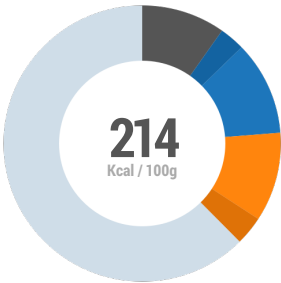


Smoked Mackerel Breakfast Wrap

Overview ...



WEIGHT:

14% Carbs

9.8% Protein


13.8% Fat


62% Water


Food Labelling...


Serves 1


CONTAINS:

WHEAT


EGGS


MILK

FISH

MUSTARD

MAY CONTAIN:

CELERY

SESAME

Recipe Ingredients ...	Quantity:	Description:
111707 - 111707 La Boulangerie 10" Fully Baked Bar Marked Flour Tortillas.. - BRAKES	56g	1 x Each
32411 - 32411 M&J Seafood Scottish Hot Smoked Mackerel Fillets... - BRAKES	60g	0.77 x Each
122386 - 122386 Brakes 15 Dozen Scottish Fresh Medium Eggs (Scotland Only).. - BRAKES	121g	2 x Each
113885 - 113885 Herb Bunched Coriander.. - BRAKES	8g	0.08 x Each
114212 Chillies Red..	5g	
15958 - 15958 Yeo Valley Organic Natural Yogurt.. - BRAKES	25g	0.21 x Each
10449 (19 Oct 2023) - 10449 Sweet Potatoes (19 Oct 2023).. - BRAKES	60g	0.06 x Each
33889 - 33889 Font Oliva Olive Oil.. - BRAKES	10g	0.01 x Each
134293 Sysco Classic Cracked Black Pepper..	2g	
10230 (19 Oct 2023) - 10230 Cucumber (19 Oct 2023).. - BRAKES	50g	0.13 x Each
123174 - 123174 Sweet & Sour Onion Pickles.. - BRAKES	25g	0.03 x Each
10306 (19 Oct 2023) - 10306 Avocados (19 Oct 2023).. - BRAKES	75g	0.3 x Each

Cooking Instructions & Notes

PREPARATION

- Defrost in a controlled environment the Bar Marked Wraps.
 - Defrost in a controlled environment the Smoked Mackerel Fillets. When defrosted remove the skin and any visible small bones remaining.
 - Peel and grate the Sweet Potato.
 - Deseed the Red Chilli and finely chop.
 - Pick, wash and chop the Coriander Leaves.
 - Cut Cucumber, remove seeds and cut into 12cm batons.
 - Drain the Sweet & Sour Pickled Red Onions.
 - Peel and cut into lengthways pieces the Avocado.
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METHOD

- In Olive Oil pan fry the grated Sweet Potato and season with Cracked Black Pepper.
- Make 2 Egg Omelette seasoned with Red Chill and half the chopped Coriander.
- Warm the Bar Marked Wrap in the oven.
- Lay the Omelette in centre of the Bar Marked Wrap and spread with the Natural Yogurt.
- Lay the fried, grated Sweet Potato on the Omelette and top with batons of Cucumber.
- Top with drained Sweet & Sour Pickled Red Onions and flakes of Smoked Mackerel.
- Add slices of Avocado and top with chopped Coriander.
- Roll the Wrap tightly, cut in half and serve.

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