



*Spring  
into  
summer*

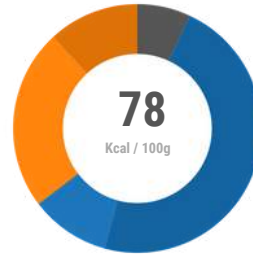
Recipe guide

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# Komatsuna salad with maple and soy, crispy onions and sesame

OVERVIEW ...



CALORIES:  
**57.7% Carbs**  
**6.9% Protein**  
**35.4% Fat**

FOOD LABELLING...

Serves 1

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

152775 British Komatsuna.. - BRAKES

152775 BRITISH KOMATSUNA

BRAKES

100g

2/3 x Each

unchanged

100535 Brakes Pure Canadian Maple Syrup.. - BRAKES

100535 PUREADIAN MAPLE SYRUP

BRAKES

20g

0.03 x Each

N/A

124867 Kikkoman Tamari Gluten Free Soy Sauce 1L.. - BRAKES

124867 TAMARI GLUTEN FREE SOY SAUCE

BRAKES

10g

0.01 x Each

N/A

134544 Kuhne Crispy Fried Onions..

FRIED ONIONS

BRAKES

5g

N/A

151641 World of Spice Sesame Seeds Whole.. - BRAKES

151641 SESAME SEEDS WHOLE

BRAKES

2g

0 x Each

N/A

131165 Black Sesame Seeds.. - BRAKES

131165 SESAME SEEDS

BRAKES

2g

0 x Each

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



139g / 110kcal

# 1.0

#### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

Wash and trim the komatsuna

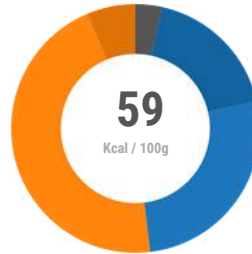
##### Method:

1. In a pan over a medium heat bring the soy sauce and maple syrup to the boil.
2. Add the komatusna and take off the heat - allow to wilt.
3. Add the onions and seeds and mix well.
4. Serve on a suitable dish.

SERVE HOT OR COLD - IF COLD CHILL QUICKLY AFTER COOKING

# Croxton manor cheddar souffle with chestnut & cranberry salad with winter pesto

OVERVIEW ...



CALORIES:  
**44.7% Carbs**  
**3.4% Protein**  
**51.9% Fat**

FOOD LABELLING...

Serves 1

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

591905 - Croxton Manor Cheddar Cheese Souffle..  
 CHEDDAR CHEESE SOUFFLE

U 110g

each

N/A

130382 Prepared Chestnuts.. - BRAKES  
 130382 PREPARED CHESTNUTS

BRAKES 15g

unchanged

89849 Brakes Dried Cranberries..  
 DRIED CRANBERRIES

BRAKES 5g

unchanged

134898 Red Chicory 500g..  
 RED CHICORY

BRAKES 35g

unchanged

74831 Mixed Micro-Greens.. - BRAKES  
 74831 MIXED MICRO-GREENS

BRAKES 2g

N/A

126921 Sacla Free From Basil Pesto..  
 FREE FROM BASIL PESTO

BRAKES 15g

unchanged

N.B - Recipe contains new lines, available Sept 2025.

1 Serving



🕒 182g / 109kcal

# 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

**Preparation:**

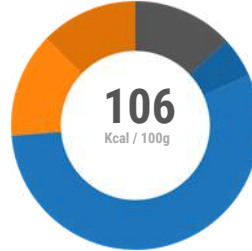
Defrost the souffle  
Prepare the chicory  
Chop the chestnuts

**Method:**

1. On a papered tray cook the souffle in an oven as per the instructions.
2. In a bowl mix together all the remaining ingredients holding back a spoon of the pesto.
3. Once the souffle is hot place onto a suitable dish and surround with the winter salad.
4. Dress the plate with the remaining pesto and serve.

# Cajun sweet potato tacos with chipotle cheese sauce

OVERVIEW ...



CALORIES:  
**60.5% Carbs**  
**13.1% Protein**  
**26.3% Fat**

FOOD LABELLING...

Serves 1

CONTAINS:



WHEAT

MILK

OTHER PROPERTIES:



VEGETARIAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

152779 Diced Cajun Sweet Potato.. - BRAKES

152779 DICED CAJUN SWEET POTATO

BRAKES

60g

0.06 x Each

unchanged

151395 Fresh Kitchen Chipotle Cheese Sauce.. - BRAKES

151395 CHIPOTLE CHEESE SAUCE

BRAKES

10g

0.05 x Each

unchanged

123351 La Boulangerie Fully Baked Mini Soft White Tacos.. - BRAKES

123351 TACO

BRAKES

29g

2 x Each

N/A

105597 Micro Coriander BB.. - BRAKES

105597 MICRO CORIANDER BB

BRAKES

1g

0.03 x Each

N/A

PRODUCTS / PACK SIZES ...

