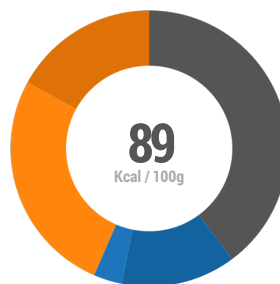


Marinated Beef with Asian Slaw

By Oliver Lloyd from Brakes

Overview ...

U / 5767909



CALORIES:

16.7% Carbs

39.8% Protein

43.5% Fat

Food Labelling...

Serves 1


Recipe Ingredients ...

	Quantity:	Description:
134849 Soy Sesame Ginger Dressing	15g	
71626 Birchstead British Aberdeen Angus 28 Day Aged Sirloin Steaks - BRAKES	100g	0.35x Each
113879 Premium Large Basil Bunch - BRAKES	2g	0.02x Each
113882 Premium Large Mint Bunch - BRAKES	5g	0.05x Each
113885 Herb Bunched Coriander - BRAKES	5g	0.05x Each
10473 Spring Onions Bunch - BRAKES	10g	0.1x Each
10230 Cucumber	35g	
114221 Mangoes	35g	
114212 Chillies Red	5g	
10224 Red Onions - BRAKES	10g	0.01x Each
450154 Tomatoes - BRAKES	20g	0x Each

Products / Pack Sizes ...

1 Serving



 **Product code**
 **Barcode**
 **242g / 221kcal**
 **Serving per pack**
 **Net pack weight**

Cooking Instructions & Notes

Preparation:

Shred the spring onion
Shred the mango
Shred the cucumber
Slice the chilli
Slice the red onion
Deseed and shred the tomato
Pick the herbs
Marinate the beef in half the dressing

Method:

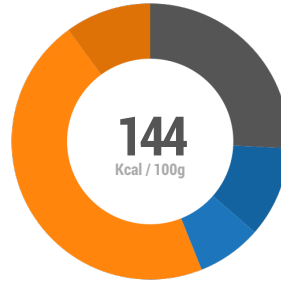
1. Season the steak well and in a pan over a high heat cook the steak for 2 minutes each side - rest well.
2. In a bowl mix all the ingredients together and coat with the dressing - carve the meat.
3. Add the salad to a suitable dish and top with the beef - garnish the dish with more dressing and picked herbs - serve

Salmon Poke Bowl

By Oliver Lloyd from Brakes

Overview ...

U / 5767570



CALORIES:

18.2% Carbs

25.8% Protein

56% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



SESAME



FISH



SOYA






Recipe Ingredients ...

	Quantity:	Description:
128687 M&J Seafood Scottish Salmon Fillet Suprêmes - BRAKES	155g	1x Each
135117 Kikkoman Poke Sauce - BRAKES	25g	2.07x Each
10306 Avocados	70g	
450693 Carrots CLASS II - BRAKES	50g	0.03x Each
130951 Goma Wakame Sesame Seaweed	35g	
10233 Radish - BRAKES	10g	0.08x Each
10146 Brakes Pickled Red Cabbage - BRAKES	40g	0.02x Each
10473 Spring Onions Bunch - BRAKES	10g	0.1x Each
33421 Pinguin Soya Beans - BRAKES	25g	0.03x Each
35005 Brakes Sesame Seeds - BRAKES	1g	0x Each
114212 Chillies Red - BRAKES	2g	0.01x Each

Products / Pack Sizes ...

1 Serving



 **Product code**
 **Barcode**
 **423g / 627kcal**
 **Serving per pack**
 **Net pack weight**

Cooking Instructions & Notes

Preparation:

Defrost the salmon and marinade in half the poke sauce
Peel the carrot into ribbons
Defrost the soya beans
Slice the chilli
Slice the spring onion
Slice the radish

Method:

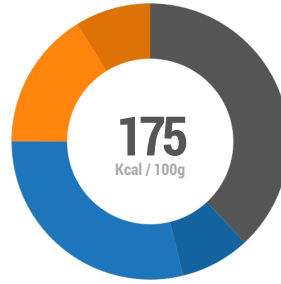
1. In a pan over a high heat pan sear the salmon in the poke sauce and cook for 4-5 minutes.
2. In a bowl mix the carrot and soya beans together and dress with a little poke sauce add sesame seeds.
3. Warm the seaweed very slightly and mix with the radish.
4. Now bring together all components in a bowl starting with the pickled cabbage alongside the carrot salad - slice the avocado and fan onto the plate
5. Add the seaweed salad and then the salmon.
6. Garnish with chilli, spring onion, sesame seeds and a further drizzle of poke sauce - serve

Tuna Dog with Wakame Seaweed Slaw and Gochujang Mayo

By Oliver Lloyd from Brakes

Overview ...

U / 5767630



CALORIES:

37% Carbs

38.1% Protein

25% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



EGGS



MILK



SESAME



FISH



SOYA

MAY CONTAIN:



OATS, BARLEY,
RYE



CELERY



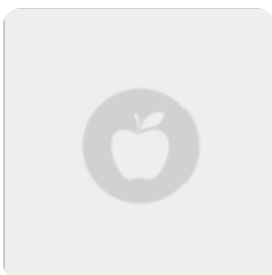
MUSTARD

Recipe Ingredients ...

	Quantity:	Description:
31711 Medium Tuna Suprêmes (skinless, boneless) - BRAKES	155g	1x Each
109433 La Boulangerie Fully Baked Gourmet Brioche Hot Dog Rolls - BRAKES	90g	1x Each
130951 Goma Wakame Sesame Seaweed	30g	
128591 Pureety Classic Korean Gochujang Sauce - BRAKES	10g	0.01x Each
100347 Brakes Essentials Mayonnaise	10g	
113723 Midland Snacks Pork Scratchings - BRAKES	5g	0.11x Each
10473 Spring Onions Bunch - BRAKES	5g	0.05x Each
114212 Chillies Red - BRAKES	2g	0.01x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

307g / 542kcal

Serving per pack

Net pack weight

Preparation:

Defrost the tuna
Defrost the hot dog roll
Defrost the seaweed
Slice the spring onion
Slice the chilli

Method:

1. In a bowl whisk together the mayo and gochujang sauce.
2. In a pan over a high heat fry the tuna for 30 seconds each side, remove season and slice.
3. Slice the bun and spoon some of the sauce into it, add the sliced tuna.
4. Top the bun with the seaweed, spring onion and chilli.
5. Drizzle with the remaining sauce and garnish with pork scratchings - serve