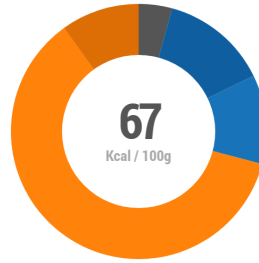


Grilled cannon of mutton 'Nicoise salad'

OVERVIEW ...



CALORIES:
24.9% Carbs
4.2% Protein
70.9% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MUSTARD



SULPHITES

MAY CONTAIN:



CELERY



SESAME

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

British Red Tractor Mutton Cannons..

5001939

U **200g**

unchanged

450514 Fine Beans.. - BRAKES

450514 FINE BEANS

BRAKES **75g**

unchanged

118707 Cooked New Potatoes.. - BRAKES

118707 NEW POTATOES

BRAKES **50g**

unchanged

150628 Baby Plum Tomatoes..

BABY PLUM TOMATOES

BRAKES **30g**

unchanged

151388 Fresh Kitchen Pickled Sweet & Sour Red Onion.. - BRAKES

151388 PICKLED SWEET & SOUR RED ONION

BRAKES **10g**

unchanged

119645 Cypressa Kalamata Olives (Whole)..

KALAMATA OLIVES (WHOLE)

BRAKES **10g**

unchanged

113879 Herb Bunched Basil.. - BRAKES

113879 PREMIUM LARGE BASIL BUNCH FRESH DIRECT

BRAKES **5g**

N/A

10332 Lettuce Little Gem..

LETTUCE LITTLE GEM FRESH DIRECT

BRAKES 40g

unchanged

127154 ECOCE Sherry Vinegar CASE..

SHERRY VINEGAR CASE

BRAKES 10ml

N/A

33889 Olive Oil..

OLIVE OIL BRAKES

BRAKES 20ml

unchanged

88386 Brakes Glaze with Balsamic Vinegar of Modena.. - BRAKES

88386 BALSAMIC VINEGAR GLAZE

BRAKES 10ml

N/A

PRODUCTS / PACK SIZES ...

1 Serving



🕒 460g / 315kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

- Char grill the beans and place into a chiller
- Halves the tomatoes
- Halve the new potatoes
- Stone the olives
- Pick basil
- Wash the gem lettuce and trim

Method:

1. Season the mutton and place onto a grill to char the flesh - transfer to an oven at 180oC for 6 minutes - Rest well.
2. In a bowl whisk together the olive oil and sherry vinegar.
3. Combine all of the other ingredients except the lettuce and toss into the dressing.
4. Place into a suitable bowl lined with the lettuce and then drizzle over the balsamic glaze.
5. Carve the mutton cannon and arrange on the dish.
6. Garnish with a large basil leaf and serve!