## 1 Serving



100g / 108kcal

# 1.0

### SUSTAINABILITY & FOOTPRINT...

Component	Grade	Contribution
<b>Food Production</b>		<b>0.08kg</b>
60.0g 152779 Diced Cajun Sweet Potato	A	0.04kg
10.0g 151395 Fresh Kitchen Chipotle Cheese Sauce	B	0.02kg
29.0g 123351 La Boulangerie Fully Baked Mini Soft White Tacos	A	0.03kg
1.00g 105597 Micro Coriander BB	B	0.00kg
<b>Water Usage</b>		<b>105l</b>
60.0g 152779 Diced Cajun Sweet Potato	4	90.7l
10.0g 151395 Fresh Kitchen Chipotle Cheese Sauce	2	6.13l
29.0g 123351 La Boulangerie Fully Baked Mini Soft White Tacos	X	-
1.00g 105597 Micro Coriander BB	9	8.28l



64% Data Quality Score

### Your Transport & Packaging:

1 Serving 100g (serves 1.0)

### COOKING INSTRUCTIONS & NOTES

#### METHOD

#### Preparation:

Defrost tacos

#### Method:




1. Put the sweet potato onto a papered or lightly oiled tray and place into a hot oven at 180oC for 4 minutes or until slightly crisp.
2. Warm the chipotle cheese sauce.
3. Quickly flash grill the tacos and place into a stand.
4. Spoon the sweet potato into the tacos.
5. Drizzle with the chipotle cheese sauce and garnish with the micro coriander.
6. Serve.



RECIPE INGREDIENTS ...		QUANTITY:	DESCRIPTION:	METHOD:
89029 Sysco Classic Salsa Sauce.. - BRAKES	89029 SALSA SAUCE	BRAKES 50g	0.02 x Each	unchanged
135335 Sysco Classic Guacamole.. - BRAKES	135335 COCONUT CREAM ALTERNATIVE	BRAKES 50g	½ x Each	unchanged
135336 Sysco Classic Sour Cream.. - BRAKES	135336 SOUR CREAM	BRAKES 50g	½ x Each	unchanged
136733 Cheeky Gluten Free Crispy Fried Onions.. - BRAKES	136733 CRISPY FRIED ONIONS	BRAKES 3g	0.03 x Each	N/A
86251 Brakes Chilli Tortilla Corn Chips.. - BRAKES	86251 CHILLI FLAVOUR CORN CHIPS	BRAKES 40g	0.08 x Each	N/A
105475 Spring Onions.. - BRAKES	105475 SPRING ONIONS	BRAKES 5g	0.05 x Each	unchanged
114212 Chillies Red.. - BRAKES	114212 CHILLIES RED FRESH DIRECT	BRAKES 3g	0.01 x Each	unchanged

PRODUCTS / PACK SIZES ...

1 Serving

🕒 201g / 327kcal  
# 1.0

INGREDIENT LIST (QUID) ...

Salsa Sauce (24.9%) [Tomatoes (41%), Water, Onion (8%), Mixed Peppers (8%), Tomato Purée (7%), Spirit Vinegar, Sugar, Modified Maize Starch, Green Jalapeño Peppers, Salt, Dried Garlic, Dried Chillies, Coriander], Coconut Cream Alternative (24.9%) [Water, Onion, Rapeseed Oil, Tomatoes (7%), Modified Maize Starch, Avocado (4%) (Avocado, Water, Acidity Regulator (Citric Acid), Salt, Antioxidant (Ascorbic Acid)), Sour Cream (**milk**) (3%), Lime Juice From Concentrate, Lemon Juice From Concentrate, Whey (**milk**) Powder (**milk**), Sugar, Jalapeño Chilli, Coriander, Dried Garlic, **egg** Yolk, Colours (Lutein, Copper Complexes Of Chlorophyllins), Acidity Regulator (Citric Acid), Salt, Stabiliser (Xanthan Gum), Dried Red Pepper, Preservative (Potassium Sorbate)], Sour Cream (24.9%) [Water, Sour Cream (**milk**) (38%), Modified Maize Starch, Single Cream (**milk**) (1%), Stabilisers (Mono And Di Acetyl Tartaric Acid Esters Of Mono And Di Glycerides Of Fatty Acids, Xanthan Gum); Acidity Regulator (Lactic Acid); Preservative (Potassium Sorbate)], Chilli Flavour Corn Chips (19.9%) [Maize Flour, Sunflower Oil, Chilli Seasoning [Maltodextrin, Salt, Spices (Paprika, Cumin, Chilli, Ginger, Coriander), Sugar, Yeast Extract, Onion Powder, Chilli Powder (Chilli, Cumin, Salt, Oregano, Garlic), Garlic Powder, Herb (Oregano), Spice Extracts (Chilli, Capsicum), Colour (Paprika Extract), Flavourings, Herb Extracts (Oregano, Thyme)]], Spring Onions (2.5%), Crispy Fried Onions (1.5%) [Onions (75%), Sunflower Oil, Corn Starch, Salt], Chillies Red (1.5%)

**ALLERGY ADVICE:** For allergens, see ingredients in **bold & Underline**

SUSTAINABILITY & FOOTPRINT...

