

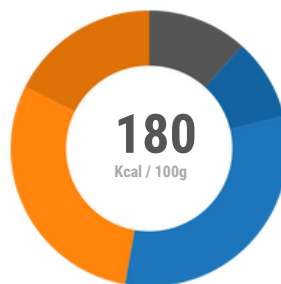


WARMING
DISHES &
INSPIRATION

RECIPE GUIDE

SPICE IT UP!

Indian 'Inspired' Snacks



CALORIES:
41.1% Carbs
11.7% Protein
47.2% Fat

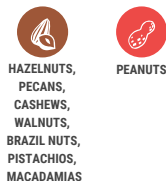
Food Labelling...

Serves **1**

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



Recipe Ingredients ...	Quantity:	Description:
110930 - 110930 Param Paneer Cheese.. - BRAKES	25g	
35002 - 35002 Sysco Classic Garam Masala (22 Jul 2023).. - BRAKES	2g	
10428 - 10428 Baby Leaf Spinach.. - BRAKES	10g	
70215 - 70215 Brakes Fresh Double Cream.. - BRAKES	25ml	
128598 - 128598 Karimix Murgh Mukhani Curry Paste / 1L.. - BRAKES	5g	
7290 - 7290 Brakes Chickpeas in Water Seasonal.. - BRAKES	15g	
118707 Cooked New Potatoes..	15g	
114218 Lemons..	5g	
89782 Brakes Whole Blanched Almonds..	15g	
113885 - 113885 Herb Bunched Coriander.. - BRAKES	5g	
136426 - 136426 Daloon Mini Vegetable Samosa.. - BRAKES	120g	
121013 - 121013 Knorr Patak's Mini Pappadums 1kg (23 Mar 2023).. - BRAKES	5g	
132877 - 132877 Greens Cuisin'easy Indian Summer Frozen Salad.. - BRAKES	15g	
13452 - 13452 Bannisters Yorkshire Family Farm Baby Hasselback Potatoes (23 Mar 2023).. - BRAKES	80g	
116333 Lion Tandoori Ketchup..	15g	
35016 Sysco Classic Hot Chilli Powder (24 Jul 2023)..	2g	

1 Serving



Product code



Barcode



359g /

663kcal



1

Cooking Instructions & Notes

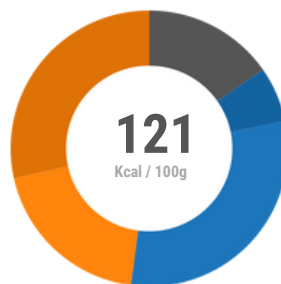
Preparation:

- Dice the paneer
- Dice the new potatoes
- Toast the almonds
- Chop the coriander
- Defrost the Indian salad
- Defrost the hasslebacks
- Deep fry the pappadums
- Deep fry the chickpeas

Method:

1. In a pan over a medium heat fry the paneer with the garam masala and mukhani paste, add the cream and spinach, bring to a gentle boil - set to one side
2. In a bowl mix together the chopped new potato, chickpeas, almonds, lemon juice, coriander and half the chilli powder.
3. In another bowl mix together the hassleback potatoes with the tandoori ketchup and chilli - transfer to a baking tray and roast in an oven at 200oC for approx 8mins or until crisp.
4. Deep fry the samosas at 180oC until core temp has been reached - drain onto a papered tray.
5. Bring each component together in bowls on a tray - add the pappadum's to the tray and top with the Indian salad - serve!

King Prawn Murgh Mukhani Curry



CALORIES:
36.8% Carbs
15.3% Protein
47.9% Fat

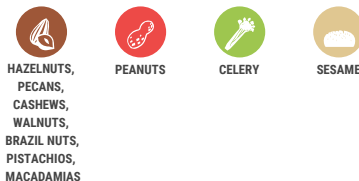
Food Labelling...

Serves **1**

CONTAINS:



MAY CONTAIN:



Recipe Ingredients ...

