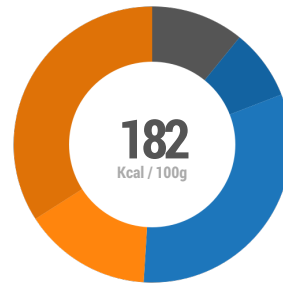


# Pulled Mushroom 'Tacos'

By Oliver Lloyd from Brakes

Overview ...

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CALORIES:

**40.1% Carbs**

**10.9% Protein**

**49% Fat**

Food Labelling...

Serves 1

CONTAINS:



WHEAT



MUSTARD



SOYA

MAY CONTAIN:



CELERY



SESAME

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
135893 Fable Plant Based Meaty Pulled Mushrooms	75g	
123351 La Boulangerie Fully Baked Mini Soft White Tacos - BRAKES	45g	3.1x Each
10306 Avocados	40g	
11196 Brakes Tomato Salsa - BRAKES	15g	0.02x Each
10473 Spring Onions Bunch - BRAKES	10g	0.1x Each
10478 Limes - BRAKES	20g	0.29x Each
3243 Brakes Sweetcorn - BRAKES	30g	0.03x Each
114212 Chillies Red - BRAKES	10g	0.04x Each
133531 Violife Greek Style White Block 200g - BRAKES	20g	0.1x Each
113885 Herb Bunched Coriander - BRAKES	5g	0.05x Each
123174 Sweet & Sour Onion Pickles - BRAKES	15g	0.02x Each
112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml - BRAKES	10g	0.01x Each
74817 Pomegranate Seeds - BRAKES	5g	0.03x Each

Products / Pack Sizes ...

1 Serving



*Product code*

*Barcode*

300g / 585kcal

# 1

#### Cooking Instructions & Notes

#### Preparation:

- Defrost the tacos
- Peel & dice the avocado
- Slice the spring onions
- Dice the chilli
- Defrost the corn

#### Method:

1. Add the pulled mushrooms to a pan over a high heat, stir and cook until caramelised, once crisp add in the sweetcorn, chilli, spring onion and coriander.
2. Grill the tacos.
3. Bring together on a plate and garnish each taco with tomato salsa, pulled mushroom mix , pickled onions and crumbled 'vegan feta'
4. Finish the dish with the diced avocado, chopped coriander, pomegranate and sriracha sauce - serve!