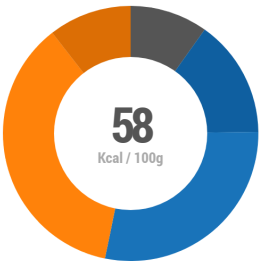


# Roasted Mutton rack

with roasted Mediterranean vegetables, feta, and Lebanese style grain salad and mint

OVERVIEW ...



CALORIES:  
43.4% Carbs  
9.8% Protein  
46.8% Fat

FOOD LABELLING...

Serves 1

CONTAINS:



WHEAT



EGGS



MILK

MAY CONTAIN:



BARLEY



FISH



CRUSTACEANS



MUSTARD



SOYA



SULPHITES

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

British Red Tractor Long Bone Mutton Rack..

5001947

U

375g

unchanged

31026 Sysco Classic Roasted Mediterranean Vegetable Medley.. - BRA...

31026

MIXED VEGETABLES

BRAKES

50g

unchanged

151450 Sysco Classic Lebanese Style Grain & Chickpea Salad.. - BRAK...

151450

GRAIN & CHICKPEA SALAD

BRAKES

100g

unchanged

113882 Premium Large Mint Bunch..

PREMIUM LARGE MINT BUNCH

FRESH DIRECT

BRAKES

2g

N/A

74817 Pomegranate Seeds.. - BRAKES

74817

POMEGRANATE SEEDS

BRAKES

5g

unchanged

5016 Lion Yoghurt & Mint Dressing 2.27 Litres..

SALAD DRESSING

BRAKES

20g

unchanged

134491 Greek Feta Cheese.. - BRAKES

134491

FETA CHEESE

BRAKES

10g

unchanged

# 134544 Kuhne Crispy Fried Onions..

FRIED ONIONS

BRAKES

5g

N/A

## PRODUCTS / PACK SIZES ...

### 1 Serving



🕒 567g / 337kcal

# 1.0

## COOKING INSTRUCTIONS & NOTES

### METHOD

#### Preparation:

Prepare the mutton and French trim (3 bone portion)

Defrost med veg

Pick mint

Crumble the feta

#### Method:

1. Season the mutton and in a pan render the fat, turn and transfer to an oven at 180oC for around 10-12 minutes - rest well.
  2. In a pan over a medium heat quickly flash fry the med veg until hot and slightly charred - fold through the grain salad and keep warm.
  3. Once the mutton has rested carve into cutlets.
  4. Spoon the grain salad onto a plate and then alongside spoon on the mint and yoghurt sauce.
  5. Sprinkle on the feta, pomegranate, mint, and crispy onions, then arrange the cutlets onto the dish.
- Serve !