



# PlantForward

from  brakes  
a Sysco company



**MEAT, FISH & DAIRY WITH  
ADDED PLANT GOODNESS**

## **RECIPES FOR PRIMARY SCHOOLS**

# LOWER COSTS WITHOUT COMPROMISING NUTRITIONAL VALUE OR FLAVOUR

Plant-forward means reducing meat, fish and dairy and emphasising vegetables, beans, pulses, rice and other plant-based ingredients. For consumers, it's a way to reduce consumption of meat, poultry and dairy without going fully vegetarian or vegan; for caterers.

## RECIPES IN THIS PDF

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**Breaded Chicken with Curry Sauce & Wholegrain Rice**

**Chicken & Mushroom Pasta Bake**

**Fish Pie with Boiled Eggs**

**Greek Style Chicken Wrap**

**Mince N Mash with Cheesy Topping**

**Salmon Tacos with Salsa**

**Slow Cooked Beef with Peppers**

**Southern Chicken with Smokey Beans & Wedges**

**MEAT, FISH & DAIRY WITH  
ADDED PLANT GOODNESS**

# BREADED CHICKEN WITH CURRY SAUCE & WHOLEGRAIN RICE



Food Labelling...

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 293G SERVING	%RI
Energy(Kj)	<b>584</b> kJ	7%	<b>1709</b> kJ	20%
Energy(kcal)	<b>139</b> kcal	7%	<b>407</b> kcal	20%
Fat	<b>5.1</b> g	7%	<b>15</b> g	21%
<i>of which saturates</i>	<b>0.9</b> g	5%	<b>2.6</b> g	13%
Carbohydrate	<b>13</b> g	5%	<b>39</b> g	15%
<i>of which sugars</i>	<b>3.7</b> g	4%	<b>11</b> g	12%
Fibre	<b>1.7</b> g	7%	<b>5.1</b> g	20%
Protein	<b>9.3</b> g	19%	<b>27</b> g	54%
Salt	<b>0.82</b> g	14%	<b>2.4</b> g	40%
HFSS Rating	<b>-3</b>	points		

**CONTAINS:**

- WHEAT
- EGGS
- MUSTARD
- SOYA

**MAY CONTAIN:**

- BARLEY
- SESAME

Recipe Ingredients ...	Quantity:	Description:
117360 Skinless Cooked Chicken Breast Fillets	700g	2.8x Each
114951 Brakes Plain Flour - BRAKES	100g	0.07x Each
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	278g	5x Each
102442 Brakes Essentials Medium Square Sliced White Loaves - BRAKES	100g	3x Each
10469 Cooking Onions - BRAKES	300g	0.12x Each
450693 Carrots CLASS II - BRAKES	600g	0.3x Each
10439 Fresh Garlic - BRAKES	40g	0.33x Each
10380 Ginger - BRAKES	40g	0.13x Each
33599 Brakes Standard Curry Powder - BRAKES	50g	0.1x Each
350157 Brakes Squeezy Clear Blossom Honey - BRAKES	40g	0.06x Each
28326 Brakes Tomato Paste - BRAKES	40g	0.05x Each
122948 Essential Cuisine Asian Miso Base - BRAKES	20g	0.02x Each
115073 Amoy Dark Soy Sauce - BRAKES	20g	0.13x Each
100445 Brakes Vegetable Flavour Bouillon Paste - BRAKES	35g	0.04x Each

3204 Ben's Original Wholegrain Rice 5kg - BRAKES	250g	0.05x Each
10230 Cucumber - BRAKES	100g	0.25x Each
10233 Radish - BRAKES	30g	0.24x Each
10214 Red Cabbage - BRAKES	100g	0.05x Each
350094 Brakes Sunflower Oil - BRAKES	80g	0.04x Each
131459 KTC Sonneveld Divider Spray Can - BRAKES	5g	0.01x Each

