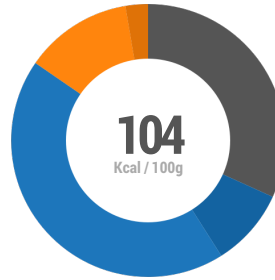


Chicken, Tomato and Basil Pasta

Overview ...



CALORIES:

52.8% Carbs

31.8% Protein

15.4% Fat

Food Labelling...

EU Label values per 100g

Serves **16**

	PER 100G	%RI	PER 284G SERVING	%RI
Energy(Kj)	453 kJ	5%	1286 kJ	15%
Energy(kcal)	107 kcal	5%	305 kcal	15%
Fat	1.8 g	3%	5.1 g	7%
of which saturates	0.3 g	2%	0.9 g	5%
Carbohydrate	14 g	5%	39 g	15%
of which sugars	2.4 g	3%	6.8 g	8%
Fibre	1.5 g	6%	4.2 g	17%
Protein	8.3 g	17%	24 g	48%
Salt	0.52 g	9%	1.5 g	25%

CONTAINS:



WHEAT

MAY CONTAIN:



EGGS



SOYA

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Recipe Ingredients ...

	Quantity:	Description:
117371 Halal Roasted Chicken Strips 12mm	1kg	1x Each
34415 Cooked Frozen Penne Pasta (Quills) - BRAKES	1.25kg	0.5x Each
106614 KM Roasted Mediterranean Vegetables - BRAKES	500g	0.05x Each
NPD Homepride Tomato & Basil Sauce	2.25kg	

Cooking Instructions & Notes

Prep

Add all items to a gastro tray

Pour over the sauce

Method

Place in a preheated oven @180 deg c and cook for approx. 40mins to 1 hour stirring half way

Ensure core temperature is achieved before serving

Sweet and Sour Chicken component

Overview ...



96
Kcal / 100g

CALORIES:

51% Carbs

30.3% Protein

18.7% Fat

Food Labelling...

EU Label values per 100g

Serves **20**

	PER 100G	%RI	PER 200G SERVING	%RI
Energy(Kj)	415 kJ	5%	829 kJ	10%
Energy(kcal)	98 kcal	5%	197 kcal	10%
Fat	2 g	3%	4 g	6%
<i>of which saturates</i>	0.3 g	2%	0.6 g	3%
Carbohydrate	12 g	5%	25 g	10%
<i>of which sugars</i>	8.9 g	10%	18 g	20%
Fibre	1.1 g	4%	2.2 g	9%
Protein	7.2 g	14%	14 g	28%
Salt	0.55 g	9%	1.1 g	18%

CONTAINS:



CELERY

Recipe Ingredients ...

	Quantity:	Description:
117371 Halal Roasted Chicken Strips 12mm - BRAKES	1kg	0.4x Each
107021 Pinguin Oriental Vegetable Stir Fry Mix - BRAKES	1kg	1x Each
4793 Brakes Sliced Mixed Peppers - BRAKES	500g	0.33x Each
NPD Sharwood's Sweet & Sour Cooking Sauce	2.25kg	

Cooking Instructions & Notes

Prep

Add all items to a gastro tray

Pour over the sauce

Method

Place in a preheated oven @180 deg c and cook for approx. 40mins to 1 hour stirring half way

Ensure core temperature is achieved before serving

Chicken Tikka component

Overview ...



89
Kcal / 100g

CALORIES:

24.2% Carbs

42.8% Protein

33% Fat

Food Labelling...

EU Label values per 100g

Serves **25**

	PER 100G	%RI	PER 200G SERVING	%RI
Energy(Kj)	387 kJ	5%	775 kJ	9%
Energy(kcal)	92 kcal	5%	185 kcal	9%
Fat	3.3 g	5%	6.5 g	9%
<i>of which saturates</i>	1.2 g	6%	2.4 g	12%
Carbohydrate	5.4 g	2%	11 g	4%
<i>of which sugars</i>	2.5 g	3%	5 g	6%
Fibre	1.6 g	6%	3.1 g	12%
Protein	9.5 g	19%	19 g	38%
Salt	0.48 g	8%	0.95 g	16%

CONTAINS:



MILK

Recipe Ingredients ...

	Quantity:	Description:
133958 Cooked Chicken Thigh Joint - BRAKES	2kg	2x Each
119851 Ardo Sliced Okra - BRAKES	500g	0.5x Each
30866 Ardo Freeflow Spinach Leaves - BRAKES	500g	0.5x Each
30501 Brakes Diced Onions - BRAKES	500g	0.33x Each
NPD Sharwood's Tikka Masala Curry Cooking Sauce	2.25kg	

Cooking Instructions & Notes

Prep

Add all dry items to a gastro tray

Pour over the sauce

Method

Place in a preheated oven @180 deg c and cook for approx. 40mins to 1 hour stirring half way

Ensure core temperature is achieved before serving

BBQ Pulled Pork Jacket Potato Shell

Overview ...



127
Kcal / 100g

CALORIES:

41% Carbs

26.5% Protein

32.5% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 305G SERVING	%RI
Energy(Kj)	541 kJ	6%	1650 kJ	20%
Energy(kcal)	129 kcal	6%	393 kcal	20%
Fat	4.6 g	7%	14 g	20%
of which saturates	2.5 g	13%	7.5 g	38%
Carbohydrate	13 g	5%	40 g	15%
of which sugars	3.3 g	4%	10 g	11%
Fibre	0.8 g	3%	2.5 g	10%
Protein	8.4 g	17%	26 g	52%
Salt	0.45 g	8%	1.4 g	23%

CONTAINS:



BARLEY



MILK

Recipe Ingredients ...

	Quantity:	Description:
3944 Brakes British Longboat Potato Shells - BRAKES	135g	2x Each
31559 Brakes Mashed Potato with Cracked Black Pepper - BRAKES	40g	0.02x Each
113541 Brakes Pulled BBQ Pork Savoury Filling - BRAKES	100g	0.1x Each
10163 Brakes Grated Mozzarella & Cheddar Cheese Mix - BRAKES	30g	0.03x Each

Cooking Instructions & Notes

Place 2 Jacket skins in desired microwavable container

Add mash pellets into skins

Top with pulled pork

Sprinkle with cheese

Close lid and label accordingly

To Heat

Microwave on full power for approx. 2 minutes 30 seconds or until core temperature is achieved

Ricotta Cheese and Spinach Cannelloni with Tomato Sauce

Overview ...



173
Kcal / 100g

CALORIES:

35.8% Carbs

14.6% Protein

49.6% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 340G SERVING	%RI
Energy(Kj)	736 kJ	9%	2502 kJ	30%
Energy(kcal)	176 kcal	9%	599 kcal	30%
Fat	9.5 g	14%	32 g	46%
of which saturates	4 g	20%	14 g	70%
Carbohydrate	15 g	6%	52 g	20%
of which sugars	3.3 g	4%	11 g	12%
Fibre	1.7 g	7%	5.7 g	23%
Protein	6.4 g	13%	22 g	44%
Salt	0.92 g	15%	3.1 g	52%

CONTAINS:



WHEAT



EGGS



MILK



SOYA

OTHER PROPERTIES:



VEGETARIAN

Recipe Ingredients ...

	Quantity:	Description:
31780 Brakes Cannelloni Verdi - BRAKES	160g	0.05x Each
115043 Maggi Rich & Rustic Tomato Sauce 800g - BRAKES	100g	0.13x Each
470507 Macphie Bechamel with Butter 1 Litre - BRAKES	50g	0.05x Each
10163 Brakes Grated Mozzarella & Cheddar Cheese Mix - BRAKES	30g	0.03x Each

Cooking Instructions & Notes

Add cannelloni to desired microwavable container

Pour over tomato and béchamel sauce

Sprinkle with cheese

Close lid and label accordingly

To Heat

Microwave on full power for approx. 2 minutes 30 seconds or until core temperature is achieved

Veggie Cumberland Sausage, Mash with Braised Red Cabbage

Overview ...



117
Kcal / 100g

CALORIES:

39.2% Carbs

20.1% Protein

40.7% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 510G SERVING	%RI
Energy(Kj)	510 kJ	6%	2600 kJ	31%
Energy(kcal)	122 kcal	6%	621 kcal	31%
Fat	5.3 g	8%	27 g	39%
<i>of which saturates</i>	2.3 g	12%	12 g	60%
Carbohydrate	11 g	4%	59 g	23%
<i>of which sugars</i>	1.9 g	2%	9.6 g	11%
Fibre	2.1 g	8%	11 g	44%
Protein	5.9 g	12%	30 g	60%
Salt	0.81 g	14%	4.1 g	68%

CONTAINS:



Recipe Ingredients ...

	Quantity:	Description:
132767 Quorn Vegan Cumberland Sausage - BRAKES	140g	2x Each
31559 Brakes Mashed Potato with Cracked Black Pepper - BRAKES	150g	0.1x Each
31560 Brakes Potato, Swede & Carrot Mash - BRAKES	80g	0x Each
114427 Ardo Red Cabbage & Apple - BRAKES	40g	0x Each
470520 Macphie Demi-Glace 1 Litre - BRAKES	100g	0.1x Each

Cooking Instructions & Notes

Method

Portion the cracked pepper mash, and the carrot and swede mash into a suitable food to go container

Add the sausage and top with the cabbage

To serve, microwave the dish ensuring the core temperature has been achieved for all components

Heat the gravy as per the manufacturers instructions

Pour the gravy over the sausage and mash, and serve

Italian Style Chicken Jacket Potato Shell

Overview ...



145
Kcal / 100g

CALORIES:

32.4% Carbs

24% Protein

43.5% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 305G SERVING	%RI
Energy(Kj)	615 kJ	7%	1876 kJ	22%
Energy(kcal)	147 kcal	7%	448 kcal	22%
Fat	7 g	10%	21 g	30%
of which saturates	2.6 g	13%	8 g	40%
Carbohydrate	12 g	5%	36 g	14%
of which sugars	0.5 g	1%	1.3 g	1%
Fibre	0.8 g	3%	2.5 g	10%
Protein	8.8 g	18%	27 g	54%
Salt	0.3 g	5%	0.93 g	16%

CONTAINS:



MILK

Recipe Ingredients ...

	Quantity:	Description:
3944 Brakes British Longboat Potato Shells - BRAKES	135g	2x Each
31559 Brakes Mashed Potato with Cracked Black Pepper - BRAKES	40g	0.02x Each
70162 Brakes Italian Style Chicken Savoury Filling - BRAKES	100g	0.1x Each
10163 Brakes Grated Mozzarella & Cheddar Cheese Mix - BRAKES	30g	0.03x Each

Cooking Instructions & Notes

Place 2 Jacket skins in desired microwavable container

Add mash pellets into skins

Top with Italian chicken

Sprinkle with cheese

Close lid and label accordingly

To Heat

Microwave on full power for approx. 2 minutes 30 seconds or until core temperature is achieved

Oumph, Potato and Spinach Curry with Lime and Coriander Sauce

Overview ...



131
Kcal / 100g

CALORIES:

57.8% Carbs

11.1% Protein

31.1% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 490G SERVING	%RI
Energy(Kj)	561 kJ	7%	2749 kJ	33%
Energy(kcal)	133 kcal	7%	654 kcal	33%
Fat	4.5 g	6%	22 g	31%
of which saturates	0.6 g	3%	2.8 g	14%
Carbohydrate	19 g	7%	92 g	35%
of which sugars	2 g	2%	9.9 g	11%
Fibre	1.5 g	6%	7.2 g	29%
Protein	3.6 g	7%	18 g	36%
Salt	0.53 g	9%	2.6 g	43%

CONTAINS:



WHEAT



SOYA

OTHER PROPERTIES:



VEGETARIAN

Recipe Ingredients ...

	Quantity:	Description:
133932 Oumph! Balls - BRAKES	80g	0.04x Each
3957 Brakes Pre-fried Potato Dice - BRAKES	60g	0.02x Each
109271 Brakes Katsu Curry Sauce - BRAKES	100g	0.05x Each
30866 Ardo Freeflow Spinach Leaves - BRAKES	20g	0.02x Each
3797 Brakes Long Grain Rice - BRAKES	200g	0.1x Each
116334 BD Foods Green Chilli, Coriander, Lime & Mint - BRAKES	30g	0.07x Each

Cooking Instructions & Notes

Add rice to desired microwavable container

Add Oumph, diced potato and spinach to the top of the rice

Pour over curry sauce and drizzle with lime and coriander sauce

Close lid and label accordingly

To Heat

Microwave on full power for approx. 2 minutes 30 seconds or until core temperature is achieved

Beef Korma component

Overview ...



152
Kcal / 100g

CALORIES:

18% Carbs

34.8% Protein

47.2% Fat

Food Labelling...

EU Label values per 100g

Serves **25**

	PER 100G	%RI	PER 152G SERVING	%RI
Energy(Kj)	653 kJ	8%	993 kJ	12%
Energy(kcal)	156 kcal	8%	237 kcal	12%
Fat	8 g	11%	12 g	17%
of which saturates	3.7 g	19%	5.6 g	28%
Carbohydrate	6.9 g	3%	10 g	4%
of which sugars	4.1 g	5%	6.3 g	7%
Fibre	2 g	8%	3 g	12%
Protein	13 g	26%	20 g	40%
Salt	0.42 g	7%	0.65 g	11%

CONTAINS:



MILK

Recipe Ingredients ...

	Quantity:	Description:
111785 Brakes British Red Tractor Cooked Diced Beef - BRAKES	1.5kg	1x Each
4793 Brakes Sliced Mixed Peppers - BRAKES	1kg	0.67x Each
30501 Brakes Diced Onions - BRAKES	500g	0.33x Each
NPD Sharwood's Korma Curry Cooking Sauce	2.25kg	

Cooking Instructions & Notes

Prep

Defrost Beef

Add all items to a gastro tray

Pour over the sauce

Method

Place in a preheated oven @180 deg c and cook for approx. 40mins to 1 hour stirring half way

Ensure core temperature is achieved before serving

Smoked Mackerel Nasi Goreng with Beans, Peppers and Egg

Spicy Rice with Smoked Mackerel, Omelette & Vegetables

Overview ...



158
Kcal / 100g

CALORIES:

50.4% Carbs

14.4% Protein



35.2% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 400G SERVING	%RI
Energy(Kj)	671 kJ	8%	2684 kJ	32%
Energy(kcal)	160 kcal	8%	639 kcal	32%
Fat	6.2 g	9%	25 g	36%
of which saturates	1.3 g	7%	5.3 g	27%
Carbohydrate	20 g	8%	80 g	31%
of which sugars	1.7 g	2%	6.9 g	8%
Fibre	0.6 g	2%	2.3 g	9%
Protein	5.7 g	11%	23 g	46%
Salt	0.8 g	13%	3.2 g	53%

CONTAINS:	
 WHEAT	 EGGS
 MILK	 FISH
 CRUSTACEANS	 CELERY
	 SOYA
MAY CONTAIN:	
 HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS	 PEANUTS

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
3797 Brakes Long Grain Rice - BRAKES	200g	0.1x Each
129337 M&J Seafood Omega 3 Scottish Hot Smoked Mackerel Fillet Flakes - BRAKES	40g	0.03x Each
4762 Brakes Cut Green Beans - BRAKES	30g	0.01x Each
4793 Brakes Sliced Mixed Peppers - BRAKES	30g	0.02x Each
113307 NASI GORENG PASTE - BRAKES	50g	0.05x Each
32302 Brakes Mini Round Omelettes - BRAKES	50g	1x Each

Cooking Instructions & Notes

Add rice to desired microwavable container

Add peppers and beans to the top of the rice

Add mackerel pieces and drizzle Nasi Goring paste place egg/omelette on the side

Close lid and label accordingly

To Heat

Microwave on full power for approx. 2 minutes 30 seconds or until core temperature is achieved

Chicken, Spinach and Pesto Pasta

Overview ...



178
Kcal / 100g

CALORIES:

44.1% Carbs

21.1% Protein

34.8% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 390G SERVING	%RI
Energy(Kj)	760 kJ	9%	2962 kJ	35%
Energy(kcal)	181 kcal	9%	706 kcal	35%
Fat	6.9 g	10%	27 g	39%
of which saturates	0.9 g	5%	3.6 g	18%
Carbohydrate	20 g	8%	76 g	29%
of which sugars	0.7 g	1%	2.8 g	3%
Fibre	1.5 g	6%	5.9 g	24%
Protein	9.4 g	19%	37 g	74%
Salt	0.39 g	7%	1.5 g	25%

CONTAINS:



WHEAT



CASHEWS



SOYA

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
WALNUTS,
BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS



PEANUTS



EGGS

Recipe Ingredients ...

	Quantity:	Description:
34415 Cooked Frozen Penne Pasta (Quills) - BRAKES	200g	0.08x Each
126921 Sacla Free From Basil Pesto - BRAKES	60g	0.06x Each
30866 Ardo Freeflow Spinach Leaves - BRAKES	50g	0.05x Each
117371 Halal Roasted Chicken Strips 12mm	80g	0.03x Each

Cooking Instructions & Notes

Add pasta and spinach to desired microwavable container

Add chicken and drizzle with pesto

Close lid and label accordingly

To Heat

Microwave on full power for approx. 2 minutes 30 seconds stirring half way and once complete

Charred Chicken Fillet with Tabbouleh, Tomato Sauce and Sumac

Overview ...



104
Kcal / 100g

CALORIES:

46.4% Carbs

27.7% Protein

25.9% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 372G SERVING	%RI
Energy(Kj)	453 kJ	5%	1684 kJ	20%
Energy(kcal)	108 kcal	5%	400 kcal	20%
Fat	3 g	4%	11 g	16%
<i>of which saturates</i>	0.5 g	3%	2 g	10%
Carbohydrate	12 g	5%	45 g	17%
<i>of which sugars</i>	5.1 g	6%	19 g	21%
Fibre	1.8 g	7%	6.7 g	27%
Protein	7.2 g	14%	27 g	54%
Salt	0.71 g	12%	2.6 g	43%

CONTAINS:



WHEAT

Recipe Ingredients ...

	Quantity:	Description:
117363 Cooked Chicken Inner Fillets - BRAKES	70g	0.03x Each
121197 Tabbouleh 2.5kg - BRAKES	200g	0.08x Each
115043 Maggi Rich & Rustic Tomato Sauce 800g - BRAKES	100g	0.13x Each
119112 Spicentice SUMAC - BRAKES	2g	0.01x Each

Cooking Instructions & Notes

Add Tabbouleh to desired microwavable container

Add Chicken filet

Pour over tomato sauce and sprinkle with sumac

Close lid and label accordingly

To Heat

Microwave on full power for approx. 2 minutes 30 seconds or until core temperature is achieved

Teriyaki Smoked Salmon, Soya Bean and Rice

Overview ...



147
Kcal / 100g

CALORIES:

61.7% Carbs

19.1% Protein

19.2% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 345G SERVING	%RI
Energy(Kj)	627 kJ	7%	2162 kJ	26%
Energy(kcal)	148 kcal	7%	512 kcal	26%
Fat	3.1 g	4%	11 g	16%
<i>of which saturates</i>	0.8 g	4%	2.6 g	13%
Carbohydrate	23 g	9%	78 g	30%
<i>of which sugars</i>	3.3 g	4%	12 g	13%
Fibre	0.8 g	3%	2.8 g	11%
Protein	7 g	14%	24 g	48%
Salt	0.36 g	6%	1.3 g	22%

CONTAINS:



WHEAT



FISH



SOYA

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
CASHEWS,
WALNUTS,
BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS



PEANUTS

Recipe Ingredients ...

	Quantity:	Description:
87862 Blue Dragon Teriyaki Sauce 1L - BRAKES	30g	0.03x Each
33254 Hot Smoked Salmon Flakes (skinless, boneless) - BRAKES	50g	0.1x Each
33421 Soya Beans - BRAKES	30g	0.03x Each
3797 Brakes Long Grain Rice - BRAKES	200g	0.1x Each
4762 Brakes Cut Green Beans - BRAKES	30g	0.01x Each
134544 Kuhne Crispy Fried Onions - BRAKES	5g	0.01x Each

Cooking Instructions & Notes

Add rice to desired microwavable container
Add beans and soya beans and top with salmon
Drizzle with teriyaki sauce
Close lid and label accordingly

To Heat

Microwave on full power for approx. 2 minutes 30 seconds or until core temperature is achieved

Tomato and Mozzarella Penne Pasta Box

Overview ...



152
Kcal / 100g

CALORIES:

61.3% Carbs

17.5% Protein

21.2% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 330G SERVING	%RI
Energy(Kj)	652 kJ	8%	2150 kJ	26%
Energy(kcal)	155 kcal	8%	510 kcal	26%
Fat	3.6 g	5%	12 g	17%
of which saturates	1.6 g	8%	5.2 g	26%
Carbohydrate	23 g	9%	77 g	30%
of which sugars	2 g	2%	6.6 g	7%
Fibre	1.5 g	6%	4.9 g	20%
Protein	6.6 g	13%	22 g	44%
Salt	0.3 g	5%	1 g	17%

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



EGGS



SOYA

OTHER PROPERTIES:



VEGETARIAN

Recipe Ingredients ...

	Quantity:	Description:
34415 Cooked Frozen Penne Pasta (Quills) - BRAKES	200g	0.08x Each
115043 Maggi Rich & Rustic Tomato Sauce 800g - BRAKES	100g	0.13x Each
130980 Arla Pro Large Diced Mozzarella 2kg - BRAKES	30g	0.02x Each

Cooking Instructions & Notes

Decant pasta into desired microwavable container

Add rich and rustic sauce

Top with diced mozzarella

Close lid and label accordingly

Microwave on full power for approx. 3 minutes stirring half way and once complete

Mix well before serving

Ricotta and Spinach Cannelloni with Tomato and Char Grilled Vegetable Sauce

Overview ...



122
Kcal / 100g

CALORIES:
40.3% Carbs
14% Protein
45.6% Fat

Food Labelling...

EU Label values per 100g

Serves **15**

	PER 100G	%RI	PER 236G SERVING	%RI
Energy(Kj)	526 kJ	6%	1243 kJ	15%
Energy(kcal)	126 kcal	6%	297 kcal	15%
Fat	6.2 g	9%	15 g	21%
of which saturates	2.6 g	13%	6.1 g	31%
Carbohydrate	12 g	5%	29 g	11%
of which sugars	3.3 g	4%	7.8 g	9%
Fibre	2 g	8%	4.6 g	18%
Protein	4.3 g	9%	10 g	20%
Salt	0.75 g	13%	1.8 g	30%

CONTAINS:



WHEAT



EGGS



MILK



CELERY



SOYA

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Recipe Ingredients ...

	Quantity:	Description:
31780 Brakes Cannelloni Verdi	1kg	1x Each
470507 Macphie Bechamel with Butter 1 Litre - BRAKES	500g	0.5x Each
10163 Brakes Grated Mozzarella & Cheddar Cheese Mix - BRAKES	150g	0.15x Each
NPD Homepride Tomato & Chargrilled Vegetables Sauce	2.25kg	

Cooking Instructions & Notes

Prep

Pour half the tomato sauce into gastro tray

Top with cannelloni pieces

Pour over remaining sauce and top with béchamel and grated cheese

Method

Place in a preheated oven @180 deg c and cook for approx. 40mins to 1 hour

Ensure core temperature is achieved before serving

Sweet and Sour Chicken with Stir-fried Vegetables and Cauliflower Rice

Overview ...



54
Kcal / 100g

CALORIES:

43.6% Carbs

46.4% Protein

9.9% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 500G SERVING	%RI
Energy(Kj)	239 kJ	3%	1195 kJ	14%
Energy(kcal)	57 kcal	3%	283 kcal	14%
Fat	0.6 g	1%	3 g	4%
<i>of which saturates</i>	0.2 g	1%	1 g	5%
Carbohydrate	5.9 g	2%	30 g	12%
<i>of which sugars</i>	5.2 g	6%	26 g	29%
Fibre	1.1 g	4%	5.7 g	23%
Protein	6.3 g	13%	32 g	64%
Salt	0.33 g	6%	1.7 g	28%

CONTAINS:



CELERY

Recipe Ingredients ...

	Quantity:	Description:
124529 Pinguin Cauliflower Rice with Parsley - BRAKES	200g	1x Each
117371 Halal Roasted Chicken Strips 12mm	100g	0.04x Each
107021 Pinguin Oriental Vegetable Stir Fry Mix - BRAKES	100g	0.1x Each
89720 Brakes Sweet & Sour Sauce with Vegetables - BRAKES	100g	0.05x Each

Cooking Instructions & Notes

Add rice to desired microwavable container
Add vegetable stir-fry mix and top with chicken
Pour over sweet and sour sauce
Close lid and label accordingly

To Heat

Microwave on full power for approx. 2 minutes 30 seconds or until core temperature is achieved

Simply Pesto Pasta

Overview ...



218
Kcal / 100g

CALORIES:

53.6% Carbs

10.4% Protein

36% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 380G SERVING	%RI
Energy(Kj)	932 kJ	11%	3543 kJ	42%
Energy(kcal)	222 kcal	11%	844 kcal	42%
Fat	8.7 g	12%	33 g	47%
of which saturates	1.1 g	6%	4.1 g	21%
Carbohydrate	29 g	11%	111 g	43%
of which sugars	0.5 g	1%	1.9 g	2%
Fibre	1.9 g	8%	7.1 g	28%
Protein	5.7 g	11%	21 g	42%
Salt	0.26 g	4%	0.99 g	17%

CONTAINS:



WHEAT



CASHEWS



SOYA

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
WALNUTS,
BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS



PEANUTS



EGGS

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Recipe Ingredients ...

34415 Cooked Frozen Penne Pasta (Quills) - BRAKES

Quantity:

300g

Description:

0.12x Each

126921 Sacla Free From Basil Pesto - BRAKES

80g

0.08x Each

Cooking Instructions & Notes

Add pasta and spinach to desired microwavable container
Drizzle with pesto
Close lid and label accordingly

To Heat

Microwave on full power for approx. 2 minutes 30 seconds stirring half way and once complete

Meatless Farm Meatballs with Tabbouleh, Tomato Sauce and Sumac

Overview ...



123
Kcal / 100g

CALORIES:

44.6% Carbs

16.7% Protein

38.7% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 372G SERVING	%RI
Energy(Kj)	535 kJ	6%	1991 kJ	24%
Energy(kcal)	128 kcal	6%	475 kcal	24%
Fat	5.3 g	8%	20 g	29%
of which saturates	1 g	5%	3.6 g	18%
Carbohydrate	14 g	5%	51 g	20%
of which sugars	5.1 g	6%	19 g	21%
Fibre	2.5 g	10%	9.4 g	38%
Protein	5.1 g	10%	19 g	38%
Salt	0.8 g	13%	3 g	50%

CONTAINS:



WHEAT

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Recipe Ingredients ...

	Quantity:	Description:
130516 Meatless Farm Plant-Based Mini Meatballs - BRAKES	70g	0.03x Each
121197 Tabbouleh 2.5kg - BRAKES	200g	0.08x Each
115043 Maggi Rich & Rustic Tomato Sauce 800g - BRAKES	100g	0.13x Each
119112 Spicentice Sumac - BRAKES	2g	0.01x Each

Cooking Instructions & Notes

Add Tabbouleh to desired microwavable container

Add Meatless Farm mini meat balls

Pour over tomato sauce and sprinkle with sumac

Close lid and label accordingly

To Heat

Microwave on full power for approx. 2 minutes 30 seconds or until core temperature is achieved

Sweet and Sour Chicken with Stir-fried Vegetables and Rice

Overview ...



106
Kcal / 100g

CALORIES:

66.2% Carbs

25% Protein

8.8% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 500G SERVING	%RI
Energy(Kj)	452 kJ	5%	2258 kJ	27%
Energy(kcal)	107 kcal	5%	533 kcal	27%
Fat	1 g	1%	5.2 g	7%
<i>of which saturates</i>	0.3 g	2%	1.4 g	7%
Carbohydrate	18 g	7%	88 g	34%
<i>of which sugars</i>	4.4 g	5%	22 g	24%
Fibre	0 g	0%	0.5 g	2%
Protein	6.7 g	13%	33 g	66%
Salt	0.31 g	5%	1.6 g	27%

CONTAINS:



CELERY

Recipe Ingredients ...

	Quantity:	Description:
3797 Brakes Long Grain Rice - BRAKES	200g	0.1x Each
117371 Halal Roasted Chicken Strips 12mm	100g	0.04x Each
107021 Pinguin Oriental Vegetable Stir Fry Mix - BRAKES	100g	0.1x Each
89720 Brakes Sweet & Sour Sauce with Vegetables - BRAKES	100g	0.05x Each

Cooking Instructions & Notes

Add rice to desired microwavable container
Add vegetable stir-fry mix and top with chicken
Pour over sweet and sour sauce
Close lid and label accordingly

To Heat

Microwave on full power for approx. 2 minutes 30 seconds or until core temperature is achieved

Cumberland Sausage, Mash with Braised Red Cabbage

Overview ...



117
Kcal / 100g

CALORIES:

34.5% Carbs

18.2% Protein

47.2% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 510G SERVING	%RI
Energy(Kj)	498 kJ	6%	2540 kJ	30%
Energy(kcal)	119 kcal	6%	607 kcal	30%
Fat	6.2 g	9%	31 g	44%
<i>of which saturates</i>	2.7 g	14%	14 g	70%
Carbohydrate	10 g	4%	52 g	20%
<i>of which sugars</i>	1.5 g	2%	7.7 g	9%
Fibre	0.6 g	2%	3.2 g	13%
Protein	5.4 g	11%	28 g	56%
Salt	0.92 g	15%	4.7 g	78%

CONTAINS:



WHEAT



MILK



CELERY



SOYA

Recipe Ingredients ...

	Quantity:	Description:
31849 Brakes Cooked Cumberland Pork Sausage - BRAKES	140g	2x Each
31559 Brakes Mashed Potato with Cracked Black Pepper - BRAKES	150g	0.1x Each
31560 Brakes Potato, Swede & Carrot Mash - BRAKES	80g	0x Each
114427 Ardo Red Cabbage & Apple - BRAKES	40g	0x Each
470520 Macphie Demi-Glace 1 Litre - BRAKES	100g	0.1x Each

Cooking Instructions & Notes

Method

Portion the cracked pepper mash, and the carrot and swede mash into a suitable food to go container

Add the sausage and top with the cabbage

To serve, microwave the dish ensuring the core temperature has been achieved for all components

Heat the gravy as per the manufacturers instructions

Pour the gravy over the sausage and mash, and serve

Cheese and Bean Jacket Potato Shells

Overview ...



112
Kcal / 100g

CALORIES:

48.7% Carbs

15.7% Protein

35.6% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 365G SERVING	%RI
Energy(Kj)	487 kJ	6%	1777 kJ	21%
Energy(kcal)	116 kcal	6%	424 kcal	21%
Fat	4.4 g	6%	16 g	23%
of which saturates	2.4 g	12%	8.7 g	44%
Carbohydrate	14 g	5%	50 g	19%
of which sugars	1.9 g	2%	7 g	8%
Fibre	2.1 g	8%	7.5 g	30%
Protein	4.4 g	9%	16 g	32%
Salt	0.39 g	7%	1.4 g	23%

CONTAINS:



MILK

OTHER PROPERTIES:



VEGETARIAN

Recipe Ingredients ...

	Quantity:	Description:
3944 Brakes British Longboat Potato Shells - BRAKES	135g	2x Each
31559 Brakes Mashed Potato with Cracked Black Pepper - BRAKES	100g	0.04x Each
15136 Brakes Baked Beans in Tomato Sauce - BRAKES	100g	0.1x Each
10163 Brakes Grated Mozzarella & Cheddar Cheese Mix - BRAKES	30g	0.03x Each

Cooking Instructions & Notes

Place 2 Jacket skins in desired microwavable container

Add mash pellets into skins

Top with beans

Sprinkle with cheese

Close lid and label accordingly

To Heat

Microwave on full power for approx. 2 minutes 30 seconds or until core temperature is achieved

Satay Style Chicken Indian Spiced Quinoa, Spinach and Mango Chutney

Overview ...



126
Kcal / 100g

CALORIES:

33.4% Carbs

26.2% Protein

40.3% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 315G SERVING	%RI
Energy(KJ)	542 kJ	6%	1706 kJ	20%
Energy(kcal)	129 kcal	6%	407 kcal	20%
Fat	5.6 g	8%	18 g	26%
of which saturates	1 g	5%	3 g	15%
Carbohydrate	10 g	4%	33 g	13%
of which sugars	4.4 g	5%	14 g	16%
Fibre	1.8 g	7%	5.6 g	22%
Protein	8.2 g	16%	26 g	52%
Salt	0.83 g	14%	2.6 g	43%

CONTAINS:



WHEAT



MILK



CELERY



SOYA

Recipe Ingredients ...

	Quantity:	Description:
2021 Brakes Cooked Chicken Tikka Breast Strips - BRAKES	80g	7.21x Each
132877 Greens Cuisin'easy Indian Summer Frozen Salad - BRAKES	150g	0.12x Each
116335 BD Foods Indian Sweet Chilli Sauce - BRAKES	15g	0.03x Each
30866 Ardo Freeflow Spinach Leaves - BRAKES	20g	0.02x Each
109271 Brakes Katsu Curry Sauce - BRAKES	50g	0.02x Each

Cooking Instructions & Notes

Add Indian summer salad mix to desired microwavable container
Add spinach and chicken pieces to the top of the grains
Pour over curry sauce and drizzle with lime and coriander sauce
Close lid and label accordingly

To Heat

Microwave on full power for approx. 2 minutes 30 seconds or until core temperature is achieved

Chicken, Bacon and Spinach Creamy Pasta

Overview ...



164
Kcal / 100g

CALORIES:

44.1% Carbs

24.7% Protein

31.2% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 430G SERVING	%RI
Energy(Kj)	700 kJ	8%	3009 kJ	36%
Energy(kcal)	166 kcal	8%	716 kcal	36%
Fat	5.7 g	8%	24 g	34%
of which saturates	2.6 g	13%	11 g	55%
Carbohydrate	18 g	7%	78 g	30%
of which sugars	1.1 g	1%	4.7 g	5%
Fibre	1.1 g	4%	4.5 g	18%
Protein	10 g	20%	44 g	88%
Salt	0.55 g	9%	2.4 g	40%

CONTAINS:



WHEAT



MILK



SOYA

MAY CONTAIN:



EGGS

Recipe Ingredients ...

	Quantity:	Description:
34415 Cooked Frozen Penne Pasta (Quills) - BRAKES	200g	0.08x Each
29566 Brakes Crispy Cooked Smoke Flavoured Streaky Bacon Pieces 500g - BRAKES	20g	6x Each
30866 Ardo Freeflow Spinach Leaves - BRAKES	30g	0.03x Each
117371 Halal Roasted Chicken Strips 12mm	80g	0.03x Each
470507 Macphie Bechamel with Butter 1 Litre - BRAKES	100g	0.1x Each

Cooking Instructions & Notes

Add pasta and spinach to desired microwavable container

Add chicken and bacon

Pour over sauce

Close lid and label accordingly

To Heat

Microwave on full power for approx. 3 minutes stirring half way and once complete

Vegetable and Penne Pasta Cheese

Overview ...



150
Kcal / 100g

CALORIES:

55.5% Carbs

18.9% Protein

25.7% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 390G SERVING	%RI
Energy(Kj)	642 kJ	8%	2502 kJ	30%
Energy(kcal)	152 kcal	8%	594 kcal	30%
Fat	4.3 g	6%	17 g	24%
<i>of which saturates</i>	2.4 g	12%	9.3 g	47%
Carbohydrate	21 g	8%	81 g	31%
<i>of which sugars</i>	1.3 g	1%	5.2 g	6%
Fibre	1.3 g	5%	5 g	20%
Protein	7.1 g	14%	28 g	56%
Salt	0.34 g	6%	1.3 g	22%

CONTAINS:



WHEAT



MILK



SOYA

MAY CONTAIN:



EGGS

OTHER PROPERTIES:



VEGETARIAN

Recipe Ingredients ...

	Quantity:	Description:
34415 Cooked Frozen Penne Pasta (Quills) - BRAKES	200g	0.08x Each
470837 Macphie Cheddar Cheese Sauce 1 Litre - BRAKES	100g	0.1x Each
10163 Brakes Grated Mozzarella & Cheddar Cheese Mix - BRAKES	30g	0.03x Each
30866 Ardo Freeflow Spinach Leaves - BRAKES	20g	0.02x Each
4762 Brakes Cut Green Beans - BRAKES	20g	0.01x Each
4793 Brakes Sliced Mixed Peppers - BRAKES	20g	0.01x Each

Cooking Instructions & Notes

Add pasta to desired microwavable container

Add, spinach, green beans and peppers

Pour over cheese sauce

Sprinkle with cheese

Close lid and label accordingly

To Heat

Microwave on full power for approx. 2 minutes 30 seconds stirring half way and once complete

Spiced Nacho Cheese and Meatball Pasta

Overview ...



167
Kcal / 100g

CALORIES:

48.1% Carbs

17.2% Protein

34.8% Fat

Food Labelling...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 431G SERVING	%RI
Energy(Kj)	712 kJ	8%	3071 kJ	37%
Energy(kcal)	170 kcal	9%	732 kcal	37%
Fat	6.5 g	9%	28 g	40%
<i>of which saturates</i>	2.9 g	15%	12 g	60%
Carbohydrate	20 g	8%	87 g	33%
<i>of which sugars</i>	1.9 g	2%	8.2 g	9%
Fibre	1.4 g	6%	5.9 g	24%
Protein	7.1 g	14%	31 g	62%
Salt	0.63 g	11%	2.7 g	45%

CONTAINS:



WHEAT



EGGS



MILK



SOYA

Recipe Ingredients ...

	Quantity:	Description:
34415 Cooked Frozen Penne Pasta (Quills) - BRAKES	200g	0.08x Each
134568 Brakes Nacho Cheese Sauce - BRAKES	30g	0.3x Each
115043 Maggi Rich & Rustic Tomato Sauce 800g - BRAKES	100g	0.13x Each
3675 Brakes Cooked Pork Meatballs - BRAKES	61g	5x Each
106727 Brakes Sliced Green Jalapeno Peppers in Brine - BRAKES	10g	0.01x Each
112831 Brakes Grated Tex Mex Cheese - BRAKES	30g	0.03x Each

Cooking Instructions & Notes

Add pasta to desired microwavable container

Add tomato sauce and top with meatballs

Drizzle with nacho cheese sauce

Top with tex mex cheese and jalapenos

Close lid and label accordingly

To Heat

Microwave on full power for approx. 2 minutes 30 seconds or until core temperature is achieved

Beef Madras component

Overview ...



128
Kcal / 100g

CALORIES:

14.8% Carbs

36.5% Protein

48.7% Fat

Food Labelling...

EU Label values per 100g

Serves **25**

	PER 100G	%RI	PER 174G SERVING	%RI
Energy(Kj)	553 kJ	7%	962 kJ	11%
Energy(kcal)	132 kcal	7%	230 kcal	12%
Fat	6.9 g	10%	12 g	17%
of which saturates	1.4 g	7%	2.4 g	12%
Carbohydrate	4.7 g	2%	8.2 g	3%
of which sugars	3.4 g	4%	6 g	7%
Fibre	2.3 g	9%	4 g	16%
Protein	12 g	24%	20 g	40%
Salt	0.67 g	11%	1.2 g	20%

CONTAINS:



MUSTARD

MAY CONTAIN:



ALMONDS,
CASHEWS



PEANUTS

Recipe Ingredients ...

	Quantity:	Description:
111785 Brakes British Red Tractor Cooked Diced Beef - BRAKES	1.5kg	1x Each
119851 Ardo Sliced Okra - BRAKES	500g	0.5x Each
30866 Ardo Freeflow Spinach Leaves - BRAKES	500g	0.5x Each
30501 Brakes Diced Onions - BRAKES	500g	0.33x Each
15496 Knorr Professional Patak's Madras Paste 1.1kg - BRAKES	400g	0.36x Each
115043 Maggi Rich & Rustic Tomato Sauce 800g - BRAKES	1.6kg	2x Each

Cooking Instructions & Notes

Prep

Defrost beef

Mix paste with rich and rustic

Add all dry items to a gastro tray

Pour over the sauce

Method

Place in a preheated oven @180 deg c and cook for approx. 40mins to 1 hour stirring half way

Ensure core temperature is achieved before serving

Vegan Pasta Bolognese component

Overview ...



95
Kcal / 100g

CALORIES:

57.8% Carbs

25% Protein

17.2% Fat

Food Labelling...

EU Label values per 100g

Serves **16**

	PER 100G	%RI	PER 313G SERVING	%RI
Energy(Kj)	425 kJ	5%	1328 kJ	16%
Energy(kcal)	101 kcal	5%	315 kcal	16%
Fat	1.8 g	3%	5.7 g	8%
<i>of which saturates</i>	0.3 g	2%	0.8 g	4%
Carbohydrate	14 g	5%	43 g	17%
<i>of which sugars</i>	3.1 g	3%	9.6 g	11%
Fibre	2.7 g	11%	8.4 g	34%
Protein	6 g	12%	19 g	38%
Salt	0.42 g	7%	1.3 g	22%

CONTAINS:



WHEAT



SOYA



SULPHITES

MAY CONTAIN:



EGGS

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Recipe Ingredients ...

	Quantity:	Description:
132494 Katerveg! Meat Free Mince - BRAKES	1kg	1x Each
34415 Cooked Frozen Penne Pasta (Quills) - BRAKES	1.25kg	0.5x Each
106614 KM Roasted Mediterranean Vegetables - BRAKES	1kg	0.1x Each
NPD Homepride Bolognese Sauce	2.25kg	

Cooking Instructions & Notes

Prep

Add all items to a gastro tray

Pour over the sauce

Method

Place in a preheated oven @180 deg c and cook for approx. 40mins to 1 hour stirring half way

Ensure core temperature is achieved before serving