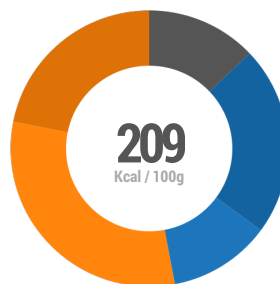


# Loaded Sweet Potato Wedges

By Oliver Lloyd from Brakes

Overview ...

U / 6630446



CALORIES:

**34.1% Carbs**

**12.9% Protein**

**53% Fat**

Food Labelling...

Serves 1

CONTAINS:



CELERY



EGGS



MILK

MAY CONTAIN:



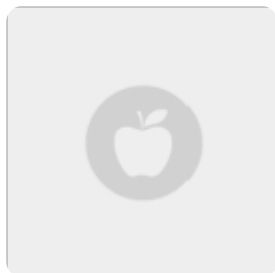
WALNUTS

Recipe Ingredients ...

	Quantity:	Description:
135178 Sysco Classic Sweet Potato Wedges - BRAKES	100g	0.1x Each
5990 Brakes Light Mayonnaise	20g	
29086 Brakes Cajun Seasoning - BRAKES	5g	0.01x Each
71268 Brakes Grated Mature White Cheddar	40g	
113880 Premium Large Chives Bunch - BRAKES	5g	0.05x Each
126918 Brakes Chilli Jam - BRAKES	20g	0.02x Each

Products / Pack Sizes ...

1 Serving



**Product code**

**Barcode**

**190g / 406kcal**

**Number of servings**

**Net pack weight**

Cooking Instructions & Notes

**Preparation:**

Chop the chives

**Method:**

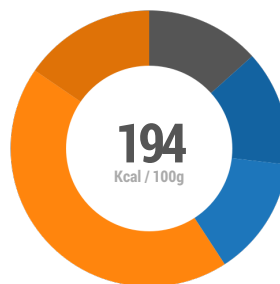
1. Mix half the chilli jam with the mayo and set aside.
2. Cook the wedges in a deep fat fryer @180oC for 3 minutes - drain well.
3. Transfer to an ovenproof dish and dust with the cajun seasoning.
4. Spoon over the remaining chilli jam and top with the cheese.
4. Transfer to an oven @180oC for 2 minutes.
5. Remove from the oven, drizzle over the mayo and garnish with the chives - serve!

# Parmesan and Truffle Sweet Potato Wedges

By Oliver Lloyd from Brakes

Overview ...

U / 6630494



CALORIES:

**27.5% Carbs**

**13.3% Protein**

**59.2% Fat**

Food Labelling...

Serves 1

CONTAINS:



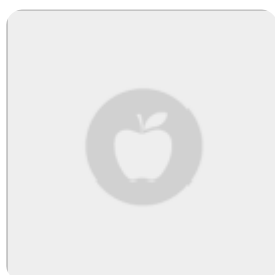
MLK

Recipe Ingredients ...

	Quantity:	Description:
135178 Sysco Classic Sweet Potato Wedges - BRAKES	100g	0.1x Each
71018 Grated Parmigiano Reggiano	20g	
127291 Supernature Oil Black Truffle Cold Pressed Rapeseed Oil	10g	
113880 Premium Large Chives Bunch - BRAKES	10g	0.1x Each
10439 Fresh Garlic - BRAKES	15g	0.13x Each

Products / Pack Sizes ...

1 Serving



 **Product code**

 **Barcode**

 **155g / 309kcal**

 **Number of servings**

 **Net pack weight**

Cooking Instructions & Notes

**Preparation:**

Trim garlic gloves but keep the skins on  
Chop chives

**Method:**

1. In a bowl mix together the chives and parmesan.
2. Cook the wedges in a deep fat fryer @180oC along with the garlic gloves for 3-4 minutes until crisp. - drain well.
3. Toss together the parmesan and wedges along with the truffle oil.
4. Transfer to a suitable dish, finish with the chives - serve!