Quantity:	Description:
128598 - 128598 Karimix Murgh Mukhani Curry Paste / 1L.. - BRAKES	20g 0.02x
114100 - 114100 ASC King Prawns (raw, peeled, deveined, tail off).. - BRAKES 5874 Brakes Flaked Almonds..	100g Each 0.1x
113885 - 113885 Herb Bunched Coriander.. - BRAKES	5g Each
123174 - 123174 Sweet & Sour Onion Pickles.. - BRAKES	5g 0.05x Each
4793 Brakes Sliced Mixed Peppers..	2g 0x Each
119851 Ardo Sliced Okra..	40g
127121 - 127121 Brakes Coconut Milk.. - BRAKES	20g
3798 - 3798 Brakes Pilau Rice Portions.. - BRAKES	100ml 0.25x Each
	167g 1x Each

Products / Pack Sizes ...

1 Serving



Product code



Barcode



459g /

564kcal



1

Cooking Instructions & Notes

Preparation:

- Defrost the prawns
- Defrost the rice
- Pick and chop coriander
- Toast the almonds
- Defrost peppers
- Defrost okra

Method:

1. In a pan over a medium heat fry the murgh mukhani paste in a little oil, then add the prawns, stir well and fry for 2-3 mins.
2. Now add the peppers and okra followed by the coconut milk, simmer gently for 4 mins then fold through half the chopped coriander.
3. Cook the rice in a microwave on full power for 1min 20 secs.
4. Plate the rice onto a suitable dish and spoon over the curry - garnish with the sweet & sour onions, almonds and the remaining chopped coriander - serve!

Pumpkin Tagine with Moroccan Couscous and Harrisa 'Yoghurt'



CALORIES:
70.3% Carbs
14.1% Protein
15.5% Fat

Food Labelling...

Serves **1**

CONTAINS:



WHEAT



SOYA



SULPHITES

MAY CONTAIN:



ALMONDS

OTHER PROPERTIES:



VEGETARIAN

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
30501 - 30501 Brakes Diced Onions.. - BRAKES	40g	0.03x
110718 - 110718 Greens Chopped Garlic 250g.. - BRAKES	5g	Each
4794 - 4794 Brakes Diced Mixed Peppers.. - BRAKES	40g	0.02x
450087 - 450087 Small Pumpkin Seasonal.. - BRAKES	70g	Each
128595 Brakes Tagine Paste (24 May 2023)..	25g	0.03x
117525 Maggi Rich Rustic Tomato Sauce..	50g	Each
113112 - 113112 Spicentice Ras El Hanout Rub.. - BRAKES	5g	0.05x Each
8284 - 8284 Brakes Dried Apricots.. - BRAKES	10g	Each
113113 - 113113 Spicentice Harissa Rub.. - BRAKES	2g	0.01x Each
118561 - 118561 Alpro Plain Yoghurt Alternative 500g.. - BRAKES	10g	0.02x Each
89414 - 89414 Sysco Classic Moroccan Style Couscous (22 Jul 2023).. -	50g	0.01x Each
BRAKES 132404 - 132404 Royal Crown Chick Peas in Water.. - BRAKES	20g	0.01x Each
113885 - 113885 Herb Bunched Coriander.. - BRAKES	5g	0.05x Each

1 Serving



 *Product code*
 *Barcode*
 332g / **351kcal**
1

Cooking Instructions & Notes

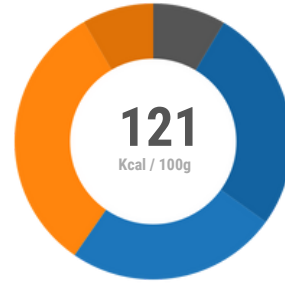
Preparation:

Defrost the onions, peppers & garlic
Chop the apricots
Pick the coriander
Prepare the cous cous as per pack instructions
Dice the pumpkin

Method:

1. Roast the pumpkin in the oven at 180°C for 6-8 mins until caramelised and slightly soft.
2. Add some oil to a pan over a medium heat, fry the onions, garlic and peppers with the ras el hanout.
3. Next add in the tagine paste and cook for a further 2 mins then add in the apricots, mix well
4. Now add the tomato sauce and a dash of water, bring to a simmer, then spoon in the pumpkin, mix well and then cover the pan, transfer to an oven at 170°C for an hour.
5. Deep fry the chick peas and season - place on kitchen paper
6. Mix together the yoghurt and harissa.
7. Spoon the cous cous onto a suitable bowl followed by the tagine.
8. Garnish with the crispy chickpeas, coriander and yoghurt - serve!