Component Grade Contribution

**Food Production**

**0.31kg**

50.0g	89029 Sysco Classic Salsa Sauce	B	0.08kg
50.0g	135335 Sysco Classic Guacamole	B	0.11kg
50.0g	135336 Sysco Classic Sour Cream	A	0.05kg
3.00g	136733 Cheeky Gluten Free Crispy Fried Onions	A	0.00kg
40.0g	86251 Brakes Chilli Tortilla Corn Chips	B	0.07kg
5.00g	105475 Spring Onions	A	0.00kg
3.00g	114212 Chillies Red	A	0.00kg



**Water Usage**

**54.2l**

50.0g	89029 Sysco Classic Salsa Sauce	2	30.7l
50.0g	135335 Sysco Classic Guacamole	X	-
50.0g	135336 Sysco Classic Sour Cream	X	-
3.00g	136733 Cheeky Gluten Free Crispy Fried Onions	X	-
40.0g	86251 Brakes Chilli Tortilla Corn Chips	X	-
5.00g	105475 Spring Onions	1	1.45l
3.00g	114212 Chillies Red	8	22.1l



60% Data Quality Score

**Your Transport & Packaging:**

1 Serving 201g (serves 1.0)

**COOKING INSTRUCTIONS & NOTES**

**PREPARATION**

Thinly Slice Chillies  
Thinly Slice Red Onion

**METHOD**


Place Nachos on serving plate  
Top with Sauces  
Finish with Spring Onion ,Crispy Onions & Chilli



RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
152195 Sysco Classic Wheat Biscuits.. - BRAKES 152195 WHEAT BISCUITS	BRAKES 2g	0.01 x Each	unchanged
134568 Brakes Nacho Cheese Sauce.. - BRAKES 134568 CHEESE SAUCE	BRAKES 20g	0.2 x Each	N/A
35379 Brakes Tortilla Corn Chips.. - BRAKES 35379 TORTILLA CORN CHIPS	BRAKES 30g	0.06 x Each	N/A
470703 Plain Flour.. FLOUR	BRAKES 2g	0.07 x Each	unchanged
105674 Wholesome Farms 15 Dozen British Fresh Free Range Large Eg... 105674 EGG	BRAKES 5g	0.07 x Each	unchanged
112831 Sysco Classic Grate Tex Mex Cheese.. - BRAKES 112831 GRATED TEX MEX CHEESE	BRAKES 20g	0.02 x Each	unchanged
113118 Spicentice Chipotle Rub.. - BRAKES 113118 CHIPOTLE RUB SPICENTICE	BRAKES 1g	0 x Each	N/A
71486 Prime Meats British Chicken Breast Fillets.. - BRAKES 71486 CHICKEN	BRAKES 100g	0.41 x Each	unchanged

PRODUCTS / PACK SIZES ...

1 Serving



180g / 374kcal  
# 1.0

INGREDIENT LIST (QUID) ...

Chicken (55.6%), Tortilla Corn Chips (16.7%) [Maize Flour, Sunflower Oil, Salt], Cheese Sauce (11.1%) [Reconstituted Skimmed **milk**, Water, Cheese (**milk**) Powder (6%) (**milk**, Emulsifier (Disodium Phosphate), Salt, Colour (Paprika), Starter Culture, Rennet), Cheese (**milk**) (5%) (**milk**, Potato Starch, Salt, Rennet, Starter Culture), Modified Maize Starch, Vegetable Oil (Palm), Tapioca Starch, Vegetable Stock Powder (Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Lovage, Sunflower Oil), Salt, Acidity Regulator (Trisodium Citrate), Chilli Powder, Emulsifier (**soya** Lecithin), Colour (Beta Carotene)], Grated Tex Mex Cheese (11.1%) [Cheddar Cheese (49%, **milk**)(**milk**), Mexicana Cheese (49%, **milk**)(**milk**), [ Cheddar Cheese (**milk**), Chilli Pepper(Red Pepper, Water, White Wine Vinegar, Salt, Sugar, Lactic Acid), Chilli Powder, Rehydrated Mixed Peppers(Water, Dried Green Pepper, Jalapeño Chilli), Mexicana Seasoning(Chilli, Cumin, Black Pepper, Paprika, Salt, Garlic Powder, Sugar, Green Pepper, Tomatoes, Dried Garlic, Tomato Powder, Onion Powder, Parsley, Colour(Paprika Extract), Anti Caking Agent(Silicon Dioxide), Acid(Citric Acid)], Pepper], Anti Caking Agent(Potato Starch)], **Egg** (2.8%), **Wheat** Biscuits (1.1%) [**wheat** (95%), **barley** Malt Extract, Sugar, Salt, Niacin, Iron, Thiamin, Riboflavin, Folic Acid], Flour (1.1%) [**wheat** Flour (with Calcium, Iron, Niacin, Thiamin)], Chipotle Rub (0.56%) [SMOKED PAPRIKA, SEA SALT, DEMERARA SUGAR, GARLIC, CUMIN, OREGANO, ONION, CHILLI, CORIANDER, CHIPOTLE CHILLI(8%), BLACK PEPPER]

**ALLERGY ADVICE:** For allergens, see ingredients in **bold & Underline**

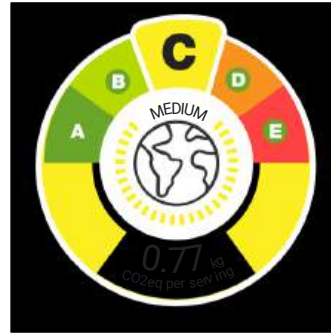
SUSTAINABILITY & FOOTPRINT...

