS

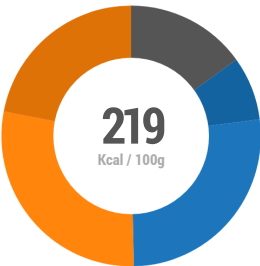


'Euros' Hot-Dog (Scotland)

By Oliver Lloyd from Brakes

OVERVIEW ...

U / 10528595



CALORIES:
34.6% Carbs
15% Protein
50.3% Fat

FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 305G SERVING	%RI
Energy(Kj)	917 kJ	11%	2795 kJ	33%
Energy(kcal)	219 kcal	11%	669 kcal	33%
Fat	12 g	17%	37 g	53%
of which saturates	5.3 g	27%	16 g	80%
Carbohydrate	19 g	7%	58 g	22%
of which sugars	4.3 g	5%	13 g	14%
Fibre	0.5 g	2%	1.1 g	4%
Protein	8.2 g	16%	25 g	50%
Salt	0.95 g	16%	2.9 g	48%

CONTAINS:



MAY CONTAIN:



Nutri-Score



HFSS Rating



NUTRIENT BREAKDOWN PER 100G...

ENERGY	LIPID COMPONENTS	VITAMINS
Energy(kcal) 11% RI Energy(Kj) 11% RI	Saturated Fat 27% RI Monounsaturated fat 0% RI cis-Mono Polyunsaturated fat 0% RI Omega3(n-3) Omega6(n-6) cis-Poly Trans-fatty acids Cholesterol	Vitamin A (ret eq) 1% RI Retinol Carotene Vitamin D Vitamin E 0% RI Vitamin K ₁ Thiamin (B ₁) 0% RI Riboflavin (B ₂) 0% RI Niacin total (B ₃) 0% RI Niacin 0% RI Tryptophan Pantothenic Acid (B ₅) 0% RI Vitamin B ₆ 0% RI Folates (B ₉) Total 1% RI Vitamin B ₁₂ Biotin (B ₇) 0% RI Vitamin C 1% RI
MACRONUTRIENTS	MINERALS & TRACE ELEMENTS	OTHER
Carbohydrate 7% RI Protein 16% RI Fat 17% RI Water Water from Drinks Alcohol (0% ABV)	Sodium 16% RI Potassium 0% RI Chloride 72% RI Calcium 0% RI Phosphorus 0% RI Magnesium 0% RI Iron 0% RI Zinc 0% RI Copper 0% RI Manganese 0% RI	7.1ug 0ug - 0ug 0.0034mg 0ug 0.0013mg 0.002mg 0.023mg 0.0115mg 0.6885mg 0.0054mg 0.0023mg 1.7ug 0ug trace 0.9508mg
CARBOHYDRATE		
Starch Oligosaccharide Fibre 1% RI NSP Sugars 5% RI Glucose Galactose Fructose	5.3g 0.0016g - 0.0044g - - - 0g 0mg	

Sucrose	0g	Selenium 0% RI	trace	GI (estimated)	0
Maltose	0g	Iodine 0% RI	trace	GL	0
Lactose	0g			Caffeine	-

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	COST:
103609 - 103609 La Boulangerie 7" Fully Baked Hot Dog Rolls.. - BRAKES	80g	1 x Each	£0.56
65580 - 65580 Hudson's Hot Dog Sausages.. - BRAKES	90g	1 x Each	£0.87
114659 - 114659 Macsween Black Pudding 1.36kg.. - BRAKES	40g	0.03 x Each	£0.23
10224 (19 Oct 2023) - 10224 Red Onions (19 Oct 2023).. - BRAKES	60g	0.06 x Each	0.00
134568 Brakes Nacho Cheese Sauce..	15g		£0.08
100535 - 100535 Brakes Pure Canadian Maple Syrup.. - BRAKES	10g	0.02 x Each	£0.20
113880 (19 Oct 2023) - 113880 Premium Large Chives Bunch (19 Oct 2023).. - BRAKES	5g	0.05 x Each	£0.15
134544 - 134544 Kuhne Crispy Fried Onions.. - BRAKES	5g	0.01 x Each	£0.04

TOTAL COST: £2.12

PRODUCTS / PACK SIZES ...

1 Serving



305g / 669kcal

1

\$ £2.12 / £2.12 ↗

\$

INGREDIENT LIST (QUID) ...

Hot Dog Sausages (29.5%) [Pork (86%), Water, Pork Fat, Seasonings (Pepper, Parsnip, Garlic, Lovage, Tomatoes, Ginger, Wild Garlic, Parsley, Rosemary, Thyme, Nutmeg), Iodised Nitrite Curing Salt (Salt, Preservative (Sodium Nitrite), Potassium Iodide), Potassium Chloride, Spice Extracts (Turmeric Extract, Coriander Extract, Nutmeg Extract, Pepper Extract), Stabiliser (Diphosphate), Antioxidant (Ascorbic Acid), Beechwood Smoke Packaged In A Protective Atmosphere], Bread Roll (26.2%) [**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, **Egg**, Yeast, Palm Oil, Rapeseed Oil, Glucose, Salt, Emulsifier (Mono And Di Glycerides Of Fatty Acids, Sodium Stearoyl 2 Lactylate), Flour Treatment Agent (Ascorbic Acid)], Red Onions (19.7%), Black Pudding (13.1%) [Rehydrated Pork Blood (43%), **Oats** (14%), Rehydrated Onion (10%), Smoked Bacon (10%) [Pork, Water, Salt, Preservatives (E252, E250), Antioxidant (E301)], Beef Fat (10%), Pork Fat (10%), Salt, Spices, PEARL **Barley**, Water], Cheese Sauce (4.9%) [Reconstituted Skimmed **Milk**, Water, Cheese (**Milk**) Powder (6%) (**Milk**, Emulsifier (Disodium Phosphate), Salt, Colour (Paprika), Starter Culture, Rennet), Cheese (**Milk**) (5%) (**Milk**, Potato Starch, Salt, Rennet, Starter Culture), Modified Maize Starch, Vegetable Oil (Palm), Tapioca Starch, Vegetable Stock Powder (Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Lovage, Sunflower Oil), Salt, Acidity Regulator (Trisodium Citrate), Chilli Powder, Emulsifier (**Soya** Lecithin), Colour (Beta Carotene)], Pureadian Maple Syrup (3.3%) [Maple Syrup], Chives (1.6%), Fried Onions (1.6%) [Onions, Palm Oil, **Wheat** Flour, Salt]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Celery, Mustard

COOKING INSTRUCTIONS & NOTES

Preparation:

- Defrost the bun
- Chop the chives
- Dice the black pudding into chunks
- Peel & slice the red onions

Method:

1. In a pan of simmering water poach the frankfurter until a core temperature has been reached.
2. Fry the diced black pudding until crisp - set aside.
3. Fry the red onions until slightly caramelised and deglaze with the maple syrup - remove from the heat and add in the chives.
4. Build the hot dog - place the frankfurter into the roll followed by the caramelised red onions and black pudding.
5. Warm the nacho cheese sauce and drizzle over the top, finish with the crispy onions and chives - serve!