Ras el Hanout Baked Aubergine



CALORIES: **51.1%**
 Carbs **8.5%**
 Protein
40.4% Fat

121
Kcal / 100g

Food Labelling...

Serves **1**

CONTAINS:



MAY CONTAIN:



Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
10281 - 10281 Aubergine.. - BRAKES	170g	0.5x Each
113112 - 113112 Spicentice Ras El Hanout Rub.. - BRAKES	5g	0.03x
100535 - 100535 Brakes Pure Canadian Maple Syrup.. - BRAKES	20g	Each
10439 Fresh Garlic..	5g	0.03x
33889 - 33889 Font Oliva Olive Oil.. - BRAKES	10g	0.01x Each
114218 Lemons..	0.5g	
118561 - 118561 Alpro Plain Yoghurt Alternative 500g.. - BRAKES	10g	0.02x
113885 - 113885 Herb Bunched Coriander.. - BRAKES	5g	Each
89414 Sysco Classic Moroccan Style Couscous (22 Jul 2023)..	30g	0.05x
123174 Sweet & Sour Onion Pickles..	5g	Each
134544 - 134544 Kuhne Crispy Fried Onions.. - BRAKES	5g	0.01x Each

1 Serving



Product code



Barcode



266g /

334kcal



1

Cooking Instructions & Notes

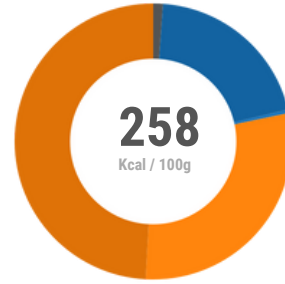
Preparation:

- Slice the aubergine in half lengthways and score
- Peel & slice the garlic
- Zest and juice the lemon
- Prepare the cous cous as per pack instructions
- Pick coriander

Method:

1. In a bowl mix together the oil, garlic, lemon, maple syrup and ras el hanout.
2. Rub this mix into the scored aubergine.
3. Place the aubergine onto a baking tray and cook in an oven at 170oC for 20 mins until the flesh is soft and slightly caramelised.
4. Remove from the oven and lightly mash the flesh in the skin - top with the cous cous and return to the oven to crisp for 5 mins.
5. Place the aubergine onto a dish and garnish with the yoghurt, sweet & sour onions, coriander and crispy onion - serve!

Roasted Apples and Blackberries with Clotted Cream



CALORIES:
20.6%
Carbs **1.1%**
Protein
78.3% Fat

Food Labelling...

Serves **1**

CONTAINS:

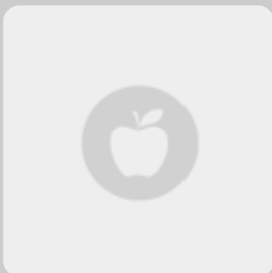


MILK

Recipe Ingredients ...

Quantity:	Description:
131295 - 131295 Blackberries (6 Jul 2023).. - BRAKES	15g 0.1x Each
450530 - 450530 Granny Smith Apples.. - BRAKES	160g 1x Each
11127 - 11127 Brakes Unsalted Butter.. - BRAKES	40g 0.16x Each
33581 - 33581 Sysco Classic Ground Cassia Cinnamon (22 Jul 2023).. - BRAKES	3g 0.01x Each
85702 - 85702 Brakes Sultanas.. - BRAKES	10g 0x Each
10312 Large Oranges..	0.5g
350103 - 350103 Tate & Lyle Mississippi Inspired Dark Soft Brown Cane Sugar 3kg.. - BRAKES	10g 0x Each
20964 - 20964 Rodda's Cornish Clotted Cream 907g.. - BRAKES	50g 0.06x Each

1 Serving



Product code



Barcode



289g / 762kcal



1

Preparation:

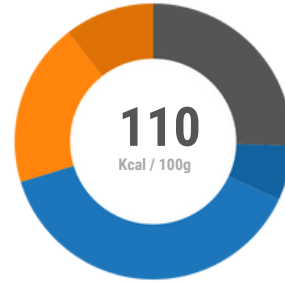
Remove the core from the apples

Zest and juice the orange

Method:

1. In a bowl soften the butter with the sugar, cinnamon, orange juice and zest - then fold in the sultanas.
2. Spoon or pipe the butter mix into the apple, place a blackberry into the centre, top with the remaining butter - reserve a small amount of butter.
3. Add the remaining butter mix to a small pan over a low heat, add the rest of the blackberries and warm gently in the butter
4. Roast the apple in an oven at 180oC for 20 mins or until its caramelised and soft.
5. Transfer the apple to a suitable dish and serve alongside the blackberries and clotted cream.

Smoked Haddock Kedgeree



CALORIES:
44.8% Carbs
25.5% Protein
29.7% Fat

Food Labelling...

Serves **1**

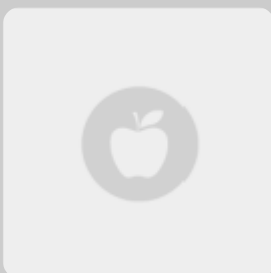
CONTAINS:



Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
111158 - 111158 M&J Seafood Dyed Smoked MSC Haddock (skin on, boneless).. - BRAKES	86g	1.01x Each
74455 - 74455 Fresh Organic Whole Milk.. - BRAKES	100g	0.05x Each
3798 - 3798 Brakes Pilau Rice Portions.. - BRAKES	167g	1x Each
16392 - 16392 Brakes 18 British Free Range Fresh Medium Eggs.. - BRAKES	28g	0.5x Each
113881 - 113881 Herb Bunched Flat Leaf Parsley.. - BRAKES	5g	0.05x Each
89761 - 89761 Brakes Chip Shop Curry Sauce (22 Jul 2023).. - BRAKES	10g	0x Each
114212 - 114212 Chillies Red.. - BRAKES	2g	0.01x Each
3205 - 3205 Brakes Choice Garden Peas.. - BRAKES	20g	0.02x Each
134544 Kuhne Crispy Fried Onions..	5g	0x Each

1 Serving



Product code
 Barcode
 423g / 468kcal
 # 1

Preparation:

Defrost the haddock

Defrost the rice

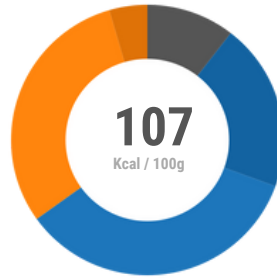
Chop the parsley

Slice the chilli

Method:

1. In a pan of boiling water cook the egg for 6 mins - refresh, cool, peel and cut the egg in half.
2. Place the haddock in a pan with the milk - bring to a gentle boil and then remove from the heat and cover.
3. Place the rice in a microwave and cook at full power for a minute - transfer this to a pan with the peas and parsley, spoon in a little of the haddock cooking liquid to soften the rice.
4. Heat the curry sauce in a small pan.
5. Spoon the rice into a suitable dish and gently flake the haddock over the rice removing any skin.
6. Place the egg on top, garnish with the curry sauce, crispy onions and chilli - serve!

Spiced Chai Porridge



CALORIES:
54.6% Carbs
10.5% Protein
34.9% Fat

Food Labelling...

Serves **1**

CONTAINS:



OATS



PECANS,
ALMONDS,
PISTACHIOS

MAY CONTAIN:



WHEAT,
BARLEY



HAZELNUTS,
CASHEWS,
WALNUTS,
BRAZIL NUTS,
MACADAMIAS



PEANUTS

Recipe Ingredients ...