Component Grade Contribution

**Food Production**

**0.77kg**

2.00g	152195 Sysco Classic Wheat Biscuits	B	0.00kg
20.0g	134568 Brakes Nacho Cheese Sauce	B	0.03kg
30.0g	35379 Brakes Tortilla Corn Chips	B	0.05kg
2.00g	470703 Plain Flour	B	0.00kg
5.00g	105674 Wholesome Farms 15 Dozen British Fresh Free Ran...	B	0.02kg
20.0g	112831 Sysco Classic Grate Tex Mex Cheese	D	0.30kg
1.00g	113118 Spicentice Chipotle Rub	B	0.00kg
100g	71486 Prime Meats British Chicken Breast Fillets	B	0.37kg



**Water Usage**

**555l**

2.00g	152195 Sysco Classic Wheat Biscuits	X	- 12.3l
20.0g	134568 Brakes Nacho Cheese Sauce	2	- 3.70l
30.0g	35379 Brakes Tortilla Corn Chips	X	18.2l
2.00g	470703 Plain Flour	4	188l -
5.00g	105674 Wholesome Farms 15 Dozen British Fresh Free Ran...	6	333l
20.0g	112831 Sysco Classic Grate Tex Mex Cheese	9	
1.00g	113118 Spicentice Chipotle Rub	X	
100g	71486 Prime Meats British Chicken Breast Fillets	5	



64% Data Quality Score

**Your Transport & Packaging:**

1 Serving 180g (serves 1.0)

**COOKING INSTRUCTIONS & NOTES**

**PREPARATION**

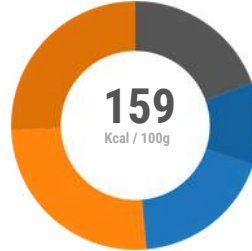
Crush Wheat Biscuits  
Cut Chicken into Strips

**METHOD**

Add Rub to crumb  
Panne Chicken in flour , beaten egg & Crumb  
Deep fry or Air fry for 5-6 minutes  
Serve Chicken on top of Nachos  
Drizzle with Nacho Sauce & Spicy Cheese

# Cumberland sausage lentil cassoulet

OVERVIEW ...



CALORIES:  
**29.1% Carbs**  
**19.5% Protein**  
**51.4% Fat**

FOOD LABELLING...

Serves 1

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

77904 Brakes Lentil, Semi Dried Tomato & Soya Bean Salad.. - BRAKES

77904 LENTIL, SUNBLAZE TOMATO & SOYA BEAN SALAD

BRAKES 125g

unchanged

131077 Sysco Essentials Plant-Based Cumberland Sausage.. - BRAKES

131077 MEAT FREE SAUSAGE

BRAKES 100g

2 x Each

unchanged

136678 Sysco Classic Reduced Fat & Salt Gluten-Free Fine Gravy Gran...

FINE GRAVY GRANULES

BRAKES 10g

N/A

136323 La Vie Vegan Smoked Bacon Lardons 500g.. - BRAKES

136323 PLANT-BASED BACON LARDONS

BRAKES 20g

unchanged

74818 Pea Shoots.. - BRAKES

74818 PEA SHOOTS

BRAKES 2g

unchanged

88386 Brakes Glaze with Balsamic Vinegar of Modena.. - BRAKES

88386 BALSAMIC VINEGAR GLAZE

BRAKES 5ml

N/A

134544 Kuhne Crispy Fried Onions.. - BRAKES

134544 FRIED ONIONS

BRAKES 5g

N/A

PRODUCTS / PACK SIZES ...

1 Serving



🕒 267g / 451kcal

# 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

**Preparation:**

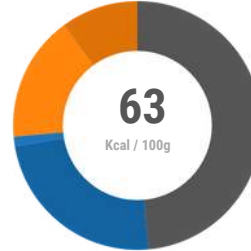
Defrost the sausages  
Defrost the lardons  
Prepare the gravy as per pack instructions

**Method:**

1. On a papered tray cook the sausages in an oven at 180oC until a core temperature has been reached. Once cooked cut in half.
2. In a pan over a medium heat warm the gravy until simmering, add in the lentils and cook slowly to reach a core temperature. Once simmering add in the sausage.
3. In a pan over a high heat fry the lardons until crisp - drain
4. Spoon the lentils/sausage 'cassoulet' into a suitable serving dish.
5. Garnish with the bacon lardons, crispy onions, peashoots and a drizzle of balsamic glaze - serve!

