

# FOOD-TO-GO RECIPES



BREAKFAST

BUDDHA BOWLS

DELI BAR

HOT DISHES

SALADS

VEGETARIAN



# BREAKFAST

CREAMY MANGO & PASSIONFRUIT SMOOTHIE  
MINTY PINEAPPLE, SPINACH & CASHEW NUT SMOOTHIE  
MIXED BERRY BREAKFAST SMOOTHIE  
YOGURT & GRANOLA POT

QUARK BIRCHER POT  
SPICY CHEESE & BEAN POT  
CHEESY BEAN & SAUSAGE HASH POT  
HAM HOCK, EGG, BUBBLE & SQUEAK POT

SMOKED SALMON, EGG, BUBBLE & SQUEAK POT  
SMOKED SALMON SPINACH, EGG & HOLLANDAISE POT  
ALL DAY BREAKFAST POT  
VEGGIE BREAKFAST POT

## CREAMY MANGO & PASSIONFRUIT SMOOTHIE

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 115799	Brakes Organic Smooth Mango & Vanilla Yogurt	200	g	
C 70218	Brakes Fresh Semi Skimmed Milk	200	g	
A 88423	Brakes Passion Fruit Decorating Coulis	20	g	
F 33385	Diced Mango	50	g	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
<b>Milk</b>	<b>Yes</b>	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

- 1 Place mango, yoghurt and milk in a blender and blend until smooth
- 2 Serve in suitable food to go packaging

### Nutrition (pre-cooking)

Energy per Portion (kcal)	350.4
Energy per Portion (kj)	1475.4
Protein per Portion	17.1
Carbohydrate per Portion	45.1
Sugars per Portion	43.5
Fat per Portion	11.2
Saturates per Portion	7.2
Fibre per Portion	0.7
Salt Equivalent per Ptn	0.6

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## MINTY PINEAPPLE, SPINACH & CASHEW NUT SMOOTHIE

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 113882	Premium Large Mint Bunch	1	g	
C 10428	Baby Leaf Spinach	25	g	
A 1622	Brakes Whole Cashew Nut Kernels	10	g	
C 10395	Medium Pineapple	200	g	
A 25148	Osprio Flaked Oats	10	g	
0 water	water	200	ml	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	No	Oats	Yes
Molluscs	No	Rye	No
Mustard	No	Spelt	No
<b>Nuts</b>	<b>Yes</b>	Kamut	No
Peanuts	May	Gluten	Yes

### Method

- 1 Place mint, spinach, cashew nuts, pineapple and oats in a blender
- 2 Add water and blend until smooth
- 3 Serve in suitable food to go packaging

### Nutrition (pre-cooking)

Energy per Portion (kcal)	193.8
Energy per Portion (kj)	815.1
Protein per Portion	4.6
Carbohydrate per Portion	28.9
Sugars per Portion	21.1
Fat per Portion	6.2
Saturates per Portion	1
Fibre per Portion	4
Salt Equivalent per Ptn	0

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## MIXED BERRY BREAKFAST SMOOTHIE

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 4111	Brakes Fruits of the Forest	250	g	Defrost
C 115794	Brakes Organic Natural Yogurt	200	g	
C 70218	Brakes Fresh Semi Skimmed Milk	100	ml	
A 25148	Osprio Flaked Oats	25	g	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
<b>Milk</b>	<b>Yes</b>	<b>Oats</b>	<b>Yes</b>
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	<b>Gluten</b>	<b>Yes</b>

### Method

- 1 Place oats, fruit, yoghurt and milk in a blender
- 2 Blend until smooth
- 3 Serve in suitable food to go packaging

### Nutrition (pre-cooking)

Energy per Portion (kcal)	383.7
Energy per Portion (kj)	1608
Protein per Portion	18.8
Carbohydrate per Portion	46.2
Sugars per Portion	29.7
Fat per Portion	12.7
Saturates per Portion	6.8
Fibre per Portion	8
Salt Equivalent per Ptn	0.4

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## YOGURT & GRANOLA POT

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 115794	Brakes Organic Natural Yogurt	150	g	
A 114966	Brakes Granola	70	g	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	May
Lupin	No	Barley	No
<b>Milk</b>	<b>Yes</b>	<b>Oats</b>	<b>Yes</b>
Molluscs	No	Rye	No
Mustard	No	Spelt	No
<b>Nuts</b>	<b>Yes</b>	Kamut	No
Peanuts	No	<b>Gluten</b>	<b>Yes</b>

### Method

- 1 Pour yoghurt into suitable food to go pot
- 2 Top with granola
- 3 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	425.6
Energy per Portion (kj)	1787.8
Protein per Portion	14.8
Carbohydrate per Portion	53.8
Sugars per Portion	19.9
Fat per Portion	15.5
Saturates per Portion	7.5
Fibre per Portion	5.6
Salt Equivalent per Ptn	0.2

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## QUARK BIRCHER POT

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 110738	Lake District Dairy Quark	120	g	
A 25148	Osprio Flaked Oats	30	g	Toast the oats
F 32815	Brakes Fruits of the Forest Berry Compotes	50	g	Defrost
A 89229	Brakes Red Berry Decorating Coulis	10	ea	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
<b>Milk</b>	<b>Yes</b>	<b>Oats</b>	<b>Yes</b>
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	May	Kamut	No
Peanuts	No	<b>Gluten</b>	<b>Yes</b>

### Method

- 1 Mix oats, quark and compot together
- 2 Spoon into suitable food to go container
- 3 Top with coulis
- 4 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	6332.9
Energy per Portion (kj)	26741.5
Protein per Portion	40.6
Carbohydrate per Portion	1527.1
Sugars per Portion	1321.6
Fat per Portion	2.9
Saturates per Portion	0.2
Fibre per Portion	74.1
Salt Equivalent per Ptn	9.2

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## SPICY CHEESE & BEAN POT

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 15136	Brakes Baked Beans in Tomato Sauce	200	g	
A 86972	Pan Asia Thai Sweet Chilli Dipping Sauce	30	g	Mix chilli sauce into beans
C 112831	Brakes Grated Tex Mex Cheese	50	g	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
<b>Milk</b>	<b>Yes</b>	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

- 1 Spoon beans into a suitable food to go container
- 2 Top with cheese
- 3 Microwave for approx. 1 minute or until core temp is achieved
- 4 Stir and serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	421.8
Energy per Portion (kj)	1764.9
Protein per Portion	20.7
Carbohydrate per Portion	38.7
Sugars per Portion	23.5
Fat per Portion	18.4
Saturates per Portion	9.9
Fibre per Portion	10.3
Salt Equivalent per Ptn	3.2

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## CHEESY BEAN & SAUSAGE HASH POT

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 3957	Brakes Pre-fried potato dice	70	g	Pre fry until crisp
F 3559	Brakes Cooked Pork Sausage Eights	1	ea	Defrost and slice into 5
C 112829	Brakes Gouda Cheese Slices	1	ea	Cut in half
A 11758	Orchard Farm Baked Beans in Tomato Sauce	120	g	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	<b>Wheat</b>	<b>Yes</b>
Lupin	No	Barley	No
<b>Milk</b>	<b>Yes</b>	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	<b>Gluten</b>	<b>Yes</b>

### Method

- 1 Spoon beans into suitable food to go box
- 2 Top with sausage followed by cheese and potato dice
- 3 microwave for approx. 2 minutes or until core temp is achieved
- 4 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	344.6
Energy per Portion (kj)	1441.1
Protein per Portion	17.5
Carbohydrate per Portion	29.7
Sugars per Portion	6.2
Fat per Portion	15.5
Saturates per Portion	6.8
Fibre per Portion	8
Salt Equivalent per Ptn	2.1

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## HAM HOCK, EGG, BUBBLE & SQUEAK POT

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 119858	Crops Bubble & Squeak 1kg	150	g	
C 78245	Brakes Free Range Poached Eggs	1	ea	
F 110768	Brakes Pulled Ham Hock	50	g	Defrost

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
<b>Egg</b>	<b>Yes</b>	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
<b>Milk</b>	<b>Yes</b>	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