Quantity:	Description:
84673 - 84673 Brakes Oatflakes.. - BRAKES	35g 0x Each
113653 - 113653 Alpro Roasted Almond Unsweetened U.H.T. 1L.. - BRAKES	160g 1.28x Each
350102 - 350102 Tate & Lyle Mediterranean Inspired Medium Bodied Buttery Light Soft Brown Cane .. - BRAKES	10g 0x Each
33581 Sysco Classic Ground Cassia Cinnamon (22 Jul 2023)..	1g
33709 - 33709 Sysco Classic Ground Nutmeg (24 Jul 2023).. - BRAKES	0.5g 0x Each 0x
33583 - 33583 Sysco Classic Ground Ginger (22 Jul 2023).. - BRAKES	0.5g Each
28189 Sysco Classic Whole Green Cardamoms..	0.5g
10386 Figs..	20g
8796 Brakes Pecan Nut Halves..	5g
8823 Brakes Pistachio Kernels..	5g
135865 - 135865 Mixologist's Garden Strawberry Slices.. - BRAKES	5g 0.05x Each

1 Serving



Product code



Barcode



243g /

270kcal



1

Cooking Instructions & Notes

Preparation:

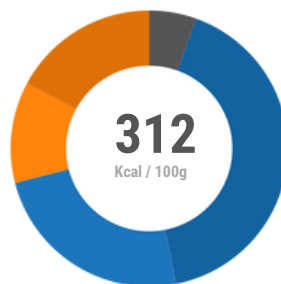
Slice the fig

Chop the pistachios

Method:

1. Put the cinnamon, nutmeg, ginger and cardamom in the milk, bring to a gentle boil - remove from the heat, allow to infuse for 5mins.
 2. Stir in the sugar and then pass through a sieve.
 3. Add the oats to the milk and cook on a low heat until the desired consistency is reached.
 4. Spoon into your chosen bowl and garnish with the nuts, figs and strawberries - serve!
- NB. Depending on seasonal availability you could swap out the dried strawberries for fresh raspberries, blackberries or even cranberries

Sticky Jamaican Ginger Loaf Cake



CALORIES:

65.5%

Carbs **5.5%**

Protein **29%**

Fat

Food Labelling...

Serves **8**

CONTAINS:



WHEAT



EGGS



MILK



SULPHITES

Recipe Ingredients ...

	Quantity:	Description:
350091 - 350091 Brakes Plain Flour (24 May 2023) - BRAKES	200g	0.07x Each
33583 - 33583 Sysco Classic Ground Ginger - BRAKES	20g	0.04x Each
33581 - 33581 Brakes Ground Cassia Cinnamon - BRAKES	6g	0.01x Each
33710 - 33710 Brakes Ground Mixed Spice - BRAKES	6g	0.01x Each
2063 - 2063 Noel's Chinese Stem Ginger in Syrup 1.05kg - BRAKES	80g	0.08x Each
33596 - 33596 Sysco Classic Bicarbonate of Soda - BRAKES	3.8g	0x Each
70219 - 70219 Brakes Fresh Whole Milk - BRAKES	125ml	0.06x Each
314 - 314 Lyle's Black Treacle 7.257kg - BRAKES	85g	0.01x Each
26941 - 26941 Brakes Golden Syrup - BRAKES	85g	0.01x Each
350103 - 350103 Tate & Lyle Mississippi Inspired Dark Soft Brown Cane Sugar 3kg - BRAKES	85g	0.03x Each
71128 - 71128 Brakes Salted Butter - BRAKES	85g	0.34x Each
105674 - 105674 Brakes 15 Dozen British Fresh Free Range Large Eggs - BRAKES	57g	1 x Each

1 Serving



Product code



Barcode



105g /

330kcal



1

Cooking Instructions & Notes

Preparation:

Preheat the oven to 160oC

Finely chop the stem ginger - retain 3 tablespoons of syrup for the glaze.

Grease and line a 2lb loaf tin

Method:

1. Sift the flour and spices into a bowl, mix well.
2. Add the finely chopped stem ginger and toss to coat (this will help to stop the pieces sinking to the bottom when you bake).
3. Mix the bicarbonate of soda with the milk in a separate bowl or jug.
4. Heat the treacle, golden syrup, sugar, salt and butter over a low heat, stirring regularly, until melted.
5. Add this to the flour and beat vigorously until smooth.
6. Beat in the egg and then whisk in the milk until you have a smooth batter.
7. Pour the batter mix into the greased/lined loaf tin.
8. Bake in the oven for 1hr - covering with foil for the last 30mins.
9. Remove from the oven and brush with the stem ginger syrup.
10. Allow to cool in the tin for 24hrs for the flavours to develop.
11. Slice and serve as required.