# Chorizo relish marinated cod, spicy chickpea salad & pickled watermelon

OVERVIEW ...



CALORIES:  
**25% Carbs**  
**48.6% Protein**  
**26.4% Fat**

FOOD LABELLING...

Serves 50

CONTAINS:



MAY CONTAIN:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

150351 Portico Premium Atlantic Line Caught MSC Cod fillets.. - BRAKES...  
 150351 MSC COD FILLETS SKIN ON, BONELESS BRAKES 3kg 16 x Each *unchanged*

The Kitchen Chkpea Med Veg Salad (153391)..  
 SALAD U 3kg *unchanged*

151386 Fresh Kitchen Pickled Watermelon.. - BRAKES  
 151386 PICKLED WATERMELON BRAKES 1kg 10 x Each *unchanged*

151392 Fresh Kitchen Chorizo Relish.. - BRAKES  
 151392 CHORIZO RELISH BRAKES 1kg 10 x Each *unchanged*

74831 Mixed Micro-Greens.. - BRAKES  
 74831 MIXED MICRO-GREENS BRAKES 100g 1 x Each *N/A*

PRODUCTS / PACK SIZES ...

1 Serving



162g / 103kcal

# 1.0

#### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

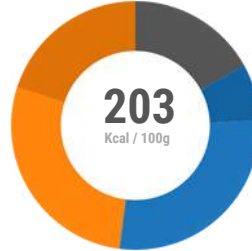
Defrost the cod loins and dry on kitchen paper  
Reserve some of the chorizo relish to dress the finished dish

##### Method:

1. Brush the cod loins with the chorizo relish and place onto a papered or oiled tray - cook in an oven at 200oC for 6 minutes or until cooked through.
2. Remove from the oven, allow to cool then place in a fridge until required.
3. Spoon the chickpea salad onto your chosen dish.
4. Flake the cooked cod on top.
3. Spoon a little of the chorizo relish/oil over the cod, garnish with the pickled watermelon and micro salad - serve!

# 'Meatball' sub

OVERVIEW ...



CALORIES:  
**35% Carbs**  
**17% Protein**  
**48% Fat**

FOOD LABELLING...

Serves 1

CONTAINS:



WHEAT

MAY CONTAIN:



OATS, BARLEY,  
RYE



EGGS



MILK



SOYA

OTHER PROPERTIES:



VEGETARIAN



VEGAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

149970 Sysco Simply Plant-Based Balls.. - BRAKES

149970 MEATBALLS

BRAKES

100g

5 x Each

unchanged

151396 Fresh Kitchen Tomato & Basil Passata.. - BRAKES

151396 TOMATO & BASIL PASSATA

BRAKES

100g

unchanged

130435 La Boulangerie 9" Vegan Brioche Style Hot Dog Roll..

BRIOCHE ROLL

BRAKES

80g

unchanged

135420 Sheese Vegan Grated Mozzarella 1kg.. - BRAKES

135420 VEGAN CHEESE

BRAKES

25g

unchanged

134289 Sysco Classic Smoked Paprika.. - BRAKES

134289 PAPRIKA

BRAKES

5g

N/A

125114 Micro Green Basil.. - BRAKES

125114 MICRO GREEN BASIL

BRAKES

1g

N/A

PRODUCTS / PACK SIZES ...

1 Serving



311g / 652kcal

# 1.0

#### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

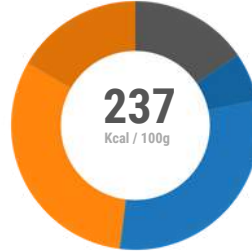
Defrost the bun

##### Method:

1. In a pan over a medium heat fry the balls until slightly coloured then add in the tomato sauce and coat.
2. Spoon the meatballs into the roll and place onto a tray.
3. Sprinkle over the cheese and then add more tomato sauce.
4. Place into a hot oven at 180oC for 3 minutes.
5. Place onto a suitable dish and garnish with the micro basil.
6. Serve.

# Vegan Mexican burger in a Brioche style bun

OVERVIEW ...



CALORIES:  
**36.6% Carbs**  
**15.4% Protein**  
**48% Fat**

FOOD LABELLING...

Serves 1

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



RECIPE INGREDIENTS ...

	QUANTITY:	DESCRIPTION:	METHOD:
149969 Sysco Simply Plant-Based Burger.. - BRAKES PLANT BASED BURGERS	BRAKES 113g	1 x Each	unchanged
117480 Guacamole.. - BRAKES GUACAMOLE	BRAKES 25g	0.03 x Each	N/A
11196 Sysco Classic Tomato Salsa.. SALSA	BRAKES 25g		N/A
146195 Lion Chipotle Mayo.. CHIPOTLE MAYO	BRAKES 10g		unchanged
132671 Applewood Vegan Slices 200g.. VEGAN SLICES 200G	BRAKES 10g		unchanged
129454 La Boulangerie Pre-sliced Vegan Brioche Style Burger Bun.. BRIOCHE ROLL	BRAKES 90g		unchanged
86251 Brakes Chilli Tortilla Corn Chips.. - BRAKES CHILLI FLAVOUR CORN CHIPS	BRAKES 10g	0.02 x Each	N/A