#### Cooking Instructions & Notes

#### Preparation

- Thaw the chicken
- Thaw the bread & blitz into breadcrumbs
- Lightly beat the eggs
- Peel & dice the onion
- Wash & dice the carrots
- Peel & finely chop the garlic & ginger
- Make up one litre of stock using 25g stock & in a separate jug make up the remaining 10g of stock
- Wash the rice in a sieve under cold running water
- Using a speedy peeler, peel the cucumber
- Thinly slice the radish
- Shred the cabbage
- Line a baking tray with parchment paper
- Pre heat the oven to 180°c

#### Method

- To make the sauce, heat the sunflower oil in a large pan, gently sweating the onion & carrot. Cooking for approximately 10 minutes
- Add the garlic & ginger, cooking for 3-4 minutes
- Stir in the curry powder, cooking for 1-2 minutes
- Stir in the tomato paste, honey, miso & soy sauce
- Add the stock, bring to a simmer & cook for approximately 20-25 minutes
- Remove from the heat & blend until smooth

- For the chicken, coat in flour, dip in egg & finally coat in the breadcrumbs
- Place on the baking tray & spray with the oil
- Bake in the oven for approximately 8-10 minutes, turn over & spray with a little more oil & return to the oven for a further 8-10 minutes

- For the rice, place the rice in a saucepan, add the stock, cover with a lid, cook on the stove, bring to the boil & cook for approximately 14 minutes. Turn off the heat, fluff the rice with a fork & replace the lid. Allow to stand & to finish cooking in it's residual heat for 15 minutes

#### Service

- Place the rice in a bowl, add the coated meat, drizzle over the sauce & garnish with the cucumber, cabbage & radish

# BREADED CHICKEN WITH CURRY SAUCE & WHOLEGRAIN RICE

# CHICKEN & MUSHROOM PASTA BAKE

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 159G SERVING	%RI
Energy(KJ)	<b>807</b> kJ	10%	<b>1279</b> kJ	15%
Energy(kcal)	<b>192</b> kcal	10%	<b>304</b> kcal	15%
Fat	<b>6.7</b> g	10%	<b>11</b> g	16%
of which saturates	<b>2.7</b> g	14%	<b>4.2</b> g	21%
Carbohydrate	<b>20</b> g	8%	<b>32</b> g	12%
of which sugars	<b>2.4</b> g	3%	<b>3.8</b> g	4%
Fibre	<b>1.1</b> g	4%	<b>1.7</b> g	7%
Protein	<b>12</b> g	24%	<b>19</b> g	38%
Salt	<b>0.39</b> g	7%	<b>0.61</b> g	10%
HFSS Rating	<b>-1</b> points			

CONTAINS:



WHEAT



MILK

Recipe Ingredients ...

	Quantity:	Description:
<b>71152</b> - 71152 Brakes Sunflower spread - BRAKES	<b>40g</b>	0.02x Each
<b>114951</b> - 114951 Brakes Plain Flour - BRAKES	<b>40g</b>	0.03x Each
<b>71502</b> - 71502 Brakes Fresh Skimmed Milk - BRAKES	<b>400ml</b>	0.18x Each
<b>22724</b> - 22724 Brakes Butter Beans in Water - BRAKES	<b>50g</b>	0.06x Each
111578 Triple Lion Wholemeal Penne Pasta	<b>350g</b>	0.07x Each
<b>32625</b> - 32625 Brakes Cooked Stripped Roast British Chicken - BRAKES	<b>250g</b>	0.25x Each
<b>470829</b> - 470829 KTC Vegetable Oil - BRAKES	<b>20g</b>	0x Each
<b>10226</b> - 10226 Button Mushrooms - BRAKES	<b>150g</b>	0.3x Each
<b>10469</b> - 10469 Cooking Onions - BRAKES	<b>75g</b>	0.03x Each
<b>10439</b> - 10439 Fresh Garlic - BRAKES	<b>10g</b>	0.08x Each
<b>71951</b> - 71951 Brakes Grated Reduced Fat White Cheese - BRAKES	<b>200g</b>	0.2x Each