- 1 Pour bubble and squeak mix into a suitable food to go container
- 2 Top with pulled ham hock and egg
- 3 Microwave for approx. 1 minute or until core temp is achieve
- 4 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	250.6
Energy per Portion (kj)	1046.2
Protein per Portion	18.7
Carbohydrate per Portion	17.4
Sugars per Portion	2.4
Fat per Portion	10.8
Saturates per Portion	2.6
Fibre per Portion	0*
Salt Equivalent per Ptn	1.8

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## SMOKED SALMON, EGG, BUBBLE & SQUEAK POT

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 119858	Crops Bubble & Squeak	150	g	
C 78245	Brakes Free Range Poached Eggs	1	ea	
C 71082	M&J Seafood Long Sliced Oak Smoked Salmon (skinless, boneless)	40	g	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
<b>Egg</b>	<b>Yes</b>	Sulphites	No
<b>Fish</b>	<b>Yes</b>	Wheat	No
Lupin	No	Barley	No
<b>Milk</b>	<b>Yes</b>	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

- 1 Pour bubble and squeak mix into a suitable food to go container
- 2 Top with smoked salmon and egg
- 3 Microwave for approx. 1 minute or until core temp is achieve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	256.9
Energy per Portion (kj)	1070.7
Protein per Portion	16
Carbohydrate per Portion	17.6
Sugars per Portion	2.4
Fat per Portion	12.7
Saturates per Portion	3.2
Fibre per Portion	0*
Salt Equivalent per Ptn	2.7

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## SMOKED SALMON SPINACH, EGG & HOLLANDAISE POT

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 10428	Baby Leaf Spinach	50	g	Pick and wash
C 78245	Brakes Free Range Poached Eggs	1	ea	
C 71085	M&J Seafood Smoked Salmon Trimmings	75	g	
A 10156	Brakes Hollandaise Sauce	50	ml	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
<b>Egg</b>	<b>Yes</b>	Sulphites	No
<b>Fish</b>	<b>Yes</b>	Wheat	No
Lupin	No	Barley	No
<b>Milk</b>	<b>Yes</b>	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

- 1 Lay spinach in the bottom of a suitable food to go box
- 2 Top with smoked salmon and egg
- 3 Spoon over hollandaise
- 4 Heat in a micro wave for approx. 1 minute or until core temp is achieved
- 5 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	322.6
Energy per Portion (kj)	1339.9
Protein per Portion	22.1
Carbohydrate per Portion	3.8
Sugars per Portion	1.3
Fat per Portion	24
Saturates per Portion	8.2
Fibre per Portion	1.4
Salt Equivalent per Ptn	3.8

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## ALL DAY BREAKFAST POT

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 3957	Brakes Pre-fried potato dice	30	g	Defrosted
F 3559	Brakes Cooked Pork Sausage Eights	1	ea	Defrosted and cut into 5
C 29566	Brakes Crispy Cooked Smoke Flavoured Streaky Bacon	30	g	Sliced into lardons
A 11758	Orchard Farm Baked Beans in Tomato Sauce	100	g	
C 78245	Brakes Free Range Poached Eggs	1	ea	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
<b>Egg</b>	<b>Yes</b>	Sulphites	No
Fish	No	<b>Wheat</b>	<b>Yes</b>
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	<b>Gluten</b>	<b>Yes</b>

### Method

- 1 Layer items in a suitable food to go container
- 2 Microwave for approx. 2 mins or until core temp is achieved
- 3 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	393.6
Energy per Portion (kj)	1643.4
Protein per Portion	26.9
Carbohydrate per Portion	21
Sugars per Portion	5.5
Fat per Portion	21.1
Saturates per Portion	7.1
Fibre per Portion	6.2
Salt Equivalent per Ptn	3.1

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## VEGGIE BREAKFAST POT

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 112443	Brakes Free Range Cooked Scrambled Eggs	100	g	
C 10428	Baby Leaf Spinach	10	g	Picked and washed
F 4800	Brakes Sliced Mushrooms	50	g	Defrosted
C 10163	Brakes Grated Mozzarella & Cheddar Cheese Mix	20	g	
A 11758	Orchard Farm Baked Beans in Tomato Sauce	100	g	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
<b>Egg</b>	<b>Yes</b>	<b>Sulphite</b>	<b>Yes</b>
Fish	No	Wheat	No
Lupin	No	Barley	No
<b>Milk</b>	<b>Yes</b>	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

- 1 Layer items in a suitable food to go container
- 2 Spinach, egg, beans, mushroom, cheese
- 3 Microwave for approx. 2 mins or until core temp is achieved
- 4 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	261.4
Energy per Portion (kj)	1089.9
Protein per Portion	19.8
Carbohydrate per Portion	11.2
Sugars per Portion	5.2
Fat per Portion	13.8
Saturates per Portion	5.1
Fibre per Portion	6.3
Salt Equivalent per Ptn	2

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No



# BUDDHA BOWLS

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BLACK RICE & QUINOA BUDDHA BOWL  
INDIAN SPICED LENTIL BUDDHA BOWL

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PIRI PIRI QUINOA BUDDHA BOWL  
PROVENCALE BEAN SALAD BUDDHA BOWL

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THAI RICE NOODLE BUDDHA BOWL  
WHOLEMEAL RICE BUDDHA BOWL

## BLACK RICE & QUINOA BUDDHA BOWL

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 112411	Brakes Black Rice, Quinoa & Ginger Salad	150	g	
C 450343	Baby Leaf Mix	10	g	Pick and wash leaf mix
C 450532	Mixed Apples	0.1	ea	Deseed and thinly slice apples
C 114221	Mangoes	0.1	ea	Peel and remove stone and dice mangoes
C 10233	Radish	5	g	Thinly slice radish on mandolin
A 10844	Brakes Pumpkin Seeds	1	g	
A 88884	Brakes Sunflower Seeds	1	g	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	Yes
Egg	No	Sulphite	Yes
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

### Method

- 1 Assemble in a suitable food to go container
- 2 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	254.8
Energy per Portion (kj)	1075.3
Protein per Portion	6.4
Carbohydrate per Portion	45.3
Sugars per Portion	10.6
Fat per Portion	4
Saturates per Portion	1.9
Fibre per Portion	5.8
Salt Equivalent per Ptn	1.5

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## INDIAN SPICED LENTIL BUDDHA BOWL

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 6082	Brakes Whole Brown Lentils	42	g	
A 33898	Brakes Vegetable Bouillon Mix	4	g	Mix with water and curry powder
A 33582	Brakes Madras Curry Powder	3	g	
C 10428	Baby Leaf Spinach	10	g	Pick and wash baby spinach
C 10449	Sweet Potatoes	42	g	Peel and 1 inch dice sweet potatoes
C 12083	Butternut Squash	50	g	Cut into 1 inch dice
A 85286	Brakes Whole Fennel Seeds	1	g	Peel and slice mango
A 85288	Brakes Crushed Chillies	0.5	g	
A 100262	Veraneo Extra Virgin Olive Oil	7	g	
C 114221	Mangoes	0.25	ea	
C 10376	Cauliflower	17	g	Slice cauliflower on mandolin
A 13609	Brakes Chickpeas in Water	10	g	Drain chickpeas
A 113119	Spicentice Piri Piri Rub	0.5	g	
C 121395	Brakes Smoked Houmous with Harissa	15	g	
Water	Water	167	ml	

### Allergens Contained in this recipe

Celery	No	Sesame	Yes
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	Yes	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

- 1 Add lentils to pan with curry powder and veg stock and cook till al dente, once cooked remove and cool in its own liquid
- 2 Mix sweet potato, squash, fennel seeds, crushed chillies and half the oil and put in oven for 10 min or until cooked
- 3 Remove and cool
- 4 Mix spicentice with remaining oil and add to the chick peas, place on a baking tray and cook for 15 min or until crisp
- 5 Assemble in a suitable food to go container layering the ingredients.
- 6 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	365.1*
Energy per Portion (kj)	1531.4*
Protein per Portion	15.7*
Carbohydrate per Portion	43.9*
Sugars per Portion	20.2*
Fat per Portion	12.3*
Saturates per Portion	1.7*
Fibre per Portion	8*
Salt Equivalent per Ptn	1.5*

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## PIRI PIRI QUINOA BUDDHA BOWL