## 3001 Brakes Vegetable Samosas.. - BRAKES

3001 VEGETABLE SAMOSAS

BRAKES

40g

1 x Each

unchanged

### PRODUCTS / PACK SIZES ...

#### 1 Serving



323g / 785kcal

# 1.0

### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

Defrost the bun  
Defrost the burger onto a papered tray  
Crush the tortillas

##### Method:

1. Cook the burger as per instructions in an oven until a core temperature is reached, once cooked add the cheese and return to the oven until the cheese has melted.
2. In a deep fat fryer at 180oC cook the samosa for 6 minutes - drain well.
3. Warm/toast the bun, spread the guacamole onto the base top with crushed tortillas.
4. Add the burger and then spoon on the salsa.
5. Drizzle over the chipotle sauce and then finally spear the top of the bun with the samosa and bring together.  
Serve.

# Thyme glazed butternut squash & pearl onion tart tatin, garlic green beans, balsamic red wine jus

OVERVIEW ...



CALORIES:  
**91.6% Carbs**  
**8.4% Protein**  
**0% Fat**

FOOD LABELLING...

Serves 1

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



RECIPE INGREDIENTS ...

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
591904 - Vegan Thyme glazed Butternut Squash & Pearl Onion Tarte Tatin.. THYME BUTTERNUT SQUASH ONION	U 220g	each	unchanged
4762 Sysco Classic Cut Green Beans.. - BRAKES 4762 CUT GREEN BEANS BRAKES	BRAKES 40g		unchanged
110718 Greens Chopped Garlic 250g.. GARLIC HERBS 250G	BRAKES 5g		unchanged
88386 Brakes Glaze with Balsamic Vinegar of Modena.. - BRAKES 88386 BALSAMIC VINEGAR GLAZE	BRAKES 15ml		N/A
136678 Sysco Classic Reduced Fat & Salt Gluten-Free Fine Gravy Gran... 136678 FINE GRAVY GRANULES	BRAKES 10g		N/A

N.B - Recipe contains new lines, available Sept 2025.

## 1 Serving



290g / 84kcal

# 1.0

## COOKING INSTRUCTIONS &amp; NOTES

## METHOD

**Preparation:**

Defrost the tart

Defrost the beans and garlic

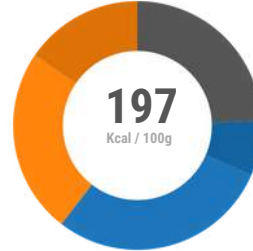
Prepare the gravy as per instructions

**Method:**

1. On a papered tray in the oven cook the tart as per instructions.
2. In a pan over a medium heat fry the garlic in a little oil then add the green beans and season.
3. In a pan over a low heat bring the gravy to a gentle simmer then add in the balsamic.
4. Spoon the green beans onto the centre of plate and then top with the tart.
5. Generously sauce the dish and serve.

# Stacked burger with burger sauce, pickles and sticky cheese in a glazed bun

OVERVIEW ...



CALORIES:  
**36.1% Carbs**  
**24.4% Protein**  
**39.6% Fat**

FOOD LABELLING...

Serves 1

CONTAINS:



MAY CONTAIN:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

127418 British Red Tractor Steak Burger Mince.. - BRAKES

127418 BEEF

**BRAKES** 115g

*unchanged*

151398 Fresh Kitchen Ultimate Burger Sauce..

ULTIMATE BURGER SAUCE

**BRAKES** 15g

*unchanged*

151390 Fresh Kitchen Bread & Butter Pickle..

BREAD & BUTTER PICKLE

**BRAKES** 10g

*unchanged*

151388 Fresh Kitchen Pickled Sweet & Sour Red Onion.. - BRAKES

151388 PICKLED SWEET & SOUR RED ONION

**BRAKES** 10g

*unchanged*

106923 Brakes Burger Slices..

BURGER SLICES

**BRAKES** 25g

2 each

*unchanged*

114590 La Boulangerie 4.5" Glazed Burger Bun..

BURGER BUN

**BRAKES** 85g

1 each

*unchanged*

PRODUCTS / PACK SIZES ...

1 Serving



260g / 518kcal

# 1.0

#### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

Defrost the bun

Form the mince into 2 x 2oz balls (place in the chiller until required)

##### Method:

1. Over a hot flat griddle or pan push the burger balls down into a thin patty (they should be the thickness of a pound coin) fry until slightly crisp on each side.
2. Add the burger cheese slices to each patty and allow to melt slightly.
3. Warm/toast the bun and then spread the bottom with the burger sauce, add a patty.
4. Add half the pickles and onions and then add the other patty, top with the remaining pickles and a spoonful of burger sauce.
5. Press firmly the top of the bun to bring together - serve!



