



# PlantForward

from  brakes  
a Sysco company



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

**RECIPES FOR HIGHER EDUCATION**

# 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

---

**Vegan Breakfast Hash**

**Baked Porridge**

**Chia Pot**

**Roasted Cauliflower Pilaf**

**Pearl Barley Kedgeree**

**Mushroom Sage &**

**Pearl Barley Risotto**

**Cauliflower Ribs**

**Smoky Vegetable Gumbo**

**Roasted Vegetables & Lentils**

**Polenta Arancini**

**Corn Ribs & Sriracha Mayo**

**Huevos Rancheros**

**Spinach Pancakes**

**Mexican Quinoa Salad**

**Cauliflower Kimchi**

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

# VEGAN BREAKFAST HASH



Food Labelling...

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 424G SERVING	%RI
Energy(Kj)	<b>271</b> kJ	<b>3%</b>	<b>1149</b> kJ	<b>14%</b>
Energy(kcal)	<b>65</b> kcal	<b>3%</b>	<b>274</b> kcal	<b>14%</b>
Fat	<b>2.1</b> g	<b>3%</b>	<b>8.8</b> g	<b>13%</b>
<i>of which saturates</i>	<b>0.2</b> g	<b>1%</b>	<b>1</b> g	<b>5%</b>
Carbohydrate	<b>8.3</b> g	<b>3%</b>	<b>35</b> g	<b>13%</b>
<i>of which sugars</i>	<b>2.2</b> g	<b>2%</b>	<b>9.3</b> g	<b>10%</b>
Fibre	<b>2</b> g	<b>8%</b>	<b>8.6</b> g	<b>34%</b>
Protein	<b>2.2</b> g	<b>4%</b>	<b>9.3</b> g	<b>19%</b>
Salt	<b>0.04</b> g	<b>1%</b>	<b>0.17</b> g	<b>3%</b>
HFSS Rating	<b>-8</b>	points		

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Recipe Ingredients ...

Quantity:	Description:
40ml	129927 Brakes Essentials Olive Pomace Oil Blend - BRAKES
1kg	3957 Brakes Pre-fried potato dice - BRAKES
500g	450113 Paris Brown Mushrooms - BRAKES
500g	10330 Breakfast Mushrooms - BRAKES
1kg	10324 Large Onions - BRAKES
400g	10303 Courgettes - BRAKES
300g	100171 Black Eye Beans - BRAKES
200g	455914 Curly Kale - BRAKES
300g	525271 Red Peppers - BRAKES

### **Prep**

- Peel & Dice Onion
- Dice Mushrooms, Courgettes & Peppers
- Shred Kale

### **Method**

- Heat oil in large pan, then add diced onion and cook for 3-4 minutes
- Add diced mushroom and cook for a further 3-4 minutes
- Add potato and courgette then cook for 6-8 minutes until potato is slightly brown
- Add diced pepper, beans and kale and cook for a further 6-8 minutes stirring regularly
- Check seasoning before serving

# BAKED PORRIDGE



Food Labelling...

## EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 192G SERVING	%RI
Energy(Kj)	<b>663</b> kJ	8%	<b>1275</b> kJ	15%
Energy(kcal)	<b>158</b> kcal	8%	<b>304</b> kcal	15%
Fat	<b>5.3</b> g	8%	<b>10</b> g	14%
<i>of which saturates</i>	<b>0.6</b> g	3%	<b>1.2</b> g	6%
Carbohydrate	<b>22</b> g	8%	<b>43</b> g	17%
<i>of which sugars</i>	<b>3.3</b> g	4%	<b>6.3</b> g	7%
Fibre	<b>3.1</b> g	12%	<b>5.9</b> g	24%
Protein	<b>3.7</b> g	7%	<b>7.1</b> g	14%
Salt	<b>0.06</b> g	1%	<b>0.12</b> g	2%
HFSS Rating	<b>-4</b>	points		

### CONTAINS:



OATS



ALMONDS,  
WALNUTS

### MAY CONTAIN:



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



PEANUTS

### OTHER PROPERTIES:



VEGETARIAN



VEGAN

### Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
<b>25148</b> - 25148 Osprio Flaked Porridge Oats - BRAKES	<b>500g</b>	0.25x Each
<b>33581</b> - 33581 Brakes Ground Cassia Cinnamon - BRAKES	<b>4g</b>	0.01x Each
<b>113653</b> - 113653 Alpro Roasted Almond Unsweetened U.H.T. 1L - BRAKES	<b>750g</b>	6x Each
<b>114231</b> - 114231 Pears - BRAKES	<b>394g</b>	3x Each
<b>131292</b> - 131292 Blueberries - BRAKES	<b>200g</b>	1x Each
<b>100256</b> - 100256 Brakes Walnut Halves - BRAKES	<b>75g</b>	5x Average Portion

**Prep**

- Peel & dice pears
- Chop walnuts

**Method**

- Heat oven to 190°C
- Mix fruits with the oats, cinnamon, milk, 300ml water and a pinch of salt, and pour into a baking dish
- Top with the brown sugar and scatter over the walnuts
- Bake for 20-25 mins until the oats are creamy and have absorbed most of the liquid



Food Labelling...

## EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 227G SERVING	%RI
Energy(Kj)	<b>534</b> kJ	6%	<b>1212</b> kJ	14%
Energy(kcal)	<b>128</b> kcal	6%	<b>291</b> kcal	15%
Fat	<b>6.9</b> g	10%	<b>16</b> g	23%
<i>of which saturates</i>	<b>1.4</b> g	7%	<b>3.2</b> g	16%
Carbohydrate	<b>10</b> g	4%	<b>24</b> g	9%
<i>of which sugars</i>	<b>8</b> g	9%	<b>18</b> g	20%
Fibre	<b>5</b> g	20%	<b>11</b> g	44%
Protein	<b>3.6</b> g	7%	<b>8.1</b> g	16%
Salt	<b>0.09</b> g	2%	<b>0.21</b> g	4%
HFSS Rating	<b>-4</b>	points		

### CONTAINS:



ALMONDS



SULPHITES

### MAY CONTAIN:



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



PEANUTS

### Recipe Ingredients ...

Quantity:	Description:
<b>240g</b>	<b>132721</b> - 132721 Chia Seeds - BRAKES
<b>1.1kg</b>	<b>113653</b> - 113653 Alpro Roasted Almond Unsweetened U.H.T. 1L - BRAKES
<b>80g</b>	<b>115344</b> - 115344 Brakes Clear Blossom Honey - BRAKES
<b>400g</b>	<b>450610</b> - 450610 Strawberries - BRAKES
<b>200g</b>	<b>131292</b> - 131292 Blueberries - BRAKES
<b>250g</b>	<b>130608</b> - 130608 Brakes Berries, Coconut & Seed Topper - BRAKES

### **Method**

- Pour ingredients into a bowl and mix well. Let settle for 2-3 minutes then mix again very well until you see no clumping
- Cover the bowl and store in fridge overnight or for at least 2 hour
- When you're ready to serve, place in individual bowls and top with fruit

# ROASTED CAULIFLOWER PILAF



Food Labelling...

## EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 524G SERVING	%RI
Energy(Kj)	<b>633</b> kJ	8%	<b>3316</b> kJ	39%
Energy(kcal)	<b>151</b> kcal	8%	<b>790</b> kcal	40%
Fat	<b>5.6</b> g	8%	<b>29</b> g	41%
<i>of which saturates</i>	<b>0.7</b> g	4%	<b>3.7</b> g	19%
Carbohydrate	<b>19</b> g	7%	<b>100</b> g	38%
<i>of which sugars</i>	<b>4.3</b> g	5%	<b>23</b> g	26%
Fibre	<b>2</b> g	8%	<b>11</b> g	44%
Protein	<b>5.1</b> g	10%	<b>27</b> g	54%
Salt	<b>0.44</b> g	7%	<b>2.3</b> g	38%
HFSS Rating	<b>-5</b>	points		

### CONTAINS:



ALMONDS

SOYA

### MAY CONTAIN:



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

PEANUTS

### OTHER PROPERTIES:



VEGETARIAN

VEGAN

### Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
<b>7676</b> - 7676 Tilda Easy Cook Basmati Rice 5kg - BRAKES	750g	
<b>10469</b> - 10469 Cooking Onions - BRAKES	220g	
<b>113113</b> - 113113 Spicentice Harissa Rub - BRAKES	140g	
<b>110718</b> - 110718 Greens Chopped Garlic 250g - BRAKES	65g	
<b>33889</b> - 33889 Font Oliva Olive Oil - BRAKES	150g	
10376 Cauliflower	2.4kg	
<b>2366</b> - 2366 Schwartz FSD SFC SAFFRON THDS 1,25G - BRAKES	0.3g	
<b>100445</b> - 100445 Brakes Vegetable Flavour Bouillon Paste - BRAKES	70g	
<b>85702</b> - 85702 Brakes Sultanas - BRAKES	120g	
13609 Brakes Chickpeas in Water	800g	
113882 Premium Large Mint Bunch	20g	
<b>74817</b> - 74817 Pomegranate Seeds - BRAKES	150g	1x Each
<b>5874</b> - 5874 Brakes Flaked Almonds - BRAKES	100g	
<b>118561</b> - 118561 Alpro Plain Yoghurt Alternative 500g - BRAKES	250g	0.5x Each

## **Prep**

- Peel and finely slice onion
- Peel and crush garlic
- Make up vegetable stock
- Toast almonds
- Roughly chop mint
- Cut cauliflower into small florets
- Drain chick peas

## **Method**

- Coat cauliflower in Harrisa rub and garlic, drizzle with half of the oil and place in oven @ 200°C for 7-8 minutes
- Remove from oven and lightly stir, add sliced onions, rice and mix well
- Add stock and lightly stir, cover with foil and return to oven @ 200°C and bake for approx. 30 minutes until the rice is tender and the stock absorbed
- Remove from oven and add chick peas and raisins and mix thoroughly, return to oven for 10 minutes
- Serve drizzled with yoghurt and finish with pomegranate, mint & almonds

# PEARL BARLEY KEDGEREE



Food Labelling...

## EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 297G SERVING	%RI
Energy(Kj)	<b>957</b> kJ	11%	<b>2837</b> kJ	34%
Energy(kcal)	<b>227</b> kcal	11%	<b>675</b> kcal	34%
Fat	<b>6.7</b> g	10%	<b>20</b> g	29%
<i>of which saturates</i>	<b>0.6</b> g	3%	<b>1.8</b> g	9%
Carbohydrate	<b>34</b> g	13%	<b>102</b> g	39%
<i>of which sugars</i>	<b>9</b> g	10%	<b>27</b> g	30%
Fibre	<b>3.2</b> g	13%	<b>9.4</b> g	38%
Protein	<b>5.8</b> g	12%	<b>17</b> g	34%
Salt	<b>1.5</b> g	25%	<b>4.3</b> g	72%
HFSS Rating	<b>2</b>	points		

### CONTAINS:



### MAY CONTAIN:



### OTHER PROPERTIES:



### Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
562 Brakes Pearl barley - BRAKES	800g	
29708 Essential Cuisine VEGETABLE STOCK MIX - BRAKES	75g	
10324 Large Onions - BRAKES	200g	
10228 Celery - BRAKES	100g	
350094 Brakes Sunflower Oil - BRAKES	30g	
15492 Knorr Professional Patak's Tikka Paste 1.1kg - BRAKES	400g	
4753 Brakes Choice Garden Peas - BRAKES	400g	
5874 Brakes Flaked Almonds - BRAKES	200g	
8284 Brakes Dried Apricots - BRAKES	200g	
<b>114844</b> - 114844 Geeta's Premium Mango Chutney Medium 1.5kg - BRAKES	160g	
<b>450113</b> - 450113 Paris Brown Mushrooms - BRAKES	400g	

### **Prep**

- Peel & chop onions & celery
- Slice apricots
- Make up vegetable stock

### **Method**

- In a pan cook celery & onion in oil until soft, then add tikka paste
- Add pearl barley and make sure each grain is cooked, and allow to cook for 30 seconds
- Add Oumph to pan and allow to cook for 1-2 minutes
- Gradually add vegetable stock and reduce the heat to low and keep cooking until barley grains are soft.

Remember to stir as it will stick very quickly

- Add peas, almonds & apricots and cook for a further 1-2 minutes, then finish with mango chutney
- Serve

# MUSHROOM SAGE & PEARL BARLEY RISOTTO



Food Labelling...

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 343G SERVING	%RI
Energy(Kj)	<b>681</b> kJ	8%	<b>2332</b> kJ	28%
Energy(kcal)	<b>162</b> kcal	8%	<b>556</b> kcal	28%
Fat	<b>6.7</b> g	10%	<b>23</b> g	33%
<i>of which saturates</i>	<b>0.7</b> g	4%	<b>2.3</b> g	12%
Carbohydrate	<b>22</b> g	8%	<b>74</b> g	28%
<i>of which sugars</i>	<b>1.3</b> g	1%	<b>4.4</b> g	5%
Fibre	<b>0.9</b> g	4%	<b>3.2</b> g	13%
Protein	<b>3.3</b> g	7%	<b>11</b> g	22%
Salt	<b>0.78</b> g	13%	<b>2.7</b> g	45%
HFSS Rating	-			

CONTAINS:



BARLEY



CELERY

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Recipe Ingredients ...

Quantity:	Description:
800g	562 Brakes Pearl barley - BRAKES
75g	29708 Essential Cuisine VEGETABLE STOCK MIX - BRAKES
200g	10324 Large Onions - BRAKES
100g	10228 Celery - BRAKES
1kg	450113 Paris Brown Mushrooms - BRAKES
800g	10330 Breakfast Mushrooms - BRAKES
20g	10439 Fresh Garlic - BRAKES
30g	113883 Herb Bunched Sage - BRAKES
200g	455914 Curly Kale - BRAKES
200ml	129927 Brakes Essentials Olive Pomace Oil Blend - BRAKES

### **Prep**

- Finely Chop Onion, Celery & Garlic
- Slice mushrooms
- Make up stock
- Shred Kale
- Finely chop Sage

### **Method**

- In a large pan melt butter and add chopped onion & celery cook until soft
- Add sliced Brown mushrooms & Kale to mix and cook for 1 minute
- Add boiling water to bouillon paste and whisk thoroughly
- Add pearl barley to onions and celery cook for a further 2-3 minutes
- Gradually add hot stock to pearl barley, stirring regularly. Repeat process until all of the stock has been absorbed
- In a separate pan sauté large mushroom slices in garlic and oil. Season and add chopped sage
- Decant cooked risotto into serving dish and top with sautéed mushrooms

# CAULIFLOWER RIBS



Food Labelling...

## EU Label values per 100g

Serves **6**

	PER 100G	%RI	PER 678G SERVING	%RI
Energy(Kj)	<b>233</b> kJ	<b>3%</b>	<b>1579</b> kJ	<b>19%</b>
Energy(kcal)	<b>55</b> kcal	<b>3%</b>	<b>375</b> kcal	<b>19%</b>
Fat	<b>0.9</b> g	<b>1%</b>	<b>6</b> g	<b>9%</b>
<i>of which saturates</i>	<b>0.2</b> g	<b>1%</b>	<b>1.3</b> g	<b>7%</b>
Carbohydrate	<b>7.3</b> g	<b>3%</b>	<b>49</b> g	<b>19%</b>
<i>of which sugars</i>	<b>2.6</b> g	<b>3%</b>	<b>18</b> g	<b>20%</b>
Fibre	<b>1.8</b> g	<b>7%</b>	<b>12</b> g	<b>48%</b>
Protein	<b>3.7</b> g	<b>7%</b>	<b>25</b> g	<b>50%</b>
Salt	<b>0.22</b> g	<b>4%</b>	<b>1.5</b> g	<b>25%</b>
HFSS Rating	<b>-8</b>	points		

### CONTAINS:



WHEAT



SOYA



SULPHITES

### MAY CONTAIN:



SESAME

### OTHER PROPERTIES:



VEGETARIAN



VEGAN

### Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
10376 Cauliflower - BRAKES	<b>3.66kg</b>	<b>3x Each</b>
10439 Fresh Garlic - BRAKES	<b>30g</b>	
10380 Ginger - BRAKES	<b>30g</b>	
124866 Kikkoman Soy Sauce 1L - BRAKES	<b>40g</b>	
127153 Mikado Rice Vinegar CASE - BRAKES	<b>20ml</b>	
350098 Tate & Lyle Caster Sugar 2kg - BRAKES	<b>5g</b>	
5946 Brakes Cornflour - BRAKES	<b>100g</b>	
134614 FREEE Gluten Free Rice Flour - BRAKES	<b>100g</b>	<b>1x Each</b>
128591 Pureety Classic Korean Gochujang Sauce - BRAKES	<b>20g</b>	
Cauliflower Kimchi	<b>60g</b>	

## Prep

Remove the outer leaves from the cauliflowers. Cut the green leaves to leave the white "Rib" part. Use the florets and leaves in another recipe.

Trim the Ribs into strips approximately 2cm thick and 10cm long. It doesn't have to be precise and a little green left is no issue

Boil or steam the cauliflower ribs until tender. This may take 20 minutes. Drain and allow to cool

Peel the garlic and the ginger. Blitz to a paste with the Soy, Vinegar and Sugar

Rub the cauliflower ribs all over with the paste. Set aside until required.

## Method

Heat the fryer to 180°C

Combine the rice flour and the cornflour

Dredge the marinated cauliflower ribs in the flour mix. Deep fry until golden

Drain the cauliflower ribs thoroughly

Toss in a bowl with the Kimchi and Gochujang sauce. Serve immediately

# SMOKY VEGETABLE GUMBO



Food Labelling...

## EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 357G SERVING	%RI
Energy(Kj)	<b>304</b> kJ	4%	<b>1083</b> kJ	13%
Energy(kcal)	<b>72</b> kcal	4%	<b>258</b> kcal	13%
Fat	<b>2.2</b> g	3%	<b>7.9</b> g	11%
<i>of which saturates</i>	<b>0.3</b> g	2%	<b>1</b> g	5%
Carbohydrate	<b>8.3</b> g	3%	<b>30</b> g	12%
<i>of which sugars</i>	<b>2.4</b> g	3%	<b>8.5</b> g	9%
Fibre	<b>2.8</b> g	11%	<b>9.9</b> g	40%
Protein	<b>3.4</b> g	7%	<b>12</b> g	24%
Salt	<b>0.02</b> g	0%	<b>0.06</b> g	1%
HFSS Rating	<b>-7</b>	points		

### CONTAINS:



### OTHER PROPERTIES:



### Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
<b>10469</b> - 10469 Cooking Onions - BRAKES	<b>350g</b>	
<b>10228</b> - 10228 Celery - BRAKES	<b>100g</b>	
<b>10245</b> - 10245 Mixed Peppers - BRAKES	<b>400g</b>	<b>3x Each</b>
<b>118090</b> - 118090 Supernature Oil Original Cold Pressed Rapeseed Oil - BRAKES	<b>40g</b>	
<b>350091</b> - 350091 Brakes Plain Flour - BRAKES	<b>45g</b>	
<b>33588</b> - 33588 Brakes Bay Leaves - BRAKES	<b>3g</b>	<b>3x Each</b>
<b>113874</b> - 113874 Herb Bunched Thyme - BRAKES	<b>12g</b>	
<b>35014</b> - 35014 Brakes Cayenne Pepper - BRAKES	<b>5g</b>	
<b>134289</b> - 134289 Brakes Smoked Paprika - BRAKES	<b>10g</b>	
<b>114033</b> - 114033 El Muro Tinto - BRAKES	<b>200ml</b>	
<b>19838</b> - 19838 Brakes Peeled Plum Tomatoes in Tomato Juice - BRAKES	<b>800g</b>	<b>1x Each</b>
<b>13609</b> - 13609 Brakes Chickpeas in Water - BRAKES	<b>800g</b>	<b>1x Each</b>
<b>3205</b> - 3205 Brakes Choice Garden Peas - BRAKES	<b>400g</b>	
<b>10574</b> - 10574 Okra - BRAKES	<b>400g</b>	

### **Prep**

- Peel and finely chop onion, garlic and celery.
- Seed and roughly chop the peppers.

### **Method**

- Pour 3 tablespoons of oil into a large pan over medium heat. Mix flour to make a paste (loose roux).
- Cook until dark brown, stirring constantly, so it does not catch and burn.
- Add the chopped vegetables to the paste along with bay leaves and thyme leaves. Cook for 20 minutes, or until softened and dark nutty brown, stirring regularly.
- Add cayenne pepper and paprika. Add wine and allow to reduce by half before scrunching in the tomatoes.
- Add the chickpeas (juices and all) and enough water to cover, then simmer over a medium heat for 25 minutes or until reduced to your preferred consistency.
- Add peas for the last 5 minutes and season to perfection with sea salt and black pepper.
- Meanwhile, finely slice the chilies and place in a bowl. Stir in the vinegar and a pinch of salt to make a quick pickle.
- Dry-fry the okra in a large nonstick frying pan on a medium heat until lightly charred. Then halve and scatter over the gumbo.
- Serve

# ROASTED VEGETABLES & LENTILS



Food Labelling...

## EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 215G SERVING	%RI
Energy(Kj)	<b>516</b> kJ	6%	<b>1110</b> kJ	13%
Energy(kcal)	<b>123</b> kcal	6%	<b>264</b> kcal	13%
Fat	<b>3.6</b> g	5%	<b>7.6</b> g	11%
<i>of which saturates</i>	<b>0.4</b> g	2%	<b>0.8</b> g	4%
Carbohydrate	<b>15</b> g	6%	<b>33</b> g	13%
<i>of which sugars</i>	<b>4</b> g	4%	<b>8.6</b> g	10%
Fibre	<b>3.4</b> g	14%	<b>7.2</b> g	29%
Protein	<b>5.7</b> g	11%	<b>12</b> g	24%
Salt	<b>0.67</b> g	11%	<b>1.4</b> g	23%
HFSS Rating	<b>-10</b>	points		

### CONTAINS:



CELERY

### MAY CONTAIN:



WHEAT

### OTHER PROPERTIES:



VEGETARIAN



VEGAN

### Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
<b>12083</b> - 12083 Butternut Squash - BRAKES	900g	
<b>10224</b> - 10224 Red Onions - BRAKES	120g	
<b>525271</b> - 525271 Red Peppers - BRAKES	120g	
<b>525284</b> - 525284 Green Peppers - BRAKES	120g	
<b>525283</b> - 525283 Yellow Peppers - BRAKES	120g	
<b>10303</b> - 10303 Courgettes - BRAKES	220g	
<b>134644</b> - 134644 Cooks & Co Garlic Puree - BRAKES	5g	
129927 Brakes Essentials Olive Pomace Oil Blend	60ml	
<b>34002</b> - 34002 Brakes Ground Cumin - BRAKES	12g	
<b>33597</b> - 33597 Brakes Ground Coriander - BRAKES	12g	
<b>113885</b> - 113885 Herb Bunched Coriander - BRAKES	10g	
<b>33581</b> - 33581 Brakes Ground Cassia Cinnamon - BRAKES	10g	
<b>6082</b> - 6082 Brakes Whole Brown Lentils - BRAKES	400g	
<b>29708</b> - 29708 Essential Cuisine Vegetable Stock Mix - BRAKES	40g	

**Prep**

- Peel & Dice Butternut Squash
- Dice Peppers, Onions, Courgettes

**Method**

- Heat oven to 180°C
- Tip all the prepared vegetables into a large roasting tin. Mix the oil with the spices and garlic, then drizzle over the vegetables. Toss well to coat in the spice mix and season.
- Roast for 30 mins until the vegetables are beginning to soften. Add the lentils and stock to the roasting tin and mix. Return to the oven for a further 5-10 mins until the vegetables are tender. Stir in the coriander and serve straight away.

# POLENTA ARANCINI



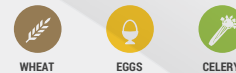
Food Labelling...

## EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 243G SERVING	%RI
Energy(Kj)	<b>1316</b> kJ	16%	<b>3196</b> kJ	38%
Energy(kcal)	<b>313</b> kcal	16%	<b>761</b> kcal	38%
Fat	<b>11</b> g	16%	<b>28</b> g	40%
of which saturates	<b>5.7</b> g	29%	<b>14</b> g	70%
Carbohydrate	<b>45</b> g	17%	<b>110</b> g	42%
of which sugars	<b>3.2</b> g	4%	<b>7.8</b> g	9%
Fibre	<b>1</b> g	4%	<b>2.4</b> g	10%
Protein	<b>6.6</b> g	13%	<b>16</b> g	32%
Salt	<b>2.1</b> g	35%	<b>5.2</b> g	87%
HFSS Rating	<b>16</b> points			

### CONTAINS:



WHEAT

EGGS

CELERY

### OTHER PROPERTIES:



VEGETARIAN

### Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
<b>114967</b> - 114967 Brakes Polenta - BRAKES	<b>600g</b>	
<b>29708</b> - 29708 Essential Cuisine Vegetable Stock Mix - BRAKES	<b>80g</b>	
<b>33578</b> - 33578 Brakes Ground White Pepper - BRAKES	<b>12g</b>	
<b>6296</b> - 6296 Costa Coarse Sea Salt 750g - BRAKES	<b>4g</b>	
<b>133698</b> - 133698 Flora Plant B+tter Salted - BRAKES	<b>120g</b>	
126489 Violife Original Flavour Vegan Grated	<b>300g</b>	
<b>350091</b> - 350091 Brakes Plain Flour - BRAKES	<b>200g</b>	
15322 Brakes 5 Dozen British Fresh Free Range Medium Eggs	<b>225g</b>	<b>3x Each</b>
<b>33853</b> - 33853 Brakes Breadcrumbs Uncoloured - BRAKES	<b>600g</b>	
<b>10729</b> - 10729 Sundried Tomatoes in Vegetable Oil - BRAKES	<b>200g</b>	
<b>113879</b> - 113879 Herb Bunched Basil - BRAKES	<b>15g</b>	
<b>103135</b> - 103135 Tate & Lyle Fairtrade Granulated Sugar 2kg - BRAKES	<b>10g</b>	
<b>134644</b> - 134644 Cooks & Co Garlic Puree - BRAKES	<b>3g</b>	
<b>129927</b> - 129927 Brakes Essentials Olive Pomace Oil Blend - BRAKES	<b>60ml</b>	

### **Method**

- Bring stock and milk to low simmer in a saucepan over medium heat. Whisk in polenta and cook 3 minutes until it comes together
- Add salt, pepper, nutmeg, butter and half of the cheese. Leave to cool (spread it out on a sheet pan to cool it down faster)
- Roll polenta into bite size balls and coat them first in flour, then egg and then seasoned breadcrumbs mixed with the remaining cheese
- Deep fry arancini and cook to brown and crisp
- To make the dip, add the sundried tomatoes, basil, garlic, oil and sugar to a food processor and pulse until desired consistency is achieved
- Serve with Arancini

# CORN RIBS & SRIRACHA MAYO



Food Labelling...

## EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 379G SERVING	%RI
Energy(Kj)	<b>853</b> kJ	10%	<b>3233</b> kJ	38%
Energy(kcal)	<b>206</b> kcal	10%	<b>780</b> kcal	39%
Fat	<b>17</b> g	24%	<b>63</b> g	90%
of which saturates	<b>1.7</b> g	9%	<b>6.3</b> g	32%
Carbohydrate	<b>11</b> g	4%	<b>40</b> g	15%
of which sugars	<b>3.9</b> g	4%	<b>15</b> g	17%
Fibre	<b>2</b> g	8%	<b>7.6</b> g	30%
Protein	<b>2.2</b> g	4%	<b>8.4</b> g	17%
Salt	<b>1.1</b> g	18%	<b>4.3</b> g	72%
HFSS Rating	<b>2</b>	points		

### CONTAINS:



SESAME

### MAY CONTAIN:



WHEAT



CELERY



MUSTARD

### OTHER PROPERTIES:



VEGETARIAN



VEGAN

### Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
<b>135326</b> - 135326 Sweetcorn Ribs - BRAKES	<b>1.5kg</b>	<b>4x Each</b>
<b>129927</b> - 129927 Brakes Essentials Olive Pomace Oil Blend - BRAKES	<b>100ml</b>	
<b>134289</b> - 134289 Brakes Smoked Paprika - BRAKES	<b>40g</b>	
<b>113114</b> - 113114 Spicentice Barbecue Rub - BRAKES	<b>100g</b>	
<b>4349</b> - 4349 Costa Fine Sea Salt 750g - BRAKES	<b>10g</b>	
<b>126924</b> - 126924 Brakes Vegan Mayo - BRAKES	<b>800ml</b>	
<b>112724</b> - 112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml - BRAKES	<b>400g</b>	
<b>10478</b> - 10478 Limes - BRAKES	<b>700g</b>	<b>10x Each</b>
<b>85288</b> - 85288 Brakes Crushed Chillies - BRAKES	<b>10g</b>	
<b>113880</b> - 113880 Premium Large Chives Bunch - BRAKES	<b>20g</b>	
<b>35005</b> - 35005 Brakes Sesame Seeds - BRAKES	<b>10g</b>	
<b>131165</b> - 131165 Black Sesame Seeds - BRAKES	<b>10g</b>	
<b>127211</b> - 127211 Violife Prosociano Wedge 150g - BRAKES	<b>90g</b>	

### **Prep**

- Make the rub: Mix the olive oil, smoked paprika and BBQ seasoning together in a small bowl
- Make the sriracha mayo: Mix all of the mayo ingredients together in a small bowl

### **Method**

- Brush the rub over the sweetcorn pieces until they are completely coated and sprinkle with sea salt
- Cook the ribs: Place the ribs in the oven for 30-35 minutes, or until the corn pieces have curled up and become golden on the outside
- When cooked, place the corn onto a serving plate and rub with vegan butter until it melts over the top of the corn
- Sprinkle with vegan parmesan, chilli flakes, sesame seed and chopped chives
- Serve the mayo in a small bowl alongside the sweetcorn

# HUEVOS RANCHEROS



Food Labelling...

## EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 397G SERVING	%RI
Energy(Kj)	<b>545</b> kJ	6%	<b>2162</b> kJ	26%
Energy(kcal)	<b>131</b> kcal	7%	<b>519</b> kcal	26%
Fat	<b>7.1</b> g	10%	<b>28</b> g	40%
of which saturates	<b>2.2</b> g	11%	<b>8.7</b> g	44%
Carbohydrate	<b>9</b> g	3%	<b>36</b> g	14%
of which sugars	<b>1.4</b> g	2%	<b>5.5</b> g	6%
Fibre	<b>3.8</b> g	15%	<b>15</b> g	60%
Protein	<b>5.8</b> g	12%	<b>23</b> g	46%
Salt	<b>0.39</b> g	7%	<b>1.6</b> g	27%
HFSS Rating	<b>-5</b>	points		

### CONTAINS:



WHEAT



EGGS



MILK

### MAY CONTAIN:



SESAME

### OTHER PROPERTIES:



VEGETARIAN

### Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
<b>123351</b> - 123351 La Boulangerie Fully Baked Mini Soft White Tacos - BRAKES	<b>145g</b>	<b>10x Each</b>
<b>118225</b> - 118225 Riverdene Black Turtle Beans in Water 2.5kg - BRAKES	<b>1.2kg</b>	
<b>16392</b> - 16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	<b>583g</b>	<b>10x Each</b>
<b>112724</b> - 112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml - BRAKES	<b>50g</b>	
<b>113885</b> - 113885 Herb Bunched Coriander - BRAKES	<b>20g</b>	
134404 Feta Cubes (15mm) - BRAKES	<b>300g</b>	
10478 Limes - BRAKES	<b>220g</b>	<b>Wedge</b>
<b>350094</b> - 350094 Brakes Sunflower Oil - BRAKES	<b>0g</b>	
<b>11196</b> - 11196 Sysco Classic Tomato Salsa - BRAKES	<b>250g</b>	
<b>10787</b> - 10787 Brakes Borlotti Beans in Water - BRAKES	<b>200g</b>	
<b>114201</b> - 114201 Avocado 14's / 16's - BRAKES	<b>1kg</b>	

### **Prep**

- Warm Beans in a microwave
- Warm Tortillas
- Fry Eggs (Sunny Side up)
- Chop Avocado into pieces
- Wash and pick Coriander
- Cut Limes into 6 wedges

### **Method**

- On your chosen serving dish place warm tortillas on the plate
- Top with the beans, salsa and fried eggs
- Finish with avocado, feta and coriander
- Serve open with lime wedges and drizzle with hot sauce

# SPINACH PANCAKES



Food Labelling...

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 177G SERVING	%RI
Energy(KJ)	<b>679</b> kJ	<b>8%</b>	<b>1204</b> kJ	<b>14%</b>
Energy(kcal)	<b>162</b> kcal	<b>8%</b>	<b>287</b> kcal	<b>14%</b>
Fat	<b>5.8</b> g	<b>8%</b>	<b>10</b> g	<b>14%</b>
<i>of which saturates</i>	<b>2.8</b> g	<b>14%</b>	<b>4.9</b> g	<b>25%</b>
Carbohydrate	<b>18</b> g	<b>7%</b>	<b>32</b> g	<b>12%</b>
<i>of which sugars</i>	<b>1.9</b> g	<b>2%</b>	<b>3.4</b> g	<b>4%</b>
Fibre	<b>1.2</b> g	<b>5%</b>	<b>2.2</b> g	<b>9%</b>
Protein	<b>8.7</b> g	<b>17%</b>	<b>15</b> g	<b>30%</b>
Salt	<b>0.78</b> g	<b>13%</b>	<b>1.4</b> g	<b>23%</b>
HFSS Rating	<b>-2</b>	points		

CONTAINS:



WHEAT



EGGS



MILK

OTHER PROPERTIES:



VEGETARIAN

Recipe Ingredients ...

Quantity:	Description:
<b>400g</b>	<b>350092 - 350092 Brakes Self Raising Flour - BRAKES</b>
<b>12g</b>	<b>35023 - 35023 Brakes Baking Powder - BRAKES</b>
<b>400ml</b>	<b>70218 - 70218 Brakes Fresh Semi Skimmed Milk - BRAKES</b>
<b>450g</b>	<b>15322 Brakes 5 Dozen British Fresh Free Range Medium Eggs</b> 6x Each
<b>250g</b>	<b>10428 - 10428 Baby Leaf Spinach - BRAKES</b> 1x Each
<b>50g</b>	<b>136533 - 136533 Ardo Oven Dried Tomatoes - BRAKES</b> 0.5x Each
<b>200g</b>	<b>134404 - 134404 Feta Cubes (15mm) - BRAKES</b>
<b>10g</b>	<b>113882 - 113882 Premium Large Mint Bunch - BRAKES</b>
<b>2g</b>	<b>33709 - 33709 Brakes Ground Nutmeg - BRAKES</b>

### **Method**

- In a food processor blend spinach with milk & nutmeg
- In a large bowl sift flour & baking powder
- Mix with spinach milk to make a thick batter
- Spoon mixture into non-stick pan to form pancakes
- Poach egg in simmering water
- Serve pancakes topped with poached egg, crumble feta & tomatoes

# MEXICAN QUINOA SALAD



Food Labelling...

## EU Label values per 100g

Serves **20**

	PER 100G	%RI	PER 188G SERVING	%RI
Energy(Kj)	<b>378</b> kJ	5%	<b>711</b> kJ	8%
Energy(kcal)	<b>90</b> kcal	5%	<b>169</b> kcal	8%
Fat	<b>2.7</b> g	4%	<b>5.1</b> g	7%
of which saturates	<b>0.4</b> g	2%	<b>0.7</b> g	4%
Carbohydrate	<b>12</b> g	5%	<b>22</b> g	8%
of which sugars	<b>2.2</b> g	2%	<b>4.1</b> g	5%
Fibre	<b>3.2</b> g	13%	<b>6.1</b> g	24%
Protein	<b>3.2</b> g	6%	<b>6.1</b> g	12%
Salt	<b>0.11</b> g	2%	<b>0.21</b> g	4%
HFSS Rating	<b>-9</b>	points		

### OTHER PROPERTIES:



VEGETARIAN



VEGAN

### Recipe Ingredients ...

Quantity:	Description:
<b>500g</b>	<b>0.5x Each</b>
<b>119260 Ardo Express Quick Frozen &amp; Precooked Quinoa 1000g</b>	
<b>115g</b>	<b>5.x Each</b>
<b>129229 - 129229 Blanco Nino 15cm Gluten Free Soft Blue Corn Tortilla Wrap - BRAKES</b>	
<b>375g</b>	<b>10x Each</b>
<b>135326 - 135326 Sweetcorn Ribs - BRAKES</b>	
<b>800g</b>	<b>1x Each</b>
<b>10143 - 10143 Brakes Red Kidney Beans in Water - BRAKES</b>	
<b>300g</b>	
<b>10224 - 10224 Red Onions - BRAKES</b>	
<b>90g</b>	
<b>114212 - 114212 Chillies Red - BRAKES</b>	
<b>400g</b>	
<b>13007 - 13007 Red Peppers - BRAKES</b>	
<b>40g</b>	
<b>113118 - 113118 Spicentice Chipotle Rub - BRAKES</b>	
<b>500g</b>	<b>2x Each</b>
<b>10306 - 10306 Avocados - BRAKES</b>	
<b>500g</b>	
<b>134046 - 134046 Green Batavia Lettuce - BRAKES</b>	
<b>140g</b>	<b>2x Each</b>
<b>10478 - 10478 Limes - BRAKES</b>	

### **Prep**

- Defrost quinoa
- Drain & rinse kidney beans
- Peel & finely slice red onion
- Finely slice chillies
- Deseed & dice pepper
- Roughly chop lettuce
- Cut avocado into dice
- Cut corn tortilla into triangle's

### **Method**

- Place quinoa in large bowl, add spice mix and diced vegetables and mix thoroughly
- Drizzle corn ribs with oil and char grill or grill until scorched allow to cool
- Serve together

# CAULIFLOWER KIMCHI



Food Labelling...

EU Label values per 100g

Serves **8**

	PER 100G	%RI	PER 537G SERVING	%RI
Energy(Kj)	<b>172</b> kJ	2%	<b>923</b> kJ	11%
Energy(kcal)	<b>41</b> kcal	2%	<b>220</b> kcal	11%
Fat	<b>0.8</b> g	1%	<b>4.3</b> g	6%
<i>of which saturates</i>	<b>0.2</b> g	1%	<b>1</b> g	5%
Carbohydrate	<b>4.2</b> g	2%	<b>23</b> g	9%
<i>of which sugars</i>	<b>3.3</b> g	4%	<b>18</b> g	20%
Fibre	<b>1.8</b> g	7%	<b>9.6</b> g	38%
Protein	<b>3.3</b> g	7%	<b>18</b> g	36%
Salt	<b>0.84</b> g	14%	<b>4.5</b> g	75%
HFSS Rating	<b>-5</b>	points		

**CONTAINS:**

- WHEAT
- SOYA
- SULPHITES

**MAY CONTAIN:**

- SESAME

**OTHER PROPERTIES:**

- VEGETARIAN
- VEGAN

Recipe Ingredients ...	Quantity:	Description:
10376 Cauliflower - BRAKES	<b>3.66kg</b>	3x Each
4349 Costa Fine Sea Salt 750g - BRAKES	<b>30g</b>	
450693 Carrots CLASS II - BRAKES	<b>200g</b>	
10233 Radish - BRAKES	<b>125g</b>	1x Each
10473 Spring Onions Bunch - BRAKES	<b>100g</b>	1x Each
10439 Fresh Garlic - BRAKES	<b>20g</b>	
10380 Ginger - BRAKES	<b>20g</b>	
112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml - BRAKES	<b>30g</b>	
350098 Tate & Lyle Caster Sugar 2kg - BRAKES	<b>30g</b>	
127153 Mikado Rice Vinegar CASE - BRAKES	<b>50ml</b>	
115074 Amoy Light Soy Sauce 150ml - BRAKES	<b>30g</b>	0.2x Each

**Prep/Method**

1. Remove the outer leaves from the cauliflowers. You need 400g. Use the florets and ribs for another recipe.
2. Cut the leaves into 2cm strips. Toss thoroughly in the salt and set aside for at least 1 hr
3. Top, tail, wash and coarsely grate the carrot
4. Remove the root and any damaged outer leaves from the spring onion. Wash and thinly slice
5. Trim, wash and coarsely grate the radish
6. Peel the garlic and the ginger and blitz to a paste with the sugar, vinegar, sriracha and soy sauce.
7. Wash the salted cauliflower leaves. Dry thoroughly in a salad spinner
8. Combine with the radish, carrot, spring onion and the paste
9. Transfer to sterilised Kilner Jar(s) and leave to ferment at room temperature for 24 hrs
10. Store in the fridge and serve as required
11. The Kimchi will keep for up to 2 weeks in the fridge