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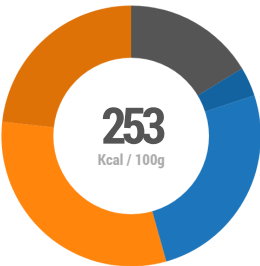
| U Ref Code: | Last Modified: 10 Jun 2024 | Nutritics ID: U10528595

'Euros' Hot-Dog (England)

By Oliver Lloyd from Brakes

OVERVIEW ...

U / 10636914



CALORIES:
29.3% Carbs
16.3% Protein
54.4% Fat

FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 235G SERVING	%RI
Energy(Kj)	1059 kJ	13%	2490 kJ	30%
Energy(kcal)	254 kcal	13%	596 kcal	30%
Fat	15 g	21%	36 g	51%
of which saturates	6.5 g	33%	15 g	75%
Carbohydrate	19 g	7%	44 g	17%
of which sugars	2.3 g	3%	5.4 g	6%
Fibre	0 g	0%	0.6 g	2%
Protein	10 g	20%	24 g	48%
Salt	1.4 g	23%	3.2 g	53%

CONTAINS:



MAY CONTAIN:



Nutri-Score



HFSS Rating



NUTRIENT BREAKDOWN PER 100G...

ENERGY	LIPID COMPONENTS	VITAMINS
Energy(kcal) 13% RI Energy(Kj) 13% RI	Saturated Fat 33% RI Monounsaturated fat 0% RI cis-Mono Polyunsaturated fat 0% RI Omega3(n-3) Omega6(n-6) cis-Poly Trans-fatty acids Cholesterol	Vitamin A (ret eq) 1% RI Retinol Carotene Vitamin D Vitamin E 0% RI Vitamin K ₁ Thiamin (B ₁) 0% RI Riboflavin (B ₂) 0% RI Niacin total (B ₃) 0% RI Niacin 0% RI Tryptophan Pantothenic Acid (B ₅) 0% RI Vitamin B ₆ 0% RI Folates (B ₉) Total 1% RI Vitamin B ₁₂ Biotin (B ₇) 0% RI Vitamin C 2% RI
MACRONUTRIENTS	MINERALS & TRACE ELEMENTS	OTHER
Carbohydrate 7% RI Protein 21% RI Fat 22% RI Water Water from Drinks Alcohol (0% ABV)	Sodium 23% RI Potassium 0% RI Chloride 104% RI Calcium 0% RI Phosphorus 0% RI Magnesium 0% RI Iron 0% RI Zinc 0% RI Copper 0% RI Manganese 0% RI	9.3ug 0ug - 0ug 0.0045mg 0ug 0.0017mg 0.0026mg 0.0298mg 0.0149mg 0.8936mg 0.007mg 0.003mg 2.2ug 0ug trace 1.2mg
CARBOHYDRATE		
Starch Oligosaccharide Fibre 1% RI NSP Sugars 3% RI Glucose Galactose Fructose	6.5g 0.0021g - 0.0057g - - - 0g 0mg	

Sucrose	0g	Selenium 0% RI	trace	GI (estimated)	0
Maltose	0g	Iodine 0% RI	trace	GL	0
Lactose	0g			Caffeine	-

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	COST:
103609 - 103609 La Boulangerie 7" Fully Baked Hot Dog Rolls.. - BRAKES	80g	1 x Each	£0.56
65580 - 65580 Hudson's Hot Dog Sausages.. - BRAKES	90g	1 x Each	£0.87
121409 - 121409 Bread & Butter Pickles.. - BRAKES	5g	0.01 x Each	£0.04
127125 French's American Classic Mustard 226g..	5g		0.00
149595 - 149595 The Jolly Hog Oak & Beech Smoked Dry Cure Double Streaky Bacon.. - BRAKES	15g	0.15 x Each	£0.19
89214 - 89214 French's Mexican Mild Chilli Relish.. - BRAKES	10g	0 x Each	£0.04
113880 (19 Oct 2023) - 113880 Premium Large Chives Bunch (19 Oct 2023).. - BRAKES	5g	0.05 x Each	£0.15
134544 - 134544 Kuhne Crispy Fried Onions.. - BRAKES	5g	0.01 x Each	£0.04
119656 - 119656 Marinated & Seasoned Exotic Mushroom Mix (800g drained weight).. - BRAKES	20g	0.02 x Each	£0.30

TOTAL COST: £2.18

PRODUCTS / PACK SIZES ...

1 Serving



🕒 235g / 596kcal

1

\$ £2.18 / £2.18 ↗

\$

INGREDIENT LIST (QUID) ...

Hot Dog Sausages (38.3%) [Pork (86%), Water, Pork Fat, Seasonings (Pepper, Parsnip, Garlic, Lovage, Tomatoes, Ginger, Wild Garlic, Parsley, Rosemary, Thyme, Nutmeg), Iodised Nitrite Curing Salt (Salt, Preservative (Sodium Nitrite), Potassium Iodide), Potassium Chloride, Spice Extracts (Turmeric Extract, Coriander Extract, Nutmeg Extract, Pepper Extract), Stabiliser (Diphosphate), Antioxidant (Ascorbic Acid), Beechwood Smoke Packaged In A Protective Atmosphere], Bread Roll (34%) [**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, **Egg**, Yeast, Palm Oil, Rapeseed Oil, Glucose, Salt, Emulsifier (Mono And Di Glycerides Of Fatty Acids, Sodium Stearoyl 2 Lactylate), Flour Treatment Agent (Ascorbic Acid)], Exotic Mushrooms (8.5%) [Mushrooms In Varying Proportions 95% [Nameko Mushroom (Pholiota Nameko Mutabilis), Wine (**Sulphites**) Cap Mushroom (Stropharia Rugosoannulata), Shiitake Mushroom (Lentinula Edodes)], Sunflower Oil, Salt, Porcini Mushroom Powder (Boletus Edulis And Its Group), Herbs, Citric Acid, Ascorbic Acid], Oak & Beech Smoked Dry Cure Double Streaky Bacon (6.4%) [Pork Belly (96%), Sea Salt, Sugar, Preservatives: Potassium Nitrate, Sodium Nitrate], Mexican Mild Chilli Relish (4.3%) [Water, Glucose Fructose Syrup, Gherkins, Tomato Paste (13%), Spirit Vinegar, Diced Red And Green Bell Peppers (5%), Sugar, Cauliflower, Modified Maize Starch, Salt, Acid (acetic Acid), Whole **Mustard** Seed, Dried Onion, Thickeners (xanthan Gum, Guar Gum), Spices, Chilli Pepper, Rapeseed Oil, Garlic Powder, Dried Oregano], Bread & Butter Pickles (2.1%) [Cucumber (44%), Spirit Vinegar, Sugar, Water, Onions, Sea Salt, Dill, Garlic, **Mustard** Seeds, Black Peppercorns, Turmeric, Caraway Seeds, **Celery** Seeds, Coriander Seeds], American Classic **Mustard** (2.1%) [Water, Spirit Vinegar, **Mustard** Seed (14%), Salt, Spices, Flavourings], Chives (2.1%), Fried Onions (2.1%) [Onions, Palm Oil, **Wheat** Flour, Salt]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Sesame

COOKING INSTRUCTIONS & NOTES

Preparation:

Defrost the bun
Chop the chives

Method:

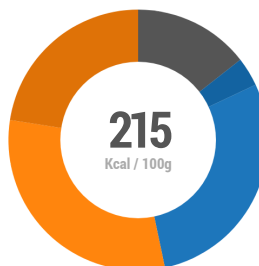
1. In a pan of gently simmering water poach the frankfurter until a core temperature has been reached.
2. Place the bacon on a papered tray and cook until crisp.
3. Quickly fry the mushrooms in a little oil
4. Build your hot-dog - Spoon the tomato sauce into the roll, followed by the frankfurter, top with the bacon and mushrooms.
5. Garnish with the bread and butter pickles, mustard and a sprinkle of chopped chives - serve!

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By Oliver Lloyd from Brakes

11 / 10636938



53.3% Fat

EU Label values per 100g

	PER 100G	%RI	PER 255G SERVING	%RI
Energy(Kj)	902 kJ	11%	2301 kJ	27%
Energy(kcal)	216 kcal	11%	551 kcal	28%
Fat	13 g	19%	32 g	46%
of which saturates	5.4 g	27%	14 g	70%
Carbohydrate	17 g	7%	44 g	17%
of which sugars	1.9 g	2%	4.9 g	5%
Fibre	0.7 g	3%	1.7 g	7%
Protein	7.8 g	16%	20 g	40%
Salt	1.1 g	18%	2.8 g	47%

WHEAT EGGS SOYA

CELERY **MUSTARD**



11

ENERGY		LIPID COMPONENTS		VITAMINS
Energy(kcal) 11% RI	215kcal	Saturated Fat 27% RI	5.4g	Vitamin A (ret eq) 1% RI8.5ug
Energy(KJ) 11% RI	897kJ	Monounsaturated fat 0% RI	0.002g	Retinol0ug
MACRONUTRIENTS		cis-Mono-	-	Carotene-
		Polyunsaturated fat 0% RI	0.0053g	Vitamin D0ug
		Omega3(n-3)	-	Vitamin E 0% RI0.0041mg
		Omega6(n-6)	-	Vitamin K ₁ 0ug
		cis-Poly-	-	Thiamin (B ₁) 0% RI0.0016mg
		Trans-fatty acids	0g	Riboflavin (B ₂) 0% RI0.0024mg
Carbohydrate 7% RI	17.3g	Cholesterol	0mg	Niacin total (B ₃) 0% RI0.0275mg
Protein 16% RI	7.8g	MINERALS & TRACE ELEMENTS		Niacin 0% RI0.0137mg
Fat 18% RI	12.7g		Tryptophan0.8235mg	
Water	61g		Pantothenic Acid (B ₅) 0% RI0.0065mg	
Water from Drinks	0g		Vitamin B ₆ 0% RI0.0027mg	
Alcohol (0% ABV)	0g			Folates (B ₉) Total 1% RI2.1ug
CARBOHYDRATE		Sodium 18% RI	437mg	Vitamin B ₁₂ 0ug
		Potassium 0% RI	5.8mg	Biotin (B ₇) 0% RItrace
		Chloride 83% RI	661mg	Vitamin C 1% RI1.1mg
		Calcium 0% RI	1.8mg	
		Phosphorus 0% RI	1.1mg	
		Magnesium 0% RI	0.8235mg	
Starch	15.4g			
Oligosaccharide	-			
Fibre 3% RI	0.6647g			
NSP	0.5113g			
Sugars 2% RI	1.9g			
Glucose	0.0176g			
Galactose	0g			
Fructose	0.0196g			

Sucrose	0g	Selenium 0% RI	trace	GI (estimated)	0
Maltose	0g	Iodine 0% RI	trace	GL	0
Lactose	0g			Caffeine	-

RECIPE INGREDIENTS ...

	QUANTITY:	DESCRIPTION:	COST:
103609 - 103609 La Boulangerie 7" Fully Baked Hot Dog Rolls.. - BRAKES	80g	1 x Each	£0.56
65580 - 65580 Hudson's Hot Dog Sausages.. - BRAKES	90g	1 x Each	£0.87
131609 Vadasz Raw Garlic & Dill Sauerkraut..	25g		£0.26
109271 Sysco Classic Katsu Curry Sauce..	25g		£0.10
10146 Sysco Classic Pickled Red Cabbage..	25g		£0.12
113880 (19 Oct 2023) - 113880 Premium Large Chives Bunch (19 Oct 2023).. - BRAKES	5g	0.05 x Each	£0.15
134544 - 134544 Kuhne Crispy Fried Onions.. - BRAKES	5g	0.01 x Each	£0.04

TOTAL COST: £2.10

PRODUCTS / PACK SIZES ...

1 Serving



255g / 551kcal



1



£2.10 / £2.10 ↗



INGREDIENT LIST (QUID) ...

Hot Dog Sausages (35.3%) [Pork (86%), Water, Pork Fat, Seasonings (Pepper, Parsnip, Garlic, Lovage, Tomatoes, Ginger, Wild Garlic, Parsley, Rosemary, Thyme, Nutmeg), Iodised Nitrite Curing Salt (Salt, Preservative (Sodium Nitrite), Potassium Iodide), Potassium Chloride, Spice Extracts (Turmeric Extract, Coriander Extract, Nutmeg Extract, Pepper Extract), Stabiliser (Diphosphate), Antioxidant (Ascorbic Acid), Beechwood Smoke Packaged In A Protective Atmosphere], Bread Roll (31.4%) [**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, **Egg**, Yeast, Palm Oil, Rapeseed Oil, Glucose, Salt, Emulsifier (Mono And Di Glycerides Of Fatty Acids, Sodium Stearoyl 2 Lactylate), Flour Treatment Agent (Ascorbic Acid)], Sauerkraut (9.8%) [White Cabbage (78%), Cucumber (19%), Sea Salt, Dill, Garlic, Black Peppercorns, Caraway Seeds], Katsu Curry Sauce (9.8%) [Water, Tomato Purée From Concentrate, Rapeseed Oil, Sugar, Modified Maize Starch, Ginger Purée (3%), **Soy** Sauce (2.5%) (Water, Sugar, Rice Vinegar, **Soya** Bean, **Wheat**, Salt), Garlic Purée, Turmeric, Ground Coriander, Salt, Ground Cumin, Acidity Regulator (Citric Acid), Ground Fenugreek, Cardamom, Chilli Powder, Black Pepper, Garlic Powder, Stabiliser (Xanthan Gum), Ground Cassia, Cumin Seed, Ground Fennel, Ground Cloves], Pickled Red Cabbage (9.8%) [Red Cabbage, Water, Spirit Vinegar, Salt, Sugar], Chives (2%), Fried Onions (2%) [Onions, Palm Oil, **Wheat** Flour, Salt]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Celery, Mustard

COOKING INSTRUCTIONS & NOTES

Preparation:

Defrost the buns
Chop chives

Method:

1. In a pan of just simmering water poach the frankfurter until a core temperature has been reached.
2. In a bowl mix together the sauerkraut and pickled red cabbage.
3. Warm the katsu curry sauce.
4. Build the hot-dog, place the frankfurter in the bun, top with the sauerkraut and pickled red cabbage.

5. Spoon the curry sauce onto half of the the hot dog and top with crispy onions and chives - serve!

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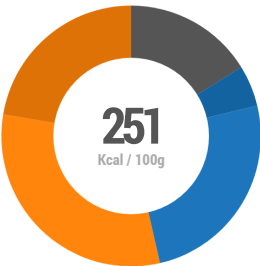
| U Ref Code: | Last Modified: 10 Jun 2024 | Nutritics ID: U10636938

'Euros' Hot-Dog (Spain)

By Oliver Lloyd from Brakes

OVERVIEW ...

U / 10637090



CALORIES:
30.3% Carbs
16.1% Protein
53.6% Fat

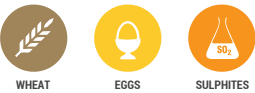
FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 235G SERVING	%RI
Energy(Kj)	1049 kJ	12%	2465 kJ	29%
Energy(kcal)	251 kcal	13%	590 kcal	30%
Fat	15 g	21%	35 g	50%
of which saturates	6.2 g	31%	15 g	75%
Carbohydrate	19 g	7%	45 g	17%
of which sugars	3.2 g	4%	7.5 g	8%
Fibre	0 g	0%	0.6 g	2%
Protein	10 g	20%	24 g	48%
Salt	1.2 g	20%	2.9 g	48%

CONTAINS:



MAY CONTAIN:



Nutri-Score



HFSS Rating



NUTRIENT BREAKDOWN PER 100G...

ENERGY	LIPID COMPONENTS	VITAMINS
Energy(kcal) 13% RI Energy(Kj) 12% RI	Saturated Fat 31% RI Monounsaturated fat cis-Mono Polyunsaturated fat Omega3(n-3) Omega6(n-6) cis-Poly Trans-fatty acids Cholesterol	Vitamin A (ret eq) Retinol Carotene Vitamin D Vitamin E Vitamin K ₁ Thiamin (B ₁) Riboflavin (B ₂) Niacin total (B ₃) Niacin Tryptophan Pantothenic Acid (B ₅) Vitamin B ₆ Folates (B ₉) Total Vitamin B ₁₂ Biotin (B ₇) Vitamin C
MACRONUTRIENTS	MINERALS & TRACE ELEMENTS	OTHER
Carbohydrate 7% RI Protein 20% RI Fat 21% RI Water Water from Drinks Alcohol	Sodium 21% RI Potassium Chloride 94% RI Calcium Phosphorus Magnesium Iron Zinc Copper Manganese	0ug
CARBOHYDRATE		
Starch Oligosaccharide Fibre 1% RI NSP Sugars 4% RI Glucose Galactose Fructose		

Sucrose	-	Selenium	-	GI (estimated)	0
Maltose	-	Iodine	-	GL	-
Lactose	-		-	Caffeine	-

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	COST:
103609 - 103609 La Boulangerie 7" Fully Baked Hot Dog Rolls.. - BRAKES	80g	1 x Each	£0.56
65580 - 65580 Hudson's Hot Dog Sausages.. - BRAKES	90g	1 x Each	£0.87
119655 - 119655 Chargrilled Mixed Vegetables.. - BRAKES	25g	0.03 x Each	£0.28
135760 - 135760 Unearthed Professional Snacking Chorizo Sarta.. - BRAKES	15g	0.15 x Each	£0.29
124179 - 124179 Padron Peppers.. - BRAKES	15g	0.03 x Each	0.00
88386 Brakes Glaze with Balsamic Vinegar of Modena..	10g		£0.16

TOTAL COST: £2.16

PRODUCTS / PACK SIZES ...

1 Serving






 235g / 590kcal

1

\$ £2.16 / £2.16 ↗

\$

INGREDIENT LIST (QUID) ...

Hot Dog Sausages (38.3%) [Pork (86%), Water, Pork Fat, Seasonings (Pepper, Parsnip, Garlic, Lovage, Tomatoes, Ginger, Wild Garlic, Parsley, Rosemary, Thyme, Nutmeg), Iodised Nitrite Curing Salt (Salt, Preservative (Sodium Nitrite), Potassium Iodide), Potassium Chloride, Spice Extracts (Turmeric Extract, Coriander Extract, Nutmeg Extract, Pepper Extract), Stabiliser (Diphosphate), Antioxidant (Ascorbic Acid), Beechwood Smoke Packaged In A Protective Atmosphere], Bread Roll (34%) [**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, **Egg**, Yeast, Palm Oil, Rapeseed Oil, Glucose, Salt, Emulsifier (Mono And Di Glycerides Of Fatty Acids, Sodium Stearoyl 2 Lactylate), Flour Treatment Agent (Ascorbic Acid)], Chargrilled Vegetables (10.6%) [Mixed Vegetables (peppers, Aubergines And Courgettes) 70%, Sunflower Oil, Wine Vinegar, Salt, Natural Flavouring, Lactic Acid, Citric Acid, Ascorbic Acid], Chorizo Sarta (6.4%) [Pork, Paprika (2.5%), Salt, Garlic, Dextrose, Preservatives (Sodium Nitrite, Potassium Nitrate), Antioxidant: Rosemary Extract], Padron Peppers (6.4%), Balsamic Vinegar Glaze (4.3%) [Cooked Grape Must[Grape Must, **Sulphur** Dioxide (**Sulphites**)], Balsamic Vinegar (39%)(wine Vinegar, Grape Must Concentrate, Cooked Grape Must[Grape Must, **Sulphur** Dioxide (**Sulphites**)], Colour(**Sulphite** Ammonia Caramel)], Wine Vinegar, Thickener(Guar Gum, Xanthan Gum), Antioxidant(Potassium **Metabisulphite**)]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Celery, Mustard

COOKING INSTRUCTIONS & NOTES

Preparation:

- Defrost the buns
- Slice the vegetables

Method:

1. In a pan of just simmering water poach the frankfurter until a core temperature has been reached.
2. Deep fat fry the chorizo and Padron peppers - drain and season - mix together with the vegetables.
3. Build your hot-dog - place the frankfurter into the roll followed by the chorizo, mixed vegetables and Padron peppers.
3. Finish with the balsamic glaze - serve!



SUMMER OF SPORT

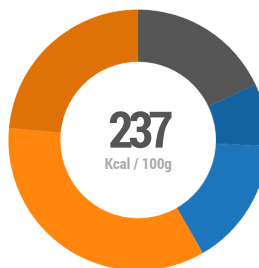
MATCHDAY BURGERS



By Oliver Lloyd from Brakes

OVERVIEW ...

U / 10639658



CALORIES:

23.7% Carbs

18% Protein

58.3% Fat

FOOD LABELLING...

Serves **1**

	PER 100G	%RI	PER 126G SERVING	%RI
Energy(Kj)	993 kJ	12%	1247 kJ	15%
Energy(kcal)	238 kcal	12%	299 kcal	15%
Fat	15 g	21%	19 g	27%
of which saturates	6.2 g	31%	7.8 g	39%
Carbohydrate	14 g	5%	18 g	7%
of which sugars	4.6 g	5%	5.8 g	6%
Fibre	0.6 g	2%	0.7 g	3%
Protein	11 g	22%	13 g	26%
Salt	0.97 g	16%	1.2 g	20%

CONTAINS:



OATS, WHEAT,
BARLEY, RYE



EGGS



MILK



CELERY



MUSTARD

MAY CONTAIN:



SESAME

Nutri-Score



HFSS Rating

13

NUTRIENT BREAKDOWN PER 100G...

[illegible]

Sucrose	-	Selenium	-	GI (estimated)	0
Maltose	-	Iodine	-	GL	-
Lactose	-		-	Caffeine	-

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	COST:
135176 - 135176 Black Angus Mini Angus Beef Burger.. - BRAKES	43g	1 x Each	£0.38
136697 St Pierre Mini Brioche Buns..	20g		0.00
106923 Brakes Burger Slices (19 Oct 2023)..	12.5g		£0.12
106286 - 106286 Heinz Classic Burger Sauce 875ml.. - BRAKES	10g	0.01 x Each	£0.05
121409 - 121409 Bread & Butter Pickles.. - BRAKES	10g	0.01 x Each	£0.08
10332 (19 Oct 2023) - 10332 Lettuce Little Gem (19 Oct 2023).. - BRAKES	5g	0.05 x Each	£0.04
10357 Plum Tomatoes (19 Oct 2023)..	10g		£0.03
119761 - 119761 Simon Howie Haggis Balls.. - BRAKES	15g	1 x Each	£0.31

TOTAL COST: £1.00

PRODUCTS / PACK SIZES ...

1 Serving




126g / 299kcal
1
\$ £1.00 / £1.00 ↗
\$

INGREDIENT LIST (QUID) ...

Beef Burger (34.3%) [Angus Beef (98.9%), Salt & Pepper], Mini Brioche Buns (15.9%) [**Wheat** Flour, **Egg**, Sugar, Rapeseed Oil, Concentrated Butter (**Milk**), Yeast, Dried Skimmed **Milk**, **Wheat Gluten**, Salt, Flavouring, **Milk** Proteins, Toasted Malted **Rye** Flour, Emulsifier (Mono And Diglycerides Of Fatty Acids), Deactivated Yeast, Colour (Beta Carotene)], Haggis Balls (12%) [Haggis (82%) (Pork Lungs, **Oatmeal**, Water, Beef Fat, Beef Liver, Lamb Lungs, Beef Heart, Dried Onion, **Barley** Flakes, Salt, Spices (Black Pepper, Pimento)), Breadcrumbs (7%) (**Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Water, Dextrose, Salt, Spices (Paprika, Turmeric) Yeast), Water, **Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamine)], Burger Slices (10%) [Cheese (**Milk**) (70%)(Contains Acidity Regulator: Citric Acid), Palm Oil, Emulsifying Salts (Trisodium Citrate), Natural Cheese (**Milk**) Flavouring (**Milk**), Preservative (Sorbic Acid), Colours (Beta Carotene, Paprika Extract), Anti Caking Agent (Lecithins)], Burger Sauce (8%) [Rapeseed Oil, Tomato Puree, Spirit Vinegar, Water, Sugar, Glucose Fructose Syrup, **Egg** Yolk, Salt, Modified Starch, **Barley** Malt Vinegar, Molasses, Invert Sugar Syrup, **Mustard** Powder, Onion, Tamarind Extract, Garlic, Spices, Lemon Oil, Thickeners (Xanthan Gum, Guar Gum), Flavourings, Preservative (Potassium Sorbate), Colour (Riboflavin)], Bread & Butter Pickles (8%) [Cucumber (44%), Spirit Vinegar, Sugar, Water, Onions, Sea Salt, Dill, Garlic, **Mustard** Seeds, Black Peppercorns, Turmeric, Caraway Seeds, **Celery** Seeds, Coriander Seeds], Tomatoes (8%), Lettuce Little Gem (4%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Sesame

COOKING INSTRUCTIONS & NOTES

Preparation:

- Defrost the burger
- Cut the cheese to the diameter of the bun
- Slice the buns in half (widthways)
- Cut and wash the gem lettuce
- Cut the tomato into slices

Method:

1. Cook the burger in an oven or over a grill until core temperature is reached.
2. Add the cheese on top, allow to melt.
3. Deep fry the haggis ball for 3 minutes - drain
4. Build the slider burger as follows:

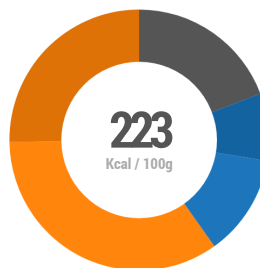
base bun/burger sauce/tomato/lettuce/burger/bun top - skewer with the haggis ball to hold before serving.

| Generated by Nutritics v6.01 on 11th Jun 2024. Last Modified 11th Jun 2024.

| U Ref Code: | Last Modified: 11 Jun 2024 | Nutritics ID: U10639658

By Oliver Lloyd from Brakes

U / 9304340



59.8% Fat

EU Label values per 100g

	PER 100G	%RI	PER 128G SERVING	%RI
Energy(Kj)	935 kJ	11%	1192 kJ	14%
Energy(kcal)	224 kcal	11%	286 kcal	14%
Fat	15 g	21%	19 g	27%
of which saturates	6.3 g	32%	8 g	40%
Carbohydrate	12 g	5%	15 g	6%
of which sugars	4.7 g	5%	5.9 g	7%
Fibre	0.6 g	2%	0.7 g	3%
Protein	11 g	22%	14 g	28%
Salt	0.86 g	14%	1.1 g	18%

MUSTARD

SESAME



12

[illegible]

0
-
-

TOTAL COST: **£0.80**

1 Serving



🕒 128q / 286kcal

1

\$ £0.80 / £0.80 ↗

\$

Beef Burger (33.7%) [Angus Beef (98.9%), Salt & Pepper], Mini Brioche Buns (15.7%) [**Wheat** Flour, **Egg**, Sugar, Rapeseed Oil, Concentrated Butter (**Milk**), Yeast, Dried Skimmed **Milk**, **Wheat Gluten**, Salt, Flavouring, **Milk** Proteins, Toasted Malted **Rye** Flour, Emulsifier (Mono And Diglycerides Of Fatty Acids), Deactivated Yeast, Colour (Beta Carotene)], Tomatoes (11.8%), Burger Slices (9.8%) [Cheese (70%)(Contains Acidity Regulator: Citric Acid), Palm Oil, Emulsifying Salts (Trisodium Citrate), Natural Cheese Flavouring (**Milk**), Preservative (Sorbic Acid), Colours (Beta Carotene, Paprika Extract), Anti Caking Agent (Lecithins)], Burger Sauce (7.8%) [Rapeseed Oil, Tomato Puree, Spirit Vinegar, Water, Sugar, Glucose Fructose Syrup, **Egg** Yolk, Salt, Modified Starch, **Barley** Malt Vinegar, Molasses, Invert Sugar Syrup, **Mustard** Powder, Onion, Tamarind Extract, Garlic, Spices, Lemon Oil, Thickeners (Xanthan Gum, Guar Gum), Flavourings, Preservative (Potassium Sorbate), Colour (Riboflavin)], Bread & Butter Pickles (7.8%) [Cucumber (44%), Spirit Vinegar, Sugar, Water, Onions, Sea Salt, Dill, Garlic, **Mustard** Seeds, Black Peppercorns, Turmeric, Caraway Seeds, **Celery** Seeds, Coriander Seeds], Mozzarella Bocconcini (7.8%) [Pasteurised Cow's **Milk**, Salt, Microbial Rennet, Acidity Regulator: Citric Acid (E330)], Lettuce Little Gem (3.9%), Premium Large Basil Bundle (1.6%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Sesame

Preparation:

Defrost the burger

Cut the cheese to the diameter of the bun

Slice the buns in half (widthways)

Cut and wash the gem lettuce

Cut the tomato into slices

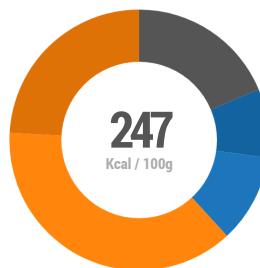
Spear onto a skewer the mozzarella, basil and tomato

Method:

- 1. Cook the burger in an oven or over a grill until core temperature is reached.
- 2. Add the cheese on top, allow to melt.
- 3. Build the slider burger as follows:
base bun/burger sauce/tomato/lettuce/burger/bun top - skewer to hold before serving.

By Oliver Lloyd from Brakes

U / 10639742



61.8% Fat

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 133G SERVING	%RI
Energy(Kj)	1036 kJ	12%	1373 kJ	16%
Energy(kcal)	249 kcal	12%	330 kcal	17%
Fat	17 g	24%	22 g	31%
of which saturates	6.6 g	33%	8.8 g	44%
Carbohydrate	12 g	5%	16 g	6%
of which sugars	5.3 g	6%	7 g	8%
Fibre	1 g	4%	1.3 g	5%
Protein	12 g	24%	15 g	30%
Salt	1.2 g	20%	1.6 g	27%

MUSTARD

SESAME

Nutri-Score



HFSS Rating

14

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 12% RI	247kcal	Saturated Fat 33% RI	6.6g	Vitamin A (ret eq)	-
Energy(KJ) 12% RI	1028kJ	Monounsaturated fat	-	Retinol	-
		cis-Mono	-	Carotene	-
		Polyunsaturated fat	-	Vitamin D	-
		Omega3(n-3)	-	Vitamin E	-
		Omega6(n-6)	-	Vitamin K ₁	-
		cis-Poly	-	Thiamin (B ₁)	-
		Trans-fatty acids	-	Riboflavin (B ₂)	-
		Cholesterol	-	Niacin total (B ₃)	-
				Niacin	-
				Tryptophan	-
				Pantothenic Acid (B ₅)	-
				Vitamin B ₆	-
				Folates (B ₉) Total	0ug
				Vitamin B ₁₂	-
				Biotin (B ₇)	-
				Vitamin C	-
MACRONUTRIENTS		MINERALS & TRACE ELEMENTS		OTHER	
Carbohydrate 5% RI	12g	Sodium 20% RI	471mg		
Protein 23% RI	11.5g	Potassium	-		
Fat 24% RI	17g	Chloride 89% RI	714mg		
Water	57g	Calcium	-		
Water from Drinks	0g	Phosphorus	-		
Alcohol	-	Magnesium	-		
		Iron	-		
		Zinc	-		
		Copper	-		
		Manganese	-		
CARBOHYDRATE					
Starch	6.8g				
Oligosaccharide	-				
Fibre 4% RI	0.9713g				
NSP	0.7472g				
Sugars 6% RI	5.3g				
Glucose	-				
Galactose	-				
Fructose	-				

Sucrose	-	Selenium	-	GI (estimated)	0
Maltose	-	Iodine	-	GL	-
Lactose	-		-	Caffeine	-

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	COST:
135176 - 135176 Black Angus Mini Angus Beef Burger.. - BRAKES	43g	1 x Each	£0.38
136697 - 136697 St Pierre Mini Brioche Buns.. - BRAKES	20g	1 x Each	0.00
106923 (19 Oct 2023) - 106923 Brakes Burger Slices (19 Oct 2023).. - BRAKES	12.5g	1 x Each	£0.12
106286 - 106286 Heinz Classic Burger Sauce 875ml.. - BRAKES	10g	0.01 x Each	£0.05
121409 - 121409 Bread & Butter Pickles.. - BRAKES	10g	0.01 x Each	£0.08
10332 (19 Oct 2023) - 10332 Lettuce Little Gem (19 Oct 2023).. - BRAKES	5g	0.05 x Each	£0.04
10357 (19 Oct 2023) - 10357 Plum Tomatoes (19 Oct 2023).. - BRAKES	10g	0.01 x Each	£0.03
74541 - 74541 Peppers Stuffed with Cream Cheese.. - BRAKES	12g	0.01 x Each	£0.29
135760 - 135760 Unearthed Professional Snacking Chorizo Sarta.. - BRAKES	10g	0.1 x Each	£0.19

TOTAL COST: £1.18

PRODUCTS / PACK SIZES ...

1 Serving



133g / 330kcal

1

\$

£1.18 / £1.18 ↗

\$

INGREDIENT LIST (QUID) ...

Beef Burger (32.5%) [Angus Beef (98.9%), Salt & Pepper], Mini Brioche Buns (15.1%) [**Wheat** Flour, **Egg**, Sugar, Rapeseed Oil, Concentrated Butter (**Milk**), Yeast, Dried Skimmed **Milk**, **Wheat Gluten**, Salt, Flavouring, **Milk** Proteins, Toasted Malted **Rye** Flour, Emulsifier (Mono And Diglycerides Of Fatty Acids), Deactivated Yeast, Colour (Beta Carotene)], Burger Slices (9.4%) [Cheese (**Milk**) (70%)(Contains Acidity Regulator: Citric Acid), Palm Oil, Emulsifying Salts (Trisodium Citrate), Natural Cheese (**Milk**) Flavouring (**Milk**), Preservative (Sorbic Acid), Colours (Beta Carotene, Paprika Extract), Anti Caking Agent (Lecithins)], Peppers Stuffed With Cream Cheese (9.1%) [Canola Oil, Cherry Peppers (35%) (Red Peppers, Sugar, Salt, Acidity Regulator (acetic Acid), Firming Agent (calcium Chloride)), Cream (**Milk**) Cheese (**Milk**) Filling (27%) (Cream (**Milk**) Cheese (**Milk**), Spices(onion, Salt, Sugar), Corn Starch)], Burger Sauce (7.5%) [Rapeseed Oil, Tomato Puree, Spirit Vinegar, Water, Sugar, Glucose Fructose Syrup, **Egg** Yolk, Salt, Modified Starch, **Barley** Malt Vinegar, Molasses, Invert Sugar Syrup, **Mustard** Powder, Onion, Tamarind Extract, Garlic, Spices, Lemon Oil, Thickeners (Xanthan Gum, Guar Gum), Flavourings, Preservative (Potassium Sorbate), Colour (Riboflavin)], Bread & Butter Pickles (7.5%) [Cucumber (44%), Spirit Vinegar, Sugar, Water, Onions, Sea Salt, Dill, Garlic, **Mustard** Seeds, Black Peppercorns, Turmeric, Caraway Seeds, **Celery** Seeds, Coriander Seeds], Tomatoes (7.5%), Chorizo Sarta (7.5%) [Pork, Paprika (2.5%), Salt, Garlic, Dextrose, Preservatives (Sodium Nitrite, Potassium Nitrate), Antioxidant: Rosemary Extract], Lettuce Little Gem (3.8%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Sesame

COOKING INSTRUCTIONS & NOTES

Preparation:

- Defrost the burger
- Cut the cheese to the diameter of the bun
- Slice the buns in half (widthways)
- Cut and wash the gem lettuce

Cut the tomato into slices

Method:

1. Cook the burger in an oven or over a grill until core temperature is reached.
2. Add the cheese on top, allow to melt.
3. Deep fat fry the chorizo until crisp - drain and then skewer with the stuffed pepper.
4. Build the slider burger as follows:

base bun/burger sauce/tomato/lettuce/burger/bun top - skewer with the chorizo and stuffed pepper to hold before serving.

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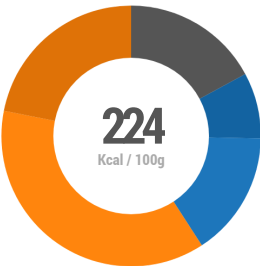
| U Ref Code: | Last Modified: 11 Jun 2024 | Nutritics ID: U10639742

'Euros' Slider burger (England)

By Oliver Lloyd from Brakes

OVERVIEW ...

U / 10639686



CALORIES:
23.7% Carbs
17.1% Protein
59.2% Fat

FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 131G SERVING	%RI
Energy(Kj)	941 kJ	11%	1228 kJ	15%
Energy(kcal)	226 kcal	11%	295 kcal	15%
Fat	15 g	21%	19 g	27%
of which saturates	5.5 g	28%	7.1 g	36%
Carbohydrate	13 g	5%	17 g	7%
of which sugars	4.6 g	5%	6 g	7%
Fibre	0.8 g	3%	1.1 g	4%
Protein	9.6 g	19%	13 g	26%
Salt	0.89 g	15%	1.2 g	20%

CONTAINS:

WHEAT, BARLEY, RYE

EGGS

MILK

CELERY

MUSTARD

MAY CONTAIN:

SESAME

Nutri-Score



HFSS Rating



NUTRIENT BREAKDOWN PER 100G...

ENERGY	LIPID COMPONENTS	VITAMINS
Energy(kcal) 11% RI Energy(Kj) 11% RI	Saturated Fat 27% RI Monounsaturated fat cis-Mono Polyunsaturated fat Omega3(n-3) Omega6(n-6) cis-Poly Trans-fatty acids Cholesterol	Vitamin A (ret eq) Retinol Carotene Vitamin D Vitamin E Vitamin K ₁ Thiamin (B ₁) Riboflavin (B ₂) Niacin total (B ₃) Niacin Tryptophan Pantothenic Acid (B ₅) Vitamin B ₆ Folates (B ₉) Total Vitamin B ₁₂ Biotin (B ₇) Vitamin C
MACRONUTRIENTS	MINERALS & TRACE ELEMENTS	OTHER
Carbohydrate 5% RI Protein 19% RI Fat 21% RI Water Water from Drinks Alcohol	Sodium 15% RI Potassium Chloride 67% RI Calcium Phosphorus Magnesium Iron Zinc Copper Manganese	0ug
CARBOHYDRATE		
Starch Oligosaccharide Fibre 3% RI NSP Sugars 5% RI Glucose Galactose Fructose		

Sucrose	-	Selenium	-	GI (estimated)	0
Maltose	-	Iodine	-	GL	-
Lactose	-		-	Caffeine	-

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	COST:
135176 - 135176 Black Angus Mini Angus Beef Burger.. - BRAKES	43g	1 x Each	£0.38
136697 - 136697 St Pierre Mini Brioche Buns.. - BRAKES	20g	1 x Each	0.00
106923 (19 Oct 2023) - 106923 Brakes Burger Slices (19 Oct 2023).. - BRAKES	12.5g	1 x Each	£0.12
106286 - 106286 Heinz Classic Burger Sauce 875ml.. - BRAKES	10g	0.01 x Each	£0.05
121409 - 121409 Bread & Butter Pickles.. - BRAKES	10g	0.01 x Each	£0.08
10332 (19 Oct 2023) - 10332 Lettuce Little Gem (19 Oct 2023).. - BRAKES	5g	0.05 x Each	£0.04
10357 (19 Oct 2023) - 10357 Plum Tomatoes (19 Oct 2023).. - BRAKES	10g	0.01 x Each	£0.03
136534 - 136534 Ardo Broccoli and Cauliflower Tots.. - BRAKES	20g	0.2 x Each	0.00

TOTAL COST: £0.70

PRODUCTS / PACK SIZES ...

1 Serving





 131g / 295kcal

1

\$ £0.70 / £0.70 ↗

\$

INGREDIENT LIST (QUID) ...

Beef Burger (33%) [Angus Beef (98.9%), Salt & Pepper], Mini Brioche Buns (15.3%) [**Wheat** Flour, **Egg**, Sugar, Rapeseed Oil, Concentrated Butter (**Milk**), Yeast, Dried Skimmed **Milk**, **Wheat Gluten**, Salt, Flavouring, **Milk** Proteins, Toasted Malted **Rye** Flour, Emulsifier (Mono And Diglycerides Of Fatty Acids), Deactivated Yeast, Colour (Beta Carotene)], Broccoli And Cauliflower Tots (15.3%) [Broccoli 30%, Cauliflower 30%, Potatoes, Vegetable Oils (rapeseed Oil, Sunflower Oil, In Varied Proportions), Corn Starch, Potato Flakes, Pea Flour, Water, Onion, Dehydrated Vegetables (onion, Tomato, Garlic), Salt], Burger Slices (9.6%) [Cheese (**Milk**) (70%)(Contains Acidity Regulator: Citric Acid), Palm Oil, Emulsifying Salts (Trisodium Citrate), Natural Cheese (**Milk**) Flavouring (**Milk**), Preservative (Sorbic Acid), Colours (Beta Carotene, Paprika Extract), Anti Caking Agent (Lecithins)], Burger Sauce (7.7%) [Rapeseed Oil, Tomato Puree, Spirit Vinegar, Water, Sugar, Glucose Fructose Syrup, **Egg** Yolk, Salt, Modified Starch, **Barley** Malt Vinegar, Molasses, Invert Sugar Syrup, **Mustard** Powder, Onion, Tamarind Extract, Garlic, Spices, Lemon Oil, Thickeners (Xanthan Gum, Guar Gum), Flavourings, Preservative (Potassium Sorbate), Colour (Riboflavin)], Bread & Butter Pickles (7.7%) [Cucumber (44%), Spirit Vinegar, Sugar, Water, Onions, Sea Salt, Dill, Garlic, **Mustard** Seeds, Black Peppercorns, Turmeric, Caraway Seeds, **Celery** Seeds, Coriander Seeds], Tomatoes (7.7%), Lettuce Little Gem (3.8%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Sesame

COOKING INSTRUCTIONS & NOTES

Preparation:

- Defrost the burger
- Cut the cheese to the diameter of the bun
- Slice the buns in half (widthways)
- Cut and wash the gem lettuce
- Cut the tomato into slices

Method:

1. Cook the burger in an oven or over a grill until core temperature is reached.
2. Add the cheese on top, allow to melt.
3. Deep fry the broccoli tots ball for 3 minutes - drain
4. Build the slider burger as follows:
base bun/burger sauce/tomato/lettuce/burger/bun top - skewer with the broccoli tots to hold before serving.

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