



Season's Best

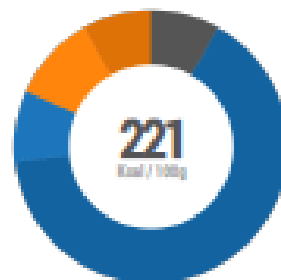
RECIPE GUIDE

Baked Alaska with Strawberries

By Oliver Lloyd from Brakes

Overview ...

U / 6695228



CALORIES:

73.5% Carbs

8.1% Protein

18.3% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



EGGS



MILK

Recipe Ingredients ...

	Quantity	Description
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	55g	1.01x Each
350098 Tate & Lyle Caster Sugar 2kg - BRAKES	60g	0.03x Each
55454 Brakes American Style Pancakes With Buttermilk	35g	
450610 Strawberries	20g	
33741 Brakes Strawberry Jam - BRAKES	10g	0x Each
32203 Brakes Strawberry Dairy Ice Cream - BRAKES	60g	0.03x Each

Preparation:

- Trim the strawberries and cut into quarters
- Separate the yolk from whites
- Defrost pancakes and cut to size

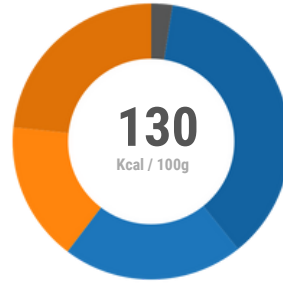
Method:

- Whisk the whites to stiff peaks then gradually add the sugar whisking continuously.
- Once you have reached a thick, stiff and glossy meringue stop whisking.
- Warm the jam slightly to loosen it a bit
- Mix the strawberries with the jam.
- In a suitable dish or pan begin to build the Alaska
- Place the pancake into the dish followed by the strawberries.
- Add a scoop of the ice cream and top with the meringue.
- Glaze the meringue with a blow torch - serve!

Ultimate Vegan Strawberry Shake

By Oliver Lloyd from Brakes

U / 6457476



CALORIES:
57.8%
Carbs **2.5%**
Protein
39.7% Fat

Food Labelling...

Serves **1**

CONTAINS:



OATS

MAY CONTAIN:



EGGS



MILK



SULPHITES

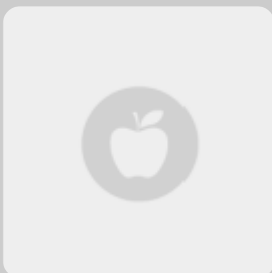
Recipe Ingredients ...

	Quantity:	Description:
450610 Strawberries - BRAKES	50g	0.13x
118560 Alpro Oat Long Life Drink 1L - BRAKES	200g	Each 0.2x
130799 Brakes Vegan Vanilla Flavoured Frozen Dessert	100g	Each
110260 Urban Fruit Gently Baked Strawberries 35g - BRAKES	10g	0.29x
130638 Food Heaven Heavenly Whipped Vegan UHT Aerosol 200ml - BRAKES	20g	Each 0.1x
100534 DaVinci Gourmet Strawberry Flavoured Drizzle Sauce 500g - BRAKES	10g	Each
101480 Lazy Day Foods Shortbread 50g - BRAKES	20g	0.02x
85287 Brakes Poppy Seeds - BRAKES	5g	Each 0.4x
134305 Rowntree's Fruit Pastilles Vegan Friendly Sweets Sharing Pouch	10g	Each
143g		0.01x

Products / Pack Sizes ...

Each

1 Serving



Product code
 Barcode
 425g / 563kcal
 Number of servings
 Net pack weight

Preparation:

Wash and top the strawberries

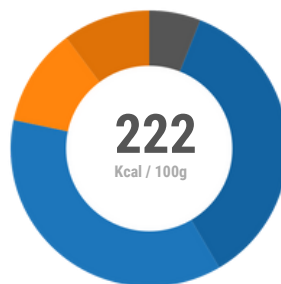
Method:

1. Blend together the ice cream, strawberries and oat milk.
2. Pour half the strawberry sauce around your chosen serving glass and pour in the milk shake.
3. Add in the whipped cream and garnish with the strawberries, sweets, poppy seeds and shortbread.
4. Serve and enjoy!

Bao Bun Ice Cream Sandwich

By Oliver Lloyd from Brakes

U / 6694985



CALORIES:

72.3% Carbs

6% Protein

21.7% Fat

Food Labelling...

Serves **1**

CONTAINS:



WHEAT



MILK



SOYA

MAY CONTAIN:



SESAME

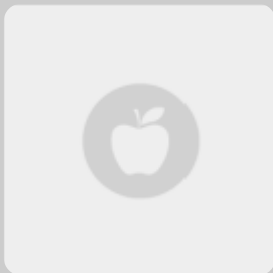
Recipe Ingredients ...