Preparation;

Warm the milk & bring to a gentle simmer

Peel & finely dice the squash

Finely dice the mushrooms

Peel & finely dice the onions

Peel & finely chop the garlic

Pre heat the oven to 180°C

Method;

Make the béchamel sauce by melting the sunflower spread in a large pan, whisk in the flour & cook for 3-4 minutes, gradually add the milk. Keep stirring to avoid any lumps, bring to a simmer & allow to cook for 15 minutes. Stir in the butterbeans & blend until smooth & then add 200g of cheese

In a sauté pan heat the oil, cook the squash & look for the vegetable to take on some colour. Cooking for approximately 8-10 minutes. Add the mushrooms & cook for a 5-8 minutes, finally add the onions & cook for 5 minutes, add the garlic & cook for 2 minutes

In a pan of boiling water cook the macaroni for 3 minutes, drain

In a bowl combine the macaroni & vegetables, transfer to a dish

Pour in three quarters of the sauce & use a fork to gently mix the sauce into the pasta

Pour the remaining sauce over the top & scatter with remaining cheese

Bake in the oven for approximately 40-45 minutes

Service;

Serve with vegetables or salad

# FISH PIE WITH BOILED EGGS

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 272G SERVING	%RI
Energy(Kj)	<b>454</b> kJ	5%	<b>1238</b> kJ	15%
Energy(kcal)	<b>108</b> kcal	5%	<b>295</b> kcal	15%
Fat	<b>4.7</b> g	7%	<b>13</b> g	19%
<i>of which saturates</i>	<b>1.4</b> g	7%	<b>3.9</b> g	20%
Carbohydrate	<b>8.1</b> g	3%	<b>22</b> g	8%
<i>of which sugars</i>	<b>1.5</b> g	2%	<b>4.1</b> g	5%
Fibre	<b>1</b> g	4%	<b>2.7</b> g	11%
Protein	<b>7.9</b> g	16%	<b>22</b> g	44%
Salt	<b>0.37</b> g	6%	<b>1</b> g	17%
HFSS Rating	<b>-3</b>	points		

CONTAINS:



WHEAT



EGGS



MILK



FISH

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
<b>33190</b> - 33190 M&J Seafood MSC Fish Pie Mix - BRAKES	<b>280g</b>	0.31x Each
<b>32411</b> - 32411 M&J Seafood Scottish Hot Smoked Mackerel Fillets. - BRAKES	<b>170g</b>	2.83x Each
<b>15322</b> - 15322 Brakes 5 Dozen British Fresh Free Range Medium Eggs - BRAKES	<b>374g</b>	5x Each
<b>3840</b> - 3840 Brakes Whole Leaf Spinach Portions - BRAKES	<b>180g</b>	0.07x Each
71927 Brakes Sunflower Light Spread - BRAKES	<b>50g</b>	0.02x Each
<b>114951</b> - 114951 Brakes Plain Flour - BRAKES	<b>50g</b>	0.03x Each
<b>71502</b> - 71502 Brakes Fresh Skimmed Milk - BRAKES	<b>600ml</b>	0.26x Each
<b>22724</b> - 22724 Brakes Butter Beans in Water - BRAKES	<b>360g</b>	0.45x Each
<b>10295</b> - 10295 White Ware Potatoes - BRAKES	<b>600g</b>	0.02x Each
<b>71951</b> - 71951 Brakes Grated Reduced Fat White Cheese - BRAKES	<b>60g</b>	0.06x Each

## Preparation

Thaw the fish & spinach

Boil the eggs, peel, wash & cut into quarters

Warm the milk

Drain & rinse the butter beans

Wash & cut the potatoes into chunks

## Method

Flake the mackerel

Place the fish, eggs & spinach in the base of a d

Melt the spread in a pan, whisk in the flour to make a roux & cook for 2-3 minutes