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 119260	Ardo Express Quick Frozen & Precooked Quinoa	100	g	Defrost
A 113119	Spicentice Piri Piri Rub	5	g	Toss with quinoa
C 455914	Curly Kale	15	g	Pick and wash
C 450693	Carrots	10	g	Peel ribbons
C 450532	Mixed Apples	0.1	ea	Deseed and slice apples
C 10306	Avocados	0.1	ea	Peel, remove stone and cube avocado
C 10449	Sweet Potatoes	50	g	Peel and 1inch dice sweet potatoes
C 12083	Butternut Squash	0.1	ea	Peel, remove seeds and 1 inch dice squash
A 85286	Brakes Whole Fennel Seeds	1	g	
A 85288	Brakes Crushed Chillies	0.5	g	
A 100262	Veraneo Extra Virgin Olive Oil	8	ml	
A 10844	Brakes Pumpkin Seeds	5	g	
C 121393	Brakes Baba Ganoush	25	g	

### Allergens Contained in this recipe

Celery	No	Sesame	Yes
Crustaceans	No	Soya	No
Egg	Yes	Sulphite	Yes
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

- 1 Mix sweet potato, butternut squash, fennel seeds, crushed chillies and the oil and put in oven for 10 min
- 2 Remove and cool
- 3 Assemble the bowl adding quinoa then kale, avocado, roasted sweet potato and butternut squash,
- 4 Add apple, carrot, pumpkin seeds then top with baba ganoush
- 5 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	455.1
Energy per Portion (kj)	1900.2
Protein per Portion	10.8
Carbohydrate per Portion	45.4
Sugars per Portion	12.1
Fat per Portion	24.1
Saturates per Portion	3.4
Fibre per Portion	9.3
Salt Equivalent per Ptn	1.5

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## PROVENCALE BEAN SALAD BUDDHA BOWL

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 71195	Brakes Provencale Bean Salad	150	g	
C 10527	Roquette	5	g	Pick and wash roquette
A 111313	Riverdene Roasted Red Peppers	30	g	Roughly chop red peppers
C 10286	Courgettes	30	g	2mm slice and chargrill courgettes
C 10306	Avocados	0.25	ea	Peel avocado, remove stone and thinly s
A 10844	Brakes Pumpkin Seeds	2	g	

### Allergens Contained in this recipe

Celery	May	Sesame	May
Crustaceans	No	Soya	May
Egg	May	Sulphites	No
Fish	No	Wheat	May
Lupin	No	Barley	May
Milk	May	Oats	No
Molluscs	No	Rye	No
Mustard	May	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	May

### Method

- 1 add Provençal bean salad to bowl followed by rocket, roasted red peppers, courgette, avocado and top with pumpkin seeds

### Nutrition (pre-cooking)

Energy per Portion (kcal)	355.8
Energy per Portion (kj)	1482.3
Protein per Portion	9.1
Carbohydrate per Portion	28.6
Sugars per Portion	7.3
Fat per Portion	20.5*
Saturates per Portion	2.3*
Fibre per Portion	10.6
Salt Equivalent per Ptn	1.3*

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## THAI RICE NOODLE BUDDHA BOWL

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 113270	Thai Taste Rice Vermicelli Noodle Nests 200g	20	g	
A 127121	Brakes Coconut Milk	80	g	
C 13133	Lemon Grass	4	g	Smash lemon grass and add to coconut
C 114212	Chillies Red	10	g	Slice
C 10478	Limes	0.1	g	Cut into wedges
C 113885	Herb Bunched Coriander	2	g	Pick and roughly chop
C 10428	Baby Leaf Spinach	10	g	Pick and wash spinach
C 10582	Pak Choi	12	g	Slice
C 114225	Peas Sugar Snap	10	g	Brush mushroom clean and thinly slice
C 10286	Courgettes	10	g	2mm slice courgette and chargrill
C 124658	Mushroom Shitake	6	g	Wash and cut into bite size pieces
A 110078	Snacking Essentials Chilli Peanuts	6	g	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
<b>Nuts</b>	<b>Yes</b>	Kamut	No
<b>Peanuts</b>	<b>Yes</b>	Gluten	No

### Method

- 1 Add coconut milk to pan and infuse with chilli and lemon grass for 10 mins then strain reserving milk
- 2 Add rice noodles and allow to cook and cool in the milk
- 3 Remove rice noodles and place in a suitable food to go container
- 4 Top with remaining ingredients
- 5 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	263.8
Energy per Portion (kj)	1091.1
Protein per Portion	5
Carbohydrate per Portion	21.8
Sugars per Portion	3.8
Fat per Portion	16.9
Saturates per Portion	12.5
Fibre per Portion	2.2
Salt Equivalent per Ptn	0.2

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## WHOLEMEAL RICE BUDDHA BOWL

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 100329	Osorio Long Grain Brown Rice	50	g	
A 33898	Brakes Vegetable Bouillon Mix	5	g	Add stock to water
A 119103	Cooks & Co Dried Porcini Mushrooms 500g	4	g	Add to stock and water
C 10527	Roquette	10	g	Washed and picked
C 114204	Fine Beans	20	g	Trimmed and blanched
C 114225	Peas Sugar Snap	10	g	Sliced
C 10233	Radish	5	g	Sliced on mandolin
C 105129	Cooked Beetroots	25	g	Wedged
C 74817	Pomegranate Seeds	5	g	
A 35005	Brakes Sesame Seeds	1	g	
C 10376	Cauliflower	0.1	ea	Sliced on mandolin
0	water	100	ml	

### Allergens Contained in this recipe

Celery	No	Sesame	Yes
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

- 1 Add rice to a pan and add mushroom and stock and cook
- 2 Allow to cool in pan
- 3 Once cold build the bowl using remaining ingredients in a suitable food to go container
- 4 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	284
Energy per Portion (kj)	1203.3
Protein per Portion	10.9
Carbohydrate per Portion	52.4
Sugars per Portion	7.1
Fat per Portion	3.5
Saturates per Portion	0.8
Fibre per Portion	7
Salt Equivalent per Ptn	1.4

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No



# DELI BAR

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HOUMOUS & CARROT STICKS

EGG & SPINACH POT

---

BEETROOT WRAP, FALAFEL, RED PEPPER HOUMOUS, COUS COUS & SPINACH

## HOUMOUS & CARROT STICKS

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 450693	Carrots	200	g	Peel and cut into batons
C 74814	Brakes Roasted Red Pepper Houmous	100	g	

### Allergens Contained in this recipe

Celery	No	Sesame	Yes
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

- 1 place into a suitable food to go pot and serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	411.9
Energy per Portion (kj)	1711
Protein per Portion	8.6
Carbohydrate per Portion	29.6
Sugars per Portion	10.1
Fat per Portion	26.8
Saturates per Portion	2.5
Fibre per Portion	9
Salt Equivalent per Ptn	1.5

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## EGG & SPINACH POT

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 15322	Brakes 5 Dozen British Fresh Free Range Medium Eggs	2	ea	
C 10428	Baby Leaf Spinach	50	g	Pick and wash

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
<b>Egg</b>	<b>Yes</b>	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

- 1 Boil eggs in a pan of water for 7minutes on a hob, then cool under running water before shelling
- 2 Add two whole eggs to the pot with about 6 spinach leaves

### Nutrition (pre-cooking)

Energy per Portion (kcal)	211.1
Energy per Portion (kj)	880.7
Protein per Portion	20.9
Carbohydrate per Portion	0.8
Sugars per Portion	0.8
Fat per Portion	13.9
Saturates per Portion	3.8
Fibre per Portion	1.4
Salt Equivalent per Ptn	0.5

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## BEETROOT WRAP, FALAFEL, RED PEPPER HOUMOUS, COUS COUS & SPINACH

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 123349	La Boulangerie 10" Fully Baked Beetroot & Chia Tortill	1	ea	defrost
F 31844	Brakes Falafel	2	ea	deforst and crumble
C 74814	Brakes Roasted Red Pepper Houmous	50	g	
C 74683	Brakes Fruity Moroccan Couscous Salad	50	g	
C 10428	Baby Leaf Spinach	5	g	washed and picked

### Allergens Contained in this recipe

Celery	No	Sesame	Yes
Crustaceans	No	Soya	No
Egg	No	Sulphite	Yes
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

### Method

- 1 Take 1 beetroot wrap and spread 1 side with the red pepper houmous
- 2 Layer with the spinach, fruity moroccan cous cous
- 3 Break the 2 falafal in half and place on top of the other fillings
- 4 Fold in both end and roll into a burrito shape

### Nutrition (pre-cooking)

Energy per Portion (kcal)	542.9
Energy per Portion (kj)	2270.9
Protein per Portion	13.4
Carbohydrate per Portion	61.2
Sugars per Portion	11.2
Fat per Portion	24.8
Saturates per Portion	3.6
Fibre per Portion	10.3
Salt Equivalent per Ptn	1.9

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No



## HOT DISHES

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SPICY CHEESE, BEAN & CHORIZO POT

---

CHICKEN TIKKA RICE POT

---

HOISIN DUCK & NOODLES

---

ORIENTAL CHICKEN WITH RICE & VEGETABLES

---

SAUSAGE & TABBOULEH WITH TOMATO & BASIL SAUCE

---

CHICKEN WITH MALAYSIAN RICE, EGG & SATAY SAUCE

---

GOCHUJANG PORK BELLY BITES, KIMCHI GRAINS GYOZA

---

CHICKEN WITH RICE, SPINACH & TANGY SRIRACHA SAUCE

---

CHICKEN NASI GORENG

---

SPICY PORK NASI GORENG

---

BAI MI (CHICKEN)

---

DUCK RAMEN

---

CHICKEN RAMEN

## SPICY CHEESE, BEAN & CHORIZO POT

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 15136	Brakes Baked Beans in Tomato Sauce	200	g	
A 86972	Pan Asia Thai Sweet Chilli Dipping Sauce	30	ml	Mix chilli sauce in with beans
C 112831	Brakes Grated Tex Mex Cheese	30	g	
C 70307	Chorizo Slices	40	g	Grill and slice and mix with beans

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	<b>Soya</b>	<b>Yes</b>
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
<b>Milk</b>	<b>Yes</b>	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

- 1 Spoon bean mix into a suitable food to go container
- 2 Top with cheese
- 3 Microwave until core temp is achieved
- 4 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	480
Energy per Portion (kj)	2006.5
Protein per Portion	24.1
Carbohydrate per Portion	39.4
Sugars per Portion	24.4
Fat per Portion	23
Saturates per Portion	10.1
Fibre per Portion	10.1
Salt Equivalent per Ptn	4.3

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## CHICKEN TIKKA RICE POT

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 31304	Brakes Rice and Vegetable Mix	125	g	
F 2021	Brakes Cooked Chicken Tikka Breast Strips	60	g	
A 109271	Brakes Katsu Curry Sauce	50	g	
A 1255	Sharwood's Mango Chutney 2.6kg	10	g	

### Allergens Contained in this recipe

<b>Celery</b>	Yes	<b>Sesame</b>	May
<b>Crustaceans</b>	No	<b>Soya</b>	Yes
<b>Egg</b>	No	<b>Sulphites</b>	No
<b>Fish</b>	No	<b>Wheat</b>	Yes
<b>Lupin</b>	No	<b>Barley</b>	No
<b>Milk</b>	Yes	<b>Oats</b>	No
<b>Molluscs</b>	No	<b>Rye</b>	No
<b>Mustard</b>	No	<b>Spelt</b>	No
<b>Nuts</b>	May	<b>Kamut</b>	No
<b>Peanuts</b>	No	<b>Gluten</b>	Yes

### Method

- 1 Place rice mix into suitable food to go container
- 2 Top with chicken then sauce and mango chutney
- 3 Microwave for approx. 2 minute 30 or until core temp is achieved
- 4 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	307.3
Energy per Portion (kj)	1293.8
Protein per Portion	17.7
Carbohydrate per Portion	38.7
Sugars per Portion	12
Fat per Portion	8.3
Saturates per Portion	1.4
Fibre per Portion	2.9
Salt Equivalent per Ptn	2.2

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## HOISIN DUCK & NOODLES

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 21142	Brakes Medium Egg Noodles	100	g	blanch and refresh
F 32683	Brakes Shredded Roasted Aromatic Duck	50	g	defrost
F 4793	Brakes Sliced Mixed Peppers	20	g	defrost
A 86965	Brakes Hoi Sin Sauce	30	ml	
A 21856	Prep Premium Toasted Sesame oil	2	ml	dress noodles

### Allergens Contained in this recipe

Celery	No	Sesame	Yes
Crustaceans	No	Soya	Yes
Egg	Yes	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

### Method

- 1 Place dressed noodles into desired food to go pot
- 2 Top with peppers and duck
- 3 Pour over hoisin sauce
- 4 Microwave for approx 2 minutes 30 or until core temp is achieved

### Nutrition (pre-cooking)

Energy per Portion (kcal)	545.7
Energy per Portion (kj)	2302.2
Protein per Portion	26.5*
Carbohydrate per Portion	81.6*
Sugars per Portion	11.1*
Fat per Portion	11.3*
Saturates per Portion	2.8*
Fibre per Portion	6*
Salt Equivalent per Ptn	2.3*

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## ORIENTAL CHICKEN WITH RICE & VEGETABLES

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 31304	Brakes Rice and Vegetable Mix	150	g	
F 4793	Brakes Sliced Mixed Peppers	20	g	
F 6615	Brakes 12mm Cooked Chicken Breast Strips	75	g	
A 86965	Brakes Hoi Sin Sauce	30	ml	

### Allergens Contained in this recipe

Celery	Yes	Sesame	Yes
Crustaceans	No	Soya	Yes
Egg	No	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

### Method

- 1 Place rice mix into a suitable food to go container
- 2 Top with chicken and peppers
- 3 Pour over hoisin sauce
- 4 Microwave for approx. 2 minutes 30 or until core temp is achieved
- 5 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	315.8
Energy per Portion (kj)	1333.3
Protein per Portion	22.5
Carbohydrate per Portion	42
Sugars per Portion	12.2
Fat per Portion	5.7
Saturates per Portion	1.2
Fibre per Portion	3.4
Salt Equivalent per Ptn	1.9

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## SAUSAGE & TABBOULEH WITH TOMATO & BASIL SAUCE

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 121197	Crops Tabbouleh 2.5kg	150	g	Defrost
F 31849	Brakes Cooked Cumberland Pork Sausage	1	ea	Defrost and cut into 5
A 89716	Brakes Tomato & Basil Sauce	40	ml	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	<b>Wheat</b>	<b>Yes</b>
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	<b>Gluten</b>	<b>Yes</b>

### Method

- 1 Place tabbouleh into desired food to go container
- 2 Top with sausage followed by tomato sauce
- 3 Microwave for approx. 2 minutes 30 or until core temp is achieved
- 4 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	353.4
Energy per Portion (kj)	1479.1
Protein per Portion	17.1
Carbohydrate per Portion	36.3
Sugars per Portion	13
Fat per Portion	14.1
Saturates per Portion	4.3
Fibre per Portion	5.1
Salt Equivalent per Ptn	3

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## CHICKEN WITH MALAYSIAN RICE, EGG & SATAY SAUCE

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 128600	Karimix Satay Sauce	30	ml	
C 10428	Baby Leaf Spinach	10	g	Pick and wash
C 127620	Brakes British Lion Quality Free Range Poached Eggs	1	ea	
C 129206	Brakes Malaysian Style Lime & Coconut Rice Salad	100	g	
F 6615	Brakes 12mm Cooked Chicken Breast Strips	70	g	Defrost

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	Yes
Egg	Yes	Sulphite	Yes
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	Yes	Spelt	No
Nuts	Yes	Kamut	No
Peanuts	Yes	Gluten	Yes

### Method

- 1 Lay spinach in the bottom of a suitable food to go box
- 2 Top with rice salad mix and chicken.
- 3 Add egg and pour over sauce
- 4 Microwave for approx. 1 minute 30 or until core temp is achieved
- 5 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	358.6
Energy per Portion (kj)	1500.9
Protein per Portion	27
Carbohydrate per Portion	24.8
Sugars per Portion	12
Fat per Portion	16.7
Saturates per Portion	4.8
Fibre per Portion	3.1
Salt Equivalent per Ptn	2.2

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## GOCHUJANG PORK BELLY BITES, KIMCHI GRAINS GYOZA

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 58336	Brakes Cooked Pork Belly Bites	70	g	defrost
A 128591	Pureety Classic Korean Gochujang Sauce	20	ml	toss pork in sauce
C 129205	Brakes Kimchi Rainbow Grain Salad	100	g	
F 129001	Ajinomoto Vegetable Gyoza	1	ea	defrost
C 10428	Baby Leaf Spinach	10	g	pick and wash

### Allergens Contained in this recipe

Celery	No	Sesame	Yes
Crustaceans	May	Soya	Yes
Egg	May	Sulphite	Yes
Fish	No	Wheat	Yes
Lupin	No	Barley	Yes
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

### Method

- 1 Lay spinach in the bottom of food to go box
- 2 Place grains on top
- 3 Add pork and gyoza
- 4 Microwave for approx 1 minute 30 or until core temp is achieved

### Nutrition (pre-cooking)

Energy per Portion (kcal)	426.1
Energy per Portion (kj)	1780.5
Protein per Portion	23.2
Carbohydrate per Portion	29.8
Sugars per Portion	11.5
Fat per Portion	22.9
Saturates per Portion	8.2
Fibre per Portion	4.3*
Salt Equivalent per Ptn	2.7

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## CHICKEN WITH RICE, SPINACH & TANGY SRIRACHA SAUCE

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 117361	Brakes Cooked Chicken Breast Strips	70	g	Defrost
F 31304	Brakes Rice and Vegetable Mix	120	g	Defrost
C 10428	Baby Leaf Spinach	15	g	Pick and wash
A 128590	Pureety Tangy Thai Sriracha Sauce	30	ml	

### Allergens Contained in this recipe

Allergen	Yes	Sesame	No
Celery	Yes	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

- 1 Place rice mix into suitable food to go container
- 2 Top with spinach and chicken
- 3 Pour over sauce
- 4 Microwave for 1 minute 30 or until core temp is achieved
- 5 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	267.3
Energy per Portion (kj)	1128.4
Protein per Portion	23.2
Carbohydrate per Portion	32.2
Sugars per Portion	9.1
Fat per Portion	4.6
Saturates per Portion	1
Fibre per Portion	3.2
Salt Equivalent per Ptn	2

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## CHICKEN NASI GORENG

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 113307	Nasi Goreng Paste	20	g	
F 31304	Brakes Rice and Vegetable Mix	100	g	Defrost
F 117361	Brakes Cooked Chicken Breast Strips	50	g	Defrost
F 4794	Brakes Diced Mixed Peppers	20	g	Defrost
C 70326	Brakes Poached Eggs	1	ea	
C 113885	Herb Bunched Coriander	1	g	Pick and chop
F 3212	Brakes Sliced Green Beans	20	g	Defrost
F 33421	Soya Beans	20	g	Defrost

### Allergens Contained in this recipe

<b>Celery</b>	<b>Yes</b>	Sesame	No
<b>Crustaceans</b>	<b>Yes</b>	<b>Soya</b>	<b>Yes</b>
<b>Egg</b>	<b>Yes</b>	Sulphites	No
<b>Fish</b>	<b>Yes</b>	<b>Wheat</b>	<b>Yes</b>
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	May	Kamut	No
Peanuts	May	<b>Gluten</b>	<b>Yes</b>

### Method

- 1 Mix all items together except eggs and coriander
- 2 Spoon into a suitable food to go box
- 3 Top with egg and coriander
- 4 Microwave for approx. 1 minute 30 or until core temp is achieved
- 5 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	313.5
Energy per Portion (kj)	1338.6
Protein per Portion	25.2
Carbohydrate per Portion	29.6
Sugars per Portion	5.8
Fat per Portion	10.1
Saturates per Portion	2.3
Fibre per Portion	3.9
Salt Equivalent per Ptn	2

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## SPICY PORK NASI GORENG

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 113307	Nasi Goreng Paste	20	g	
F 31304	Brakes Rice and Vegetable Mix	100	g	Defrost
F 58336	Brakes Cooked Pork Belly Bites	50	g	Defrost and cut into 3 or 4
F 4794	Brakes Diced Mixed Peppers	20	g	Defrost
C 70326	Brakes Poached Eggs	1	ea	
C 113885	Herb Bunched Coriander	1	g	pick and chop
F 3212	Brakes Sliced Green Beans	20	g	Defrost
F 33421	Soya Beans	20	g	Defrost

### Allergens Contained in this recipe

<b>Celery</b>	<b>Yes</b>	<b>Sesame</b>	No
<b>Crustaceans</b>	<b>Yes</b>	<b>Soya</b>	<b>Yes</b>
<b>Egg</b>	<b>Yes</b>	<b>Sulphites</b>	No
<b>Fish</b>	<b>Yes</b>	<b>Wheat</b>	<b>Yes</b>
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	May	Kamut	No
Peanuts	May	<b>Gluten</b>	<b>Yes</b>

### Method

- 1 Mix all items together except eggs and coriander
- 2 Spoon into a suitable food to go box
- 3 Top with egg and coriander
- 4 Microwave for approx. 1 minute 30 or until core temp is achieved
- 5 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	432.8
Energy per Portion (kj)	1829.4
Protein per Portion	24.3
Carbohydrate per Portion	31.6
Sugars per Portion	6.9
Fat per Portion	22.8
Saturates per Portion	7.2
Fibre per Portion	4
Salt Equivalent per Ptn	2.4

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## BAI MI (CHICKEN)

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 34588	La Boulangerie 10" Part Baked Tiger Baguettes	1	ea	Bake baguette at 180 and allow to cool
A 128600	Karimix Satay Sauce	30	g	
C 118706	Coleslaw Mix 3mm Cut	30	g	
F 117361	Brakes Cooked Chicken Breast Strips	60	g	Defrosted
C 114212	Chillies Red	2	g	Slice on the diagonal
C 10473	Spring Onions Bunch	6	g	Slice on the diagonal
C 10230	Cucumber	12	g	Cut into sticks removing seeds
C 113885	Herb Bunched Coriander	2	g	Picked or snipped

### Allergens Contained in this recipe

Celery	No	Sesame	May
Crustaceans	No	Soya	Yes
Egg	May	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	Yes
Milk	May	Oats	No
Molluscs	No	Rye	May
Mustard	No	Spelt	No
Nuts	Yes	Kamut	No
Peanuts	Yes	Gluten	Yes

### Method

- 1 Cut baguette in half
- 2 Spread each half with satay sauce
- 3 Add other ingredients
- 4 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	592.7
Energy per Portion (kj)	2497.1
Protein per Portion	28.7
Carbohydrate per Portion	87.3
Sugars per Portion	11.1
Fat per Portion	13.6
Saturates per Portion	2.4
Fibre per Portion	4.7
Salt Equivalent per Ptn	2.6

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## DUCK RAMEN

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 122949	Essential Cuisine Asian Aromatic Stock Base	30	g	Make up with 1/2 litre of boiling water
A 87542	Brakes Medium Egg Noodles	75	g	Blanch and refresh
F 115945	Brakes Shredded Aromatic Duck	80	g	Defrost
C 10582	Pak Choi	20	g	Slice roughly
C 10473	Spring Onions Bunch	10	g	Slice on the diagonal
C 114205	Beanshoots	20	g	
F 33421	Soya Beans	10	g	Defrost
C 10233	Radish	2	g	Sliced thinly
C 113885	Herb Bunched Coriander	1	g	Picked or snipped
C 114212	Chillies Red	3	g	Slice on the diagonal
C 70326	Brakes Poached Eggs	1	ea	Heat as per pack instructions
Water	Water	500	ml	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	Yes
Egg	Yes	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

### Method

- 1 Assemble bowl by adding noodles, veg and protein
- 2 Heat for 40-50 seconds in microwave
- 3 Pour over hot stock and top with a poached egg
- 4 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	545.1*
Energy per Portion (kj)	2307.1*
Protein per Portion	43.1*
Carbohydrate per Portion	68.1*
Sugars per Portion	10.8*
Fat per Portion	10.2*
Saturates per Portion	3.1*
Fibre per Portion	5.3*
Salt Equivalent per Ptn	6.8*

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## CHICKEN RAMEN

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 122949	Essential Cuisine Asian Aromatic Stock Base	30	g	Make up with 1/2 litre of boiling water
A 87542	Brakes Medium Egg Noodles	75	g	Blanch and refresh
F 117361	Brakes Cooked Chicken Breast Strips	80	g	Defrost
C 10582	Pak Choi	20	g	Slice roughly
C 10473	Spring Onions Bunch	10	g	Slice on the diagonal
C 114205	Beanshoots	20	g	
F 33421	Soya Beans	10	g	Defrost
C 10233	Radish	2	g	Sliced thinly
C 113885	Herb Bunched Coriander	1	g	Picked or snipped
C 114212	Chillies Red	3	g	Slice on the diagonal
C 70326	Brakes Poached Eggs	1	ea	Heat as per pack instructions
0	water	500	ml	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	Yes
Egg	Yes	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

### Method

- 1 Assemble bowl by adding noodles, veg and protein
- 2 Heat for 40-50 seconds in microwave
- 3 Pour over hot stock and top with a poached egg
- 4 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	504.9
Energy per Portion (kj)	2139.3
Protein per Portion	40.5
Carbohydrate per Portion	65.9
Sugars per Portion	8.5
Fat per Portion	7.8
Saturates per Portion	2.2
Fibre per Portion	5.6
Salt Equivalent per Ptn	6.2

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No



## SALADS

FALAFEL WITH WHEATBERRY, BEETROOT & COUS COUS  
TUNA MAYO WITH FRUITY MOROCCAN COUS COUS SALAD POT  
BIBIMBAP SALAD (CHICKEN)  
WHEATBERRY, BEETROOT & COUS COUS WITH TUNA & PESTO

MEXICAN STYLE CHICKEN SALAD WITH GUACAMOLE  
MACKEREL & BEET SALAD WITH PICKLED  
CUCUMBER, HORSERADISH & DILL  
BLACK RICE, QUINOA & GINGER SALAD WITH GREEK FETA  
CHICKEN & CHINESE NOODLE SALAD

CHICKEN TIKKA RICE SALAD  
HOT SMOKED SALMON & POTATO SALAD  
SMOKED CHICKEN CAESAR SALAD  
SMOKED SALMON, LENTIL, SUNBLAZE TOMATO &  
SOYA BEAN SALAD

## FALAFEL WITH WHEATBERRY, BEETROOT & COUS COUS

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 112413	Brakes Wheatberry, Beetroot & Couscous Salad	100	g	
C 450672	Tomatoes MM	50	g	Slice or wedge
C 119367	Premium Baby Leaf Salad	20	g	
C 118706	Coleslaw Mix 3mm Cut	20	g	
F 31844	Brakes Falafel	3	ea	Defrost

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphite	Yes
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

### Method

- 1 Arrange salad items around the out side of a suitable food to go container
- 2 Place falafel in the centre and garnish with sliced tomato
- 3 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	274.9
Energy per Portion (kj)	1150.1
Protein per Portion	8.4
Carbohydrate per Portion	32.5
Sugars per Portion	5.4
Fat per Portion	10.1
Saturates per Portion	1.2
Fibre per Portion	10.2
Salt Equivalent per Ptn	1.3

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## TUNA MAYO WITH FRUITY MOROCCAN COUS COUS SALAD POT

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 74683	Brakes Fruity Moroccan Couscous Salad	100	g	
A 113826	Fairer Fish Co Free School Skipjack Tuna Chunks in Brine	60	g	Drain
C 450672	Tomatoes MM	50	g	Wash and cut into wedges
A 89704	Brakes Light Mayonnaise	5	g	Mix mayo into tuna
C 119367	Premium Baby Leaf Salad	20	g	
C 118706	Coleslaw Mix 3mm Cut	20	g	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
<b>Egg</b>	<b>Yes</b>	<b>Sulphite</b>	<b>Yes</b>
<b>Fish</b>	<b>Yes</b>	<b>Wheat</b>	<b>Yes</b>
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	<b>Gluten</b>	<b>Yes</b>

### Method

- 1 In a suitable food to go pot arrange the ingredients
- 2 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	301.5
Energy per Portion (kJ)	1269.5
Protein per Portion	19.2
Carbohydrate per Portion	34.4
Sugars per Portion	16.2
Fat per Portion	9
Saturates per Portion	1.4
Fibre per Portion	3.3
Salt Equivalent per Ptn	0.9

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## BIBIMBAP SALAD (CHICKEN)

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 85288	Brakes Crushed Chillies	2	g	
A 115289	Tate & Lyle Mississippi Inspired Dark Soft Brown Cane	5	g	
A 127153	Mikado Rice Vinegar CASE	2	ml	
C 13120	Peeled Garlic	2	g	
A 89948	Wing Yip Sesame Oil	5	ml	
A 35791	Schwartz Sesame Seeds 480g	2	g	
C 450536	Prepared Julienne Carrots	15	g	
C 10582	Pak Choi	15	g	Shredded
C 114205	Beanshoots	15	g	Washed
C 10473	Spring Onions Bunch	15	g	Sliced
C 10233	Radish	15	g	Sliced
C 10428	Baby Leaf Spinach	15	g	Washed
A 16392	Brakes 18 British Free Range Fresh Medium Eggs	1	ea	Boiled for 8 mins and peeled
F 117362	Halal Skinless Roasted Sliced Chicken Fillet 5mm	50	g	Defrosted

### Allergens Contained in this recipe

Celery	No	Sesame	Yes
Crustaceans	No	Soya	Yes
Egg	Yes	Sulphite	Yes
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

- 1 Mix chilli, sugar, vinegar, garlic, sesame oil, and sesame seeds together to make dressing
- 2 In a suitable food to go pot arrange the ingredients
- 3 Pour over dressing
- 4 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	246.5
Energy per Portion (kj)	1033.8
Protein per Portion	22.4
Carbohydrate per Portion	9
Sugars per Portion	7.5
Fat per Portion	12.9
Saturates per Portion	2.7
Fibre per Portion	2.6*
Salt Equivalent per Ptn	0.6

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## WHEATBERRY, BEETROOT & COUS COUS WITH TUNA & PESTO

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 112413	Brakes Wheatberry, Beetroot & Couscous Salad	100	g	
C 74653	Brakes Tuna Mayonnaise Savoury Filling	75	g	
C 450672	Tomatoes MM	50	g	Sliced
A 119689	Green Pesto Alla Genovese	10	g	
C 103550	Summer Salad Mix	20	g	
C 118706	Coleslaw Mix 3mm Cut	20	g	

Allergens Contained in this recipe			
Celery	May	Sesame	May
Crustaceans	May	Soya	May
Egg	Yes	Sulphite	Yes
Fish	Yes	Wheat	Yes
Lupin	No	Barley	May
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	May	Spelt	No
Nuts	Yes	Kamut	No
Peanuts	No	Gluten	Yes

### Method

- 1 Arrange items in a suitable food to go pot
- 2 Drizzle with pesto
- 3 Serve

Nutrition (pre-cooking)	
Energy per Portion (kcal)	296.9
Energy per Portion (kj)	1241.7
Protein per Portion	13.3
Carbohydrate per Portion	23.3
Sugars per Portion	6.7
Fat per Portion	15.7
Saturates per Portion	1.8
Fibre per Portion	4.8
Salt Equivalent per Ptn	1.8

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## MEXICAN STYLE CHICKEN SALAD WITH GUACAMOLE

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 123342	Brakes Mexican Style Turtle Bean & Quinoa Salad	100	g	
F 119960	Mexican Guacamole	40	g	Defrost
F 117363	Cooked Chicken Inner Fillets	75	g	Defrost
A 112724	Blue Dragon Sriracha Hot Chilli Sauce 700ml	5	ml	
C 103550	Summer Salad Mix	20	g	
C 118706	Coleslaw Mix 3mm Cut	20	g	

### Allergens Contained in this recipe

Celery	No	Sesame	May
Crustaceans	No	Soya	No
Egg	No	Sulphite	Yes
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

### Method

- 1 Arrange all items in a suitable food to go box

### Nutrition (pre-cooking)

Energy per Portion (kcal)	274.1
Energy per Portion (kj)	1155.6
Protein per Portion	25.9
Carbohydrate per Portion	22.6
Sugars per Portion	5.5
Fat per Portion	8.3
Saturates per Portion	2.7
Fibre per Portion	3
Salt Equivalent per Ptn	1.8

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## MACKEREL & BEET SALAD WITH PICKLED CUCUMBER, HORSERADISH & DILL

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 32411	M&J Seafood Scottish Hot Smoked MSC Mackerel Fill 1		ea	Defrosted, skined and flaked
C 105129	Cooked Beetroots	100	g	Peeled and spiralised
C 15946	Brakes Crème Fraîche	50	g	
C 455909	Horseradish	5	g	peeled and grated
C 113875	Herb Bunched Dill	2	g	Picked and chopped
C 10230	Cucumber	50	g	Ribbon with a Y peeler
A 2032	Brakes White Wine Vinegar	10	ml	
A 350098	Tate & Lyle Caster Sugar 2kg	2	g	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphite	Yes
<b>Fish</b>	<b>Yes</b>	Wheat	No
Lupin	No	Barley	No
<b>Milk</b>	<b>Yes</b>	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

- 1 Add the sugar and vinegar and boil till sugar dissolved, remove and cool
- 2 Add horseradish and dill to crème fraiche and combine
- 3 Add half the pickling liquor to the cucumber and the rest to the beetroot and leave for 10 min
- 4 Strain the cucumber and beetroot ensuring to keep separate
- 5 Assemble in desired fopd to go container

### Nutrition (pre-cooking)

Energy per Portion (kcal)	357
Energy per Portion (kj)	1483
Protein per Portion	16.3*
Carbohydrate per Portion	11
Sugars per Portion	10.3*
Fat per Portion	26.8*
Saturates per Portion	11.3*
Fibre per Portion	2.5*
Salt Equivalent per Ptn	1.9

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## BLACK RICE, QUINOA & GINGER SALAD WITH GREEK FETA

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 10230	Cucumber	40	g	Cut in half and then slice
C 10364	Red Cherry Tomatoes	20	g	Cut in half
C 112411	Brakes Black Rice, Quinoa & Ginger Salad	100	g	
C 74530	Brakes Barrel Aged Greek Feta Cheese	30	g	Crumbled
C 450250	Mixed Salad Leaves	20	g	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	Yes
Egg	No	Sulphite	Yes
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

### Method

- 1 Place salad in one side a suitable food to go container
- 2 Add rice salad to the other half
- 3 Add cucumber and tomato
- 4 Top with Crumbled Feta Cheese
- 5 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	234.7
Energy per Portion (kj)	982.8
Protein per Portion	8.9
Carbohydrate per Portion	26.7
Sugars per Portion	3.5
Fat per Portion	9.4
Saturates per Portion	5.9
Fibre per Portion	3.7
Salt Equivalent per Ptn	1.9

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## CHICKEN & CHINESE NOODLE SALAD

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 10230	Cucumber	40	g	cut in half and then slice
C 10364	Red Cherry Tomatoes	20	g	cut in half
F 6615	Brakes 12mm Cooked Chicken Breast Strips	90	g	
C 71868	Brakes Chinese Noodle Salad	150	g	
C 450250	Mixed Salad Leaves	20	g	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	<b>Wheat</b>	<b>Yes</b>
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	<b>Gluten</b>	<b>Yes</b>

### Method

- 1 Place salad in one side of Box
- 2 Remove Noodle salad from tub and stir well
- 3 Place weighed out measure of Noodle Salad
- 4 Top with Cooked Chicken
- 5 Seal box and label
- 6 Keep Chilled until required

### Nutrition (pre-cooking)

Energy per Portion (kcal)	278.8
Energy per Portion (kj)	1178
Protein per Portion	25
Carbohydrate per Portion	35.3
Sugars per Portion	17.6
Fat per Portion	3.5
Saturates per Portion	1
Fibre per Portion	2.9
Salt Equivalent per Ptn	1.5

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## CHICKEN TIKKA RICE SALAD

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 10230	Cucumber	40	g	cut in half and then slice
C 10364	Red Cherry Tomatoes	20	g	cut in half
F 2021	Brakes Cooked Chicken Tikka Breast Strips	80	g	defrost
C 74157	Brakes Biryani Rice Salad	120	g	
C 450250	Mixed Salad Leaves	20	g	

Allergens Contained in this recipe			
Celery	May	Sesame	May
Crustaceans	No	Soya	May
Egg	May	Sulphites	No
Fish	No	Wheat	May
Lupin	No	Barley	May
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	May	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	May

### Method

- 1 Place salad in one side of Box
- 2 Remove Rice salad from tub and stir well
- 3 Place weighed out measure of Rice Salad in Box
- 4 Top with Chicken
- 5 Seal box and label
- 6 Keep Chilled until required

Nutrition (pre-cooking)	
Energy per Portion (kcal)	280.4
Energy per Portion (kj)	1179.1
Protein per Portion	21.7
Carbohydrate per Portion	28.7
Sugars per Portion	9.1
Fat per Portion	8.2
Saturates per Portion	1.6
Fibre per Portion	2.5
Salt Equivalent per Ptn	1

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## HOT SMOKED SALMON & POTATO SALAD

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 10230	Cucumber	40	g	cut in half and then slice
C 10364	Red Cherry Tomatoes	20	g	cut in half
C 71198	Brakes Wedged Potato Salad	120	g	
F 33254	M&J Seafood Hot Smoked Salmon Flakes (skinless, boneless)	50	g	Defrosted
C 450250	Mixed Salad Leaves	20	g	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
<b>Egg</b>	<b>Yes</b>	Sulphites	No
<b>Fish</b>	<b>Yes</b>	Wheat	No
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
<b>Mustard</b>	<b>Yes</b>	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

- 1 Place salad in one side of Box
- 2 Remove Potato salad from tub and stir well
- 3 Place weighed out measure of Potato Salad in Box
- 4 Top with Flaked Salmon
- 5 Seal box and label
- 6 Keep Chilled until required

### Nutrition (pre-cooking)

Energy per Portion (kcal)	342.5
Energy per Portion (kj)	1425.1
Protein per Portion	16.6
Carbohydrate per Portion	17.2
Sugars per Portion	3
Fat per Portion	22.4
Saturates per Portion	1.9
Fibre per Portion	2.7
Salt Equivalent per Ptn	1.2

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## SMOKED CHICKEN CAESAR SALAD

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 10230	Cucumber	40	g	cut in half and then slice
C 10364	Red Cherry Tomatoes	20	g	cut in half
C 18666	Smoked Flavoured Chicken Breasts	30	g	Thinly Sliced
C 71193	Brakes Caesar Pasta Salad	120	g	
C 450250	Mixed Salad Leaves	20	g	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
<b>Egg</b>	<b>Yes</b>	Sulphites	No
Fish	No	<b>Wheat</b>	<b>Yes</b>
Lupin	No	Barley	No
<b>Milk</b>	<b>Yes</b>	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	<b>Gluten</b>	<b>Yes</b>

### Method

- 1 Place salad in one side of Box
- 2 Remove Pasta salad from tub and stir well
- 3 Place weighed out measure of Pasta Salad in Box
- 4 Top with sliced Smoked Chicken
- 5 Seal box and label
- 6 Keep Chilled until required

### Nutrition (pre-cooking)

Energy per Portion (kcal)	355.8
Energy per Portion (kj)	1483.6
Protein per Portion	11.9
Carbohydrate per Portion	27.7
Sugars per Portion	5.3
Fat per Portion	21.7
Saturates per Portion	2.9
Fibre per Portion	0.9
Salt Equivalent per Ptn	1.2

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## SMOKED SALMON, LENTIL, SUNBLAZE TOMATO & SOYA BEAN SALAD

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 10230	Cucumber	40	g	cut in half and then slice
C 10364	Red Cherry Tomatoes	20	g	cut in half
C 77904	Brakes Lentil, Sunblaze Tomato & Soya Bean Salad	150	g	
F 3991	M&J Seafood Long Sliced Oak Smoked Salmon (skinless, boneless)	25	g	Defrosted
C 450250	Mixed Salad Leaves	20	g	

### Allergens Contained in this recipe

Celery	May	Sesame	May
Crustaceans	No	Soya	Yes
Egg	May	Sulphites	No
Fish	Yes	Wheat	May
Lupin	No	Barley	May
Milk	May	Oats	No
Molluscs	No	Rye	No
Mustard	May	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	May

### Method

- 1 Place salad in one side of Box
- 2 Remove Pasta salad from tub and stir well
- 3 Place weighed out measure of Pasta Salad in Box
- 4 Top with Smoked Salmon
- 5 Seal box and label
- 6 Keep Chilled until required

### Nutrition (pre-cooking)

Energy per Portion (kcal)	203.1
Energy per Portion (kj)	849.4
Protein per Portion	12.8
Carbohydrate per Portion	16.6
Sugars per Portion	5.9
Fat per Portion	8.7
Saturates per Portion	1.2
Fibre per Portion	3.7
Salt Equivalent per Ptn	1.5

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No



# VEGETARIAN

BBQ OUMPH! NASI GORENG

BAI MI (OUMPH!)

BIBIMPAP SALAD (TOFU)

CHARGRILLED VEGETABLE & COUS COUS SALAD

ORZO PASTA SALAD

## BBQ OUMPH! NASI GORENG

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 113307	Nasi Goreng Paste	20	g	
F 31304	Brakes Rice and Vegetable Mix	100	g	Defrost
F 128103	Pulled Oumph!	50	g	Defrost and cut into 3 or 4
F 4794	Brakes Diced Mixed Peppers	20	g	Defrost
C 70326	Brakes Poached Eggs	1	ea	
C 113885	Herb Bunched Coriander	1	g	Pick and chop
F 3212	Brakes Sliced Green Beans	20	g	Defrost
F 33421	Soya Beans	20	g	Defrost

### Allergens Contained in this recipe

<b>Celery</b>	Yes	Sesame	No
<b>Crustaceans</b>	Yes	<b>Soya</b>	Yes
<b>Egg</b>	Yes	Sulphites	No
<b>Fish</b>	Yes	<b>Wheat</b>	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
<b>Mustard</b>	Yes	Spelt	No
Nuts	May	Kamut	No
Peanuts	May	<b>Gluten</b>	Yes

### Method

- Mix all items together except eggs and coriander
- Spoon into desired food to go box
- Top with egg and coriander
- Microwave for approx. 1 minute 30 or until core temp is achieved
- Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	309
Energy per Portion (kj)	1318.8
Protein per Portion	19.2
Carbohydrate per Portion	35.1
Sugars per Portion	5.3*
Fat per Portion	9.3
Saturates per Portion	2
Fibre per Portion	6.1
Salt Equivalent per Ptn	2.5

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## BAI MI (OUMPH!)

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 34588	La Boulangerie 10" Part Baked Tiger Baguettes	1	ea	bake baguette at 180 and allow to cool
A 128600	Karimix Satay Sauce	30	g	
C 118706	Coleslaw Mix 3mm Cut	30	g	
F 128103	Pulled Oumph!	60	g	defrosted
C 114212	Chillies Red	2	g	slice on the diagonal
C 10473	Spring Onions Bunch	6	g	slice on the diagonal
C 10230	Cucumber	12	g	cut into sticks removing seeds
C 113885	Herb Bunched Coriander	2	g	picked or snipped

### Allergens Contained in this recipe

Celery	No	Sesame	May
Crustaceans	No	Soya	Yes
Egg	May	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	Yes
Milk	May	Oats	No
Molluscs	No	Rye	May
Mustard	Yes	Spelt	No
Nuts	Yes	Kamut	No
Peanuts	Yes	Gluten	Yes

### Method

- 1 cut baguette in half
- 2 spread each half with satay sauce
- 3 add other ingredients
- 4 serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	587.2
Energy per Portion (kj)	2473.3
Protein per Portion	21.6
Carbohydrate per Portion	93.9
Sugars per Portion	10.5*
Fat per Portion	12.7
Saturates per Portion	2.1
Fibre per Portion	7.3
Salt Equivalent per Ptn	3.1

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## BIBIMBAP SALAD (TOFU)

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 85288	Brakes Crushed Chillies	2	g	
A 115289	Tate & Lyle Mississippi Inspired Dark Soft Brown Cane	5	g	
A 127153	Mikado Rice Vinegar CASE	2	ml	
C 13120	Peeled Garlic	2	g	
A 89948	Wing Yip Sesame Oil	5	ml	
A 35791	Schwartz Sesame Seeds 480g	2	g	
C 450536	Prepared Julienne Carrots	15	g	
C 10582	Pak Choi	15	g	Shredded
C 114205	Beanshoots	15	g	Washed
C 10473	Spring Onions Bunch	15	g	Sliced
C 10233	Radish	15	g	Sliced
C 10428	Baby Leaf Spinach	15	g	Washed
A 16392	Brakes 18 British Free Range Fresh Medium Eggs	1	ea	Boiled for 8 mins and peeled
A 127135	Blue Dragon Extra Firm Silken Tofu 349g	50	g	Cut into cubes

### Allergens Contained in this recipe

Celery	No	Sesame	Yes
Crustaceans	No	Soya	Yes
Egg	Yes	Sulphite	Yes
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

- 1 Mix chilli, sugar, vinegar, garlic, sesame oil, and sesame seeds together to make dressing
- 2 In a suitable food to go pot arrange the ingredients
- 3 Pour over dressing
- 4 Serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	210.5
Energy per Portion (kj)	880.3
Protein per Portion	13.2
Carbohydrate per Portion	9.4
Sugars per Portion	7
Fat per Portion	12.8
Saturates per Portion	2.6
Fibre per Portion	3.2*
Salt Equivalent per Ptn	0.3

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## CHARGRILLED VEGETABLE & COUS COUS SALAD

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 10230	Cucumber	40	g	cut in half and then slice
C 10364	Red Cherry Tomatoes	20	g	cut in half
C 71196	Brakes Roasted Vegetable Couscous Salad	140	g	
C 70225	Healthier Choices Marinated Chargrilled Vegetables Savoury Filling	90	g	
C 450250	Mixed Salad Leaves	20	g	

### Allergens Contained in this recipe

Celery	May	Sesame	May
Crustaceans	No	Soya	May
Egg	May	Sulphite	Yes
Fish	No	Wheat	Yes
Lupin	No	Barley	May
Milk	May	Oats	No
Molluscs	No	Rye	No
Mustard	May	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

### Method

- 1 Place salad in one side of Box
- 2 Remove Cous Cous salad from tub and stir well
- 3 Place weighed out measure of Cous Cous
- 4 Top with Chargrilled Vegetables
- 5 Seal box and label
- 6 Keep Chilled until required

### Nutrition (pre-cooking)

Energy per Portion (kcal)	234.9
Energy per Portion (kj)	988.3
Protein per Portion	8.5
Carbohydrate per Portion	36.3
Sugars per Portion	8.6
Fat per Portion	5
Saturates per Portion	1.3
Fibre per Portion	5.4
Salt Equivalent per Ptn	1

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## ORZO PASTA SALAD

### Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 10230	Cucumber	40	g	cut in half and then slice
C 10364	Red Cherry Tomatoes	20	g	cut in half
C 74855	Brakes Orzo Pasta with Roasted Tomatoes	150	g	
C 450250	Mixed Salad Leaves	20	g	

### Allergens Contained in this recipe

Celery	May	Sesame	May
Crustaceans	No	Soya	May
Egg	May	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	May
Milk	May	Oats	No
Molluscs	No	Rye	No
Mustard	May	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

### Method

- 1 Place salad in one side of Box
- 2 Remove Pasta salad from tub and stir well
- 3 Place weighed out measure of Pasta Salad in Box
- 4 Seal box and label
- 5 Keep Chilled until required

### Nutrition (pre-cooking)

Energy per Portion (kcal)	286.8
Energy per Portion (kj)	1200.5
Protein per Portion	7.7
Carbohydrate per Portion	34.3
Sugars per Portion	4.1
Fat per Portion	12.3
Saturates per Portion	1.2
Fibre per Portion	3.8
Salt Equivalent per Ptn	0.8

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No