	Quantity:	Description:
112265 Bao (Hirata) Bun - BRAKES	100g	2x Each
10395 Medium Pineapple - BRAKES	50g	0.04x Each
134513 Tate and Lyle Demerera Sugar	15g	
2379 Brakes Chocolate Sauce	5g	
3794 Cadbury Crunchie Chocolate Bar 40g - BRAKES	10g	0.25x
32200 Brakes Vanilla Dairy Ice Cream with Pods - BRAKES	60g	Each

Products / Pack Sizes ...

Each

1 Serving



Product code



Barcode



240g / 538kcal



Number of servings



Net pack weight

Cooking Instructions & Notes

Preparation:

Trim the pineapple and finely dice

Defrost the buns

Crush the crunchie

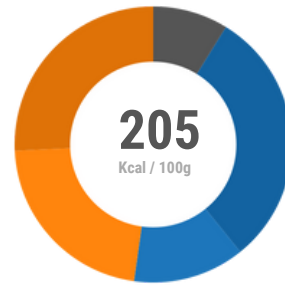
Method:

1. In a bowl mix the pineapple and sugar together - set aside until the sugar has dissolved
2. Warm the bao buns as per pack instructions - allow to cool
3. Add the pineapple to the buns and top with a scoop of vanilla ice cream.
4. Garnish with the chocolate sauce and crunchie pieces - serve!

Choc Chip & Vanilla Sundae

By Oliver Lloyd from Brakes

U / 6695090



CALORIES: **43.4%**
Carbs 8.8%
Protein
47.8% Fat

Food Labelling...

Serves **1**

CONTAINS:



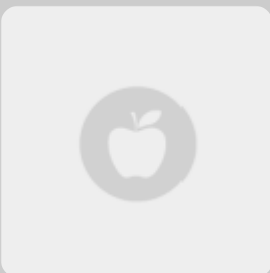
MAY CONTAIN:



Recipe Ingredients ...	Quantity:	Description:
32202 Brakes Chocolate Dairy Ice Cream with Chocolate Chips -	70g	0.03x
BRAKES 32195 Brakes Vanilla Dairy Ice Cream - BRAKES	70g	Each
131292 Blueberries	15g	0.03x
131293 Raspberries - BRAKES	15g	Each
7318 KP Dry Roasted Peanuts 50g - BRAKES	10g	Each 0.2x
16296 Brakes Toffee Sauce - BRAKES	5g	Each
114966 Brakes Granola - BRAKES	10g	0.01x
2379 Brakes Chocolate Sauce - BRAKES	5g	Each

Products / Pack Sizes ...	Quantity:	Description:
		0.01x
		Each

1 Serving



- Product code**
- Barcode**
- 200g / 415kcal**
- Number of servings**
- Net pack weight**

Method:

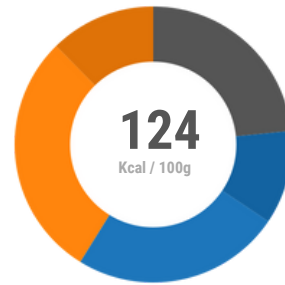
1. Build the sundae in layers of ice cream, berries, granola and sauces.
2. To finish add the dry roasted nuts and cover with the remaining toffee sauce
3. Serve!

Strawberry Salad with Basil, Feta and Hot Smoked Salmon

By Oliver Lloyd from Brakes

Overview ...

U / 6457410



CALORIES:

35.4% Carbs

23.4% Protein

41.2% Fat

Food Labelling...

Serves **1**

CONTAINS:



MILK



FISH



SULPHITES

Recipe Ingredients ...

	Quantity:	Description:
450610 Strawberries - BRAKES	50	0.13x
521115 Yamas Greek Feta Cheese - BRAKES	g	Each
113879 Premium Large Basil Bunch - BRAKES	15	0.02x
88386 Brakes Glaze with Balsamic Vinegar of Modena	g	Each
33254 Hot Smoked Salmon Flakes (skinless, boneless)	5g	0.05x
119260 Ardo Express Quick Frozen & Precooked Quinoa	5g	Each
1000g 10306 Avocados	35	
10233 Radish - BRAKES	g	0.04x Each
74063 Watercress - BRAKES	80	0.5x Average Portion
	g	

Products / Pack Sizes ...

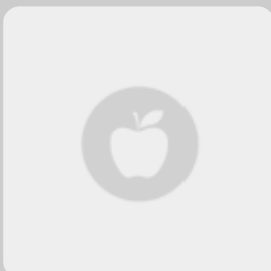
40

g

5g

5g

1 Serving



Product code



Barcode



240g / 308kcal



Number of servings



Net pack weight

Preparation:

Defrost salmon
Defrost quinoa
Slice radish
Pick basil
Quarter strawberries

Method:

1. In a bowl mix the quinoa, picked basil, radish and hot smoked salmon - mix in half the feta.
2. Spoon the salad onto a suitable plate and drizzle with a little balsamic.
3. Garnish with the remaining feta, watercress and avocado - serve!