Gradually whisk in the milk, season with pepper. Cook on a low heat, until the sauce thickens

Add the beans & blend until smooth

Place the fish, eggs & spinach in the base of a dish, pour over the sauce

Cook the potatoes with a lid on the pan for approximately 12-15 minutes, drain & cool

Grate the potatoes & arrange on top of the fish & sauce

Scatter over the cheese

Bake in the oven for approximately 30 minutes

Serve with seasonal vegetables

# GREEK STYLE CHICKEN WRAP

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 277G SERVING	%RI
Energy(Kj)	<b>629</b> kJ	7%	<b>1744</b> kJ	21%
Energy(kcal)	<b>149</b> kcal	7%	<b>413</b> kcal	21%
Fat	<b>2.9</b> g	4%	<b>8</b> g	11%
<i>of which saturates</i>	<b>1</b> g	5%	<b>2.7</b> g	14%
Carbohydrate	<b>22</b> g	8%	<b>60</b> g	23%
<i>of which sugars</i>	<b>2.7</b> g	3%	<b>7.4</b> g	8%
Fibre	<b>1.4</b> g	6%	<b>4</b> g	16%
Protein	<b>8.3</b> g	17%	<b>23</b> g	46%
Salt	<b>0.32</b> g	5%	<b>0.9</b> g	15%
HFSS Rating	<b>-3</b>	points		

CONTAINS:



WHEAT



MILK



SOYA

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
112256 Easiyo Natural Yoghurt Base - BRAKES	<b>50g</b>	0.05x Each
33784 Brakes Garlic Purée - BRAKES	<b>10g</b>	0.02x Each
33592 Brakes Oregano - BRAKES	<b>7g</b>	0.05x Each
114218 Lemons - BRAKES	<b>100g</b>	1x Each
16792 Prime Meats British Boneless and Skin Less Chicken Thighs - BRAKES	<b>700g</b>	0.28x Each
<b>101767</b> - 101767 Mission 30cm Bran Tortilla Wrap - BRAKES	<b>900g</b>	10x Each
<b>10511</b> - 10511 Potatoes Mid Select Washed - BRAKES	<b>400g</b>	0.04x Each
<b>450672</b> - 450672 Tomatoes MM - BRAKES	<b>300g</b>	0.2x Each
<b>10245</b> - 10245 Mixed Peppers - BRAKES	<b>300g</b>	2.37x Each
<b>131459</b> - 131459 KTC Sonneveld Divider Spray Can - BRAKES	<b>5g</b>	0.01x Each

### Preparation

Make up the Easiyo as per guidelines

Zest the lemon

In a bowl combine the yogurt, garlic, oregano & lemon

Cut the chicken into strips

Place the chicken on a tray & spread over the yogurt, coating all of the chicken in the marinade. Allow to marinate ideally overnight

Thaw the wraps

Cut the potatoes in half & par-boil, drain

Peel & cut the onions into wedges

Cut the tomatoes into wedges

Roughly chop the peppers & courgettes

Preheat the oven to 180°C

Line a baking tray with parchment paper

### Method

Place the potatoes, onions, tomatoes, peppers & courgettes on a lined baking tray, spray with the oil & roast for approximately 30 minutes

Place the chicken on the tray & bake in the oven for approximately 18 minutes

Gently warm the tortillas

### Service

Serve the wraps with the chicken & roasted vegetables

# MINCE N MASH WITH CHEESY TOPPING

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 374G SERVING	%RI
Energy(Kj)	<b>377</b> kJ	4%	<b>1409</b> kJ	17%
Energy(kcal)	<b>90</b> kcal	5%	<b>336</b> kcal	17%
Fat	<b>3.3</b> g	5%	<b>12</b> g	17%
of which saturates	<b>1.3</b> g	7%	<b>4.7</b> g	24%
Carbohydrate	<b>8.1</b> g	3%	<b>30</b> g	12%
of which sugars	<b>2</b> g	2%	<b>7.5</b> g	8%
Fibre	<b>1.3</b> g	5%	<b>5</b> g	20%
Protein	<b>6.2</b> g	12%	<b>23</b> g	46%
Salt	<b>0.15</b> g	3%	<b>0.54</b> g	9%
HFSS Rating	<b>-3</b>	points		

CONTAINS:



WHEAT,  
BARLEY



MILK



FISH

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
<b>84355</b> - 84355 British Red Tractor Lamb Liver - BRAKES	<b>200g</b>	0.2x Each
<b>10224</b> - 10224 Red Onions - BRAKES	<b>150g</b>	0.15x Each
<b>450693</b> - 450693 Carrots CLASS II - BRAKES	<b>200g</b>	0.1x Each
<b>32680</b> - 32680 Brakes Beef Mince 10% Fat - BRAKES	<b>400g</b>	0.16x Each
<b>470829</b> - 470829 KTC Vegetable Oil - BRAKES	<b>30g</b>	0.01x Each
<b>10439</b> - 10439 Fresh Garlic - BRAKES	<b>15g</b>	0.13x Each
<b>114951</b> - 114951 Brakes Plain Flour - BRAKES	<b>30g</b>	0.02x Each
<b>4599</b> - 4599 Brakes Essentials Garden Peas - BRAKES	<b>200g</b>	0.08x Each
<b>19839</b> - 19839 Brakes Chopped Tomatoes in Tomato Juice - BRAKES	<b>800g</b>	1x Each
<b>28326</b> - 28326 Brakes Tomato Paste - BRAKES	<b>30g</b>	0.04x Each
<b>85118</b> - 85118 Lea & Perrins Worcestershire Sauce 2.0L - BRAKES	<b>30g</b>	0.02x Each
<b>10295</b> - 10295 White Ware Potatoes - BRAKES	<b>1kg</b>	0.04x Each
<b>10376</b> - 10376 Cauliflower - BRAKES	<b>500g</b>	0.41x Each
<b>71951</b> - 71951 Brakes Grated Reduced Fat White Cheese - BRAKES	<b>150g</b>	0.15x Each

### Preparation

Finely chop the liver

Peel & dice the onion

Wash & dice the carrot

Peel & finely chop the garlic

Wash & slice the potatoes

Cut the cauliflower into small florets

### Method

In a dry sauté pan brown the mince, remove from the pan

Return the pan to the heat & seal the chopped liver, remove from the pan

Heat the oil & gently sweat the onions, cooking for approximately 5 minutes, add the carrot & cook for a further 5 minutes

Stir in the garlic, cook for 2 minutes, then return the meat to the pan, stir in the flour

Add the peas, tomatoes, paste & Worcestershire sauce, bring to a gentle simmer cooking for approximately 20-25 minutes

Transfer to an ovenproof dish, allow to cool.

Cook the potatoes in a pan of boiling water until tender, drain & mash

Steam the cauliflower, cook until tender & mash, combine with the potatoes. Spoon over the mince dish, gently press down then rough up the texture using a fork & dragging through the potato mixture.

Sprinkle with cheese & bake in the oven for approximately 40 minutes

### Service

serve with steamed spring cabbage

# SALMON TACOS WITH SALSA

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 262G SERVING	%RI
Energy(Kj)	<b>469</b> kJ	<b>6%</b>	<b>1230</b> kJ	<b>15%</b>
Energy(kcal)	<b>111</b> kcal	<b>6%</b>	<b>292</b> kcal	<b>15%</b>
Fat	<b>3.5</b> g	<b>5%</b>	<b>9.1</b> g	<b>13%</b>
<i>of which saturates</i>	<b>0.5</b> g	<b>3%</b>	<b>1.3</b> g	<b>7%</b>
Carbohydrate	<b>13</b> g	<b>5%</b>	<b>33</b> g	<b>13%</b>
<i>of which sugars</i>	<b>1.4</b> g	<b>2%</b>	<b>3.6</b> g	<b>4%</b>
Fibre	<b>1.3</b> g	<b>5%</b>	<b>3.5</b> g	<b>14%</b>
Protein	<b>6.8</b> g	<b>14%</b>	<b>18</b> g	<b>36%</b>
Salt	<b>0.07</b> g	<b>1%</b>	<b>0.2</b> g	<b>3%</b>
HFSS Rating	<b>-6</b>	points		

CONTAINS:



MILK



FISH



SOYA

MAY CONTAIN:



WHEAT

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
112256 Easiyo Natural Yoghurt Base - BRAKES	<b>30g</b>	0.03x Each
128501 M&J Seafood MSC Pink Salmon Portions (skinless, boneless) - BRAKES	<b>570g</b>	10x Each
113113 Spicentice Harissa Rub - BRAKES	<b>10g</b>	0.06x Each
<b>10511</b> - 10511 Potatoes Mid Select Washed - BRAKES	<b>800g</b>	0.08x Each
<b>10376</b> - 10376 Cauliflower - BRAKES	<b>600g</b>	0.49x Each
10224 Red Onions - BRAKES	<b>60g</b>	0.06x Each
525284 Green Peppers - BRAKES	<b>60g</b>	0.06x Each
10364 Red Cherry Tomatoes - BRAKES	<b>90g</b>	0.36x Each
114218 Lemons - BRAKES	<b>5g</b>	0.05x Each
113881 Herb Bunched Flat Leaf Parsley - BRAKES	<b>10g</b>	0.1x Each
3243 Brakes Sweetcorn - BRAKES	<b>75g</b>	0.08x Each
10231 Iceberg Lettuce - BRAKES	<b>50g</b>	0.05x Each
<b>85788</b> - 85788 Old El Paso Hard Taco Shells - BRAKES	<b>260g</b>	1x Each
<b>87468</b> - 87468 Brakes Non-Stick Fry, Cook & Bake Spray - BRAKES	<b>3g</b>	0.01x Each

### Preparation

Make up the Easiyo as per guidelines

Thaw the salmon

In a bowl combine the yogurt & harissa

Coat the salmon on both sides with the yogurt, cover & place in a chiller ideally overnight to marinade

Par boil the potatoes & drain

Cut the cauliflower into small florets

Peel & dice the onion

De-seed & dice the pepper

Roughly chop the tomatoes

Thaw the corn

Zest the lemon

Finely chop the parsley

Wash & shred the lettuce

Pre heat the oven to 180°C

Line two baking trays with parchment paper

### Method

Place the salmon on the tray & bake in the oven for approximately 10 minutes, then flake

Place the potatoes on the tray & gently squash with a spoon or masher, spray with oil & bake in the oven for approximately 15 minutes, then add the cauliflower to the tray & cook for a further 15 minutes

To make the salsa in a bowl combine the onion, pepper, tomato, corn, lemon zest, parsley & add a little pepper

Warm the taco shells in the oven for a couple of minutes

### Service

Fill the taco shells with the lettuce, top with the salmon & salsa, accompany with the squashed potatoes & baked cauliflower

# SLOW COOKED BEEF WITH PEPPERS

EU Label values per 100g

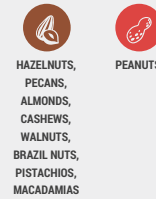
Serves **10**

	PER 100G	%RI	PER 334G SERVING	%RI
Energy(Kj)	<b>417</b> kJ	<b>5%</b>	<b>1395</b> kJ	<b>17%</b>
Energy(kcal)	<b>99</b> kcal	<b>5%</b>	<b>331</b> kcal	<b>17%</b>
Fat	<b>2.7</b> g	<b>4%</b>	<b>9</b> g	<b>13%</b>
<i>of which saturates</i>	<b>1</b> g	<b>5%</b>	<b>3.2</b> g	<b>16%</b>
Carbohydrate	<b>13</b> g	<b>5%</b>	<b>43</b> g	<b>17%</b>
<i>of which sugars</i>	<b>3.1</b> g	<b>3%</b>	<b>10</b> g	<b>11%</b>
Fibre	<b>0.8</b> g	<b>3%</b>	<b>2.6</b> g	<b>10%</b>
Protein	<b>5.4</b> g	<b>11%</b>	<b>18</b> g	<b>36%</b>
Salt	<b>0.41</b> g	<b>7%</b>	<b>1.4</b> g	<b>23%</b>
HFSS Rating	-			

CONTAINS:



MAY CONTAIN:



Recipe Ingredients ...	Quantity:	Description:
<b>10469</b> - 10469 Cooking Onions - BRAKES	<b>200g</b>	0.08x Each
<b>100448</b> - 100448 Brakes Beef Flavour Bouillon Paste - BRAKES	<b>12g</b>	0.01x Each
<b>100445</b> - 100445 Brakes Vegetable Flavour Bouillon Paste - BRAKES	<b>20g</b>	0.02x Each
<b>1</b> - 1 Tap Water (for VC recipes) - BRAKES	<b>1.3kg</b>	1.3x Each
<b>100259</b> - 100259 Brakes Extended Life Rapeseed Oil - BRAKES	<b>2g</b>	(auto-calculated)
<b>4793</b> - 4793 Brakes Sliced Mixed Peppers - BRAKES	<b>400g</b>	0.27x Each
<b>70068</b> - 70068 Prime Meats British Diced Chuck Steak - BRAKES	<b>700g</b>	0.28x Each
<b>86965</b> - 86965 Brakes Hoi Sin Sauce - BRAKES	<b>230g</b>	0.18x Each
<b>16285</b> - 16285 Blue Dragon Dark Soy Sauce 2 Litre - BRAKES	<b>30g</b>	
<b>114939</b> - 114939 Cirio Double Concentrated Tomato Puree 850g - BRAKES	<b>50g</b>	0.06x Each
<b>136722</b> - 136722 Tilda Brown Wholegrain Rice - BRAKES	<b>400g</b>	0.4x Each

### Preparation

Peel & slice the onions

Make up the stocks

Wash the rice in a sieve under cold water

Pre heat the oven to 160°C

### Method

Heat the oil in a large sauté pan & seal the beef

Add the onions and cook for approximately 10-12 minutes

Add the peppers & cook for a further 5 minutes

Stir in the hoi sin sauce, soy sauce & tomato puree and mix well into the beef & vegetables

Gradually add the beef stock, stirring until it's brought to the boil

Transfer to an ovenproof dish & cook for approximately 2-3 hours, or until the meat is tender

To cook the rice, place in a large pan, pour over the vegetable stock, cover with a lid & bring to the boil, cooking for approximately 12 minutes. Fluff the rice with a fork. Turn off the heat, cover with the lid & allow to stand for 12 minutes, fluff the rice before serving

### Service

Serve the slow cooked beef with the rice

# SOUTHERN CHICKEN WITH SMOKEY BEANS & WEDGES

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 348G SERVING	%RI
Energy(Kj)	<b>488</b> kJ	6%	<b>1697</b> kJ	20%
Energy(kcal)	<b>116</b> kcal	6%	<b>403</b> kcal	20%
Fat	<b>3.1</b> g	4%	<b>11</b> g	16%
<i>of which saturates</i>	<b>0.9</b> g	5%	<b>3</b> g	15%
Carbohydrate	<b>14</b> g	5%	<b>48</b> g	18%
<i>of which sugars</i>	<b>2.7</b> g	3%	<b>9.2</b> g	10%
Fibre	<b>2.2</b> g	9%	<b>7.7</b> g	31%
Protein	<b>7.1</b> g	14%	<b>25</b> g	50%
Salt	<b>0.2</b> g	3%	<b>0.69</b> g	12%
HFSS Rating	<b>-6</b>	points		

CONTAINS:



MILK



SULPHITES

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
<b>16792</b> - 16792 Prime Meats British Boneless and Skin Less Chicken Thighs - BRAKES	<b>700g</b>	0.28x Each
<b>74550</b> - 74550 Brakes Low Fat Natural Yogurt - BRAKES	<b>300g</b>	0.15x Each
<b>114956</b> - 114956 FREEE Gluten Free Plain White Flour Blend 1kg - BRAKES	<b>200g</b>	0.2x Each
<b>134289</b> - 134289 Brakes Smoked Paprika - BRAKES	<b>10g</b>	0.02x Each
33595 Brakes Thyme	<b>10g</b>	
<b>33592</b> - 33592 Brakes Oregano - BRAKES	<b>10g</b>	0.08x Each
<b>33686</b> - 33686 Brakes Garlic Powder - BRAKES	<b>10g</b>	0.02x Each
<b>117940</b> - 117940 Chef William Onion Powder - BRAKES	<b>10g</b>	0.02x Each
<b>33586</b> - 33586 Brakes Ground Turmeric - BRAKES	<b>10g</b>	0.02x Each
<b>87468</b> - 87468 Brakes Non-Stick Fry, Cook & Bake Spray - BRAKES	<b>5g</b>	0.01x Each
<b>10675</b> - 10675 Potatoes Mid Standard Washed - BRAKES	<b>800g</b>	0.16x Each
<b>470829</b> - 470829 KTC Vegetable Oil - BRAKES	<b>18g</b>	0x Each
<b>10224</b> - 10224 Red Onions - BRAKES	<b>175g</b>	0.18x Each
<b>10439</b> - 10439 Fresh Garlic - BRAKES	<b>10g</b>	0.08x Each
<b>70072</b> - 70072 Prime Meats Smoked Rindless Back Bacon - BRAKES	<b>135g</b>	2.97x Each
<b>15785</b> - 15785 Brakes Butter Beans in Water - BRAKES	<b>480g</b>	0.19x Each
<b>134289</b> - 134289 Brakes Smoked Paprika - BRAKES	<b>30g</b>	0.06x Each
<b>114938</b> - 114938 Cirio Passata Sieved Tomatoes - BRAKES	<b>500g</b>	0.5x Each
<b>114962</b> - 114962 Tate & Lyle Fairtrade Light Brown Soft Pure Cane Sugar 500g - BRAKES	<b>20g</b>	0.04x Each
<b>114485</b> - 114485 Mikado Cider Vinegar - BRAKES	<b>45ml</b>	0.02x Each

### Preparation

In a bowl place the chicken & coat in the yogurt, marinade ideally overnight

In a bowl mix together the flour & spices

Cut the potatoes in half (do not peel) & par-boil, drain

Finely chop the onions & garlic

Cut the bacon into lardons

Drain the beans

Line two baking trays with parchment paper

Pre-heat the oven to 180°C

### Method

Gently remove any excess of yogurt from the chicken, then coat in the spiced flour

Place the chicken on a lined baking tray & spray with oil, cook in the oven for approximately 25-30 minutes, turning a few times

Place the potatoes on the other tray & spray with oil, roast these for 25-30 minutes

For the beans, heat the oil & gently sweat the onion & garlic, remove from the pan

Fry the bacon, return the onion & garlic to the pan

Stir in the beans, paprika, passata, sugar, vinegar & chipotle

Bring to a simmer, cooking for approximately 30 minutes

### Service

Serve the chicken with the beans & wedges