RECIPE INGREDIENTS ... QUANTITY: DESCRIPTION: METHOD:

131422 Sysco Classic Spicy Chip Seasoning.. - BRAKES

131422 SPICY CHIP SEASONING

BRAKES 15g

0.02 x Each

N/A

4268 Sysco Classic Potato Wedges.. - BRAKES

4268 JACKET POTATO WEDGES





BRAKES 120g

0.05 x Each

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



 135g / 180kcal
  # 1.0

INGREDIENT LIST (QUID) ...

Jacket Potato Wedges (88.9%) [Potato, Sunflower Oil], Spicy Chip Seasoning (11.1%) [Salt(Salt, Sodium Ferrocyanide), Red Pepper (8%), Maltodextrin, Cayenne Pepper (6%), Chilli Powder (5.0%), Garlic Powder (4.5%), Pimento, Coriander, Cardamom, Fennel, Black Pepper, Cumin Seed, Oregano, Ginger, White Pepper, Flavouring, Yeast Extract(Yeast Extract, Salt, Sunflower Oil, Citric Acid), Oregano Leaves, Paprika Extract, Sage, Thyme, Rapeseed Oil, Anti Caking Agent(Silicon Dioxide)]

**ALLERGY ADVICE:** For allergens, see ingredients in **bold & Underline**

SUSTAINABILITY & FOOTPRINT...

Component	Grade	Contribution
<b>Food Production</b>		<b>0.19kg</b>
15.0g 131422 Sysco Classic Spicy Chip Seasoning	<b>B</b>	0.02k
120g 4268 Sysco Classic Potato Wedges	<b>B</b>	g
<b>Water Usage</b>		0.18k <b>1811</b> g
15.0g 131422 Sysco Classic Spicy Chip Seasoning	<b>X</b>	-
120g 4268 Sysco Classic Potato Wedges	<b>4</b>	1811



**Your Transport & Packaging:**

1 Serving 135g (serves 1.0)

42% Data Quality Score

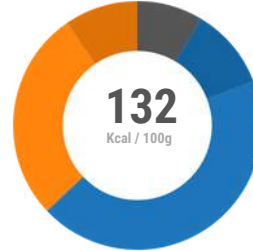
COOKING INSTRUCTIONS & NOTES

**METHOD**

Fry or Oven bake Tater Tots  
Toss in Chip seasoning and serve

# Root vegetable wellington with braised cabbage, mash & onion gravy

OVERVIEW ...



CALORIES:  
**54.4% Carbs**  
**8.5% Protein**  
**37% Fat**

FOOD LABELLING...

Serves 1

CONTAINS:



MAY CONTAIN:



HAZELNUTS,  
 PECANS,  
 ALMONDS,  
 CASHEWS,  
 WALNUTS,  
 BRAZIL NUTS,  
 PISTACHIOS,  
 MACADAMIAS

OTHER PROPERTIES:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

152065 Bespoke Kitchen Foods Root Vegetable Vegan Wellington.. - B... **BRAKES** 175g 1 x Each *unchanged*

**152065** ROOT VEGETABLE VEGAN WELLINGTON

114427 Ardo Red Cabbage & Apple.. **BRAKES** 50g *unchanged*

RED CABBAGE & APPLE

350009 McCain Chef's Solutions Simply Mash Potato.. - BRAKES **BRAKES** 100g 0.04 x Each *unchanged*

**350009** MASHED POTATO

134342 Sysco Classic Onion Gravy.. **BRAKES** 150g *N/A*

ONION GRAVY

148781 Global Hacienda Soya Beans.. - BRAKES **BRAKES** 20g 0.2 x Each *unchanged*

**148781** SOYA BEANS

PRODUCTS / PACK SIZES ...

1 Serving



495g / 666kcal

# 1.0

#### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

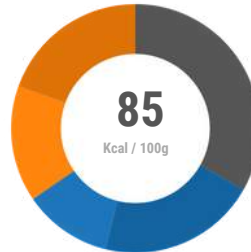
Defrost wellington  
Defrost mash  
Defrost beans  
Defrost gravy  
Defrost braised cabbage

##### Method:

1. On a papered tray cook the wellington as per instructions, until a core temperature is reached.
2. In a pan over a medium heat warm the gravy and soya beans.
3. In a microwave at full power heat the mash and braised cabbage separately.
4. Place the wellington onto the centre of your plate, spoon the mash alongside.
5. Next add the braised cabbage and finish with the onion gravy - serve!

# Monkfish korma with chilli okra

OVERVIEW ...



CALORIES:  
**32.2% Carbs**  
**33.2% Protein**  
**34.6% Fat**

FOOD LABELLING...

Serves 40

CONTAINS:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

150357 Portico Premium British South West Coast Monkfish Portions...  
 150357 MONKFISH SKINLESS, BONELESS BRAKES 3.1kg 20 x Each *unchanged*

89707 Sysco Classic Korma Sauce.. - BRAKES  
 89707 KORMA SAUCE BRAKES 3kg 1 1/2 x Each *unchanged*

119560 Schwartz Sriracha Seasoning 320g.. - BRAKES  
 119560 SRIRACHA SEASONING 320G BRAKES 200g 0.63 x Each *N/A*

119851 Ardo Sliced Okra.. - BRAKES  
 119851 OKRA BRAKES 2kg 2 x Each *unchanged*

13120 Peeled Garlic.. - BRAKES  
 13120 PEELED GARLIC BRAKES 200g 67 x Average Portion *unchanged*

10473 Spring Onions Bunch.. - BRAKES  
 10473 SPRING ONIONS BUNCH FRESH DIRECT BRAKES 400g 4 x Each *unchanged*

114212 Chillies Red.. - BRAKES  
 114212 CHILLIES RED FRESH DIRECT BRAKES 150g 0.6 x Each *unchanged*

35005 Sysco Classic Sesame Seeds.. - BRAKES

 35005 SESAME SEEDS

**BRAKES** 150g

0.3 x Each

*unchanged*

100535 Brakes Pure Canadian Maple Syrup.. - BRAKES

 100535 PUREADIAN MAPLE SYRUP

**BRAKES** 150g

0.24 x Each

*N/A*

85288 Sysco Classic Crushed Chillies.. - BRAKES

 85288 CRUSHED CHILLIES BRAKES

**BRAKES** 50g

0.17 x Each

*N/A*

105597 Micro Coriander BB.. - BRAKES

 105597 MICRO CORIANDER BB

**BRAKES** 60g

2 x Each

*N/A*

#### PRODUCTS / PACK SIZES ...

#### 1 Serving



🕒 237g / 206kcal

# 1.0

#### COOKING INSTRUCTIONS & NOTES

##### METHOD

##### Preparation:

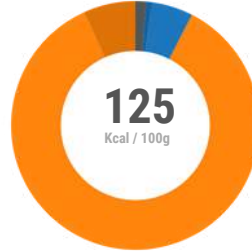
Defrost and cut the monkfish into chunks - dry well on kitchen paper  
Defrost the okra  
Slice the garlic  
Slice the chilli  
Slice the spring onions

##### Method:

1. In a bowl marinade the monkfish by rubbing in the sriracha seasoning and leave for a few hours in a fridge.
2. Place a pan over a medium heat, add a little oil and once hot add the monkfish, cook for about 6mins on all sides until caramelised all over - take off the heat.
3. Add a little oil to a pan on a high heat, add the okra, spring onion, garlic, chilli, sesame seeds and chilli flakes, toss together.
4. Now add the maple syrup to glaze the okra etc - take off the heat.
5. In a pan over a medium heat gently bring the korma sauce to the boil, take off the heat.
6. Add the monkfish into the sauce, stir gently - transfer to hot holding dish
7. Transfer the glazed okra to a hot holding dish
8. Spoon the okra into vegware pots, top with the monkfish korma
9. Finish with sesame seeds and micro coriander - serve!

# Roasted tandoori spiced purple sweet potato

OVERVIEW ...



CALORIES:

6.1% Carbs

1.4% Protein

92.5% Fat

FOOD LABELLING...

Serves 2

OTHER PROPERTIES:



VEGETARIAN



VEGAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

113116 Spicentice Tandoori Rub.. - BRAKES

113116 TANDOORI RUB SPICENTICE

BRAKES

10g

0.05 x Each

N/A

152782 Purple Sweet Potato.. - BRAKES

152782 PURPLE SWEET POTATO

BRAKES

167g

1 x Each

unchanged

33568 Sysco Classic Extended Life Rapeseed Oil.. - BRAKES

33568 EXTENDED LIFE RAPESEED OIL

BRAKES

25ml

0.01 x Each

unchanged

113881 Herb Bunched Flat Leaf Parsley.. - BRAKES

113881 PARSLEY FRESH DIRECT

BRAKES

1g

0.01 x Each

N/A

PRODUCTS / PACK SIZES ...

1 Serving



102g / 130kcal

# 1.0

#### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

Wash/peel and cut the sweet potato into 4cm dice  
Wash & finely chop the parsley

##### Method:




1. Mix the tandoori spice into the oil to form a paste
2. Toss the sweet potato dice in the tandoori paste along with some salt, ensure its coated all over.
3. Transfer to a roasting dish and put into an oven at 180oC for approx 20 mins or until golden and crispy and cooked through
4. Place into a dish and finish with the chopped parsley - serve!



RECIPE INGREDIENTS ...		QUANTITY:	DESCRIPTION:	METHOD:
152195 Sysco Classic Wheat Biscuits.. - BRAKES	152195 WHEAT BISCUITS	<b>BRAKES</b> 10g	0.04 x Each	<i>unchanged</i>
114931 Wholesome Farms Greek Style Yoghurt.. - BRAKES	114931 GREEK STYLE YOGURT	<b>BRAKES</b> 100g	0.02 x Each	<i>unchanged</i>
70324 Wholesome Farms Fresh British Semi Skimmed Milk.. - BRAKES	70324 MILK	<b>BRAKES</b> 5ml	0 x Each	<i>unchanged</i>
350157 Brakes Squeezy Clear Blossom Honey.. - BRAKES	350157 SQUEEZY CLEAR BