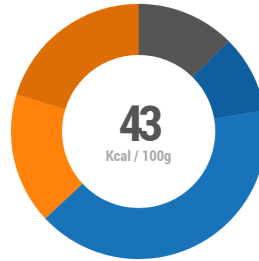


Neck of mutton

with French style peas, creamed potatoes and red wine sauce.

OVERVIEW ...



CALORIES:

50.6% Carbs

12.5% Protein

36.9% Fat

FOOD LABELLING...

Serves 1

CONTAINS:



MILK



SOYA



SULPHITES

MAY CONTAIN:



EGGS



CELERY



MUSTARD

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

British Red Tractor Mutton Neck Fillet..

5001935

U 250g

unchanged

4599 Sysco Essentials Garden Peas.. - BRAKES

4599 GARDEN PEAS

BRAKES 50g

unchanged

10288 Leeks.. - BRAKES

10288 LEEKS FRESH DIRECT

BRAKES 50g

unchanged

150321 Sysco Classic White Wine Sauce..

WHITE WINE SAUCE

BRAKES 40g

N/A

10332 Lettuce Little Gem.. - BRAKES

10332 LETTUCE LITTLE GEM FRESH DIRECT

BRAKES 25g

unchanged

149709 Sysco Classic Mashed Potato..

MASH POTATO

BRAKES 125g

unchanged

151502 Knorr Garde D'or Red Wine Sauce..

RED WINE SAUCE

BRAKES 30g

unchanged

74818 Pea Shoots.. - BRAKES

74818 PEA SHOOTS

BRAKES 2g

unchanged

86824 Brakes Silverskin Onions in Vinegar.. - BRAKES

86824 SILVERSKIN ONIONS

BRAKES 10g

N/A

PRODUCTS / PACK SIZES ...

1 Serving



582g / 261kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Dice leeks
Defrost peas
Thinly slice lettuce
Halve the onions
Defrost mash

Method:

1. Season the mutton and place into a hot pan with some oil, sear on all sides - transfer to an oven at 180oC for around 8 minutes - rest very well.
2. In a pan quickly fry the leeks in a little butter until soft, add the peas, onions and white wine sauce - bring to a simmer and then add in the lettuce. Place to one side.
3. Heat the mash and warm the red wine sauce.
4. Carve the mutton neck very thinly.
5. Spoon the mash onto the dish and fill with the French style peas - top with the mutton neck and sauce the dish.
6. Garnish with pea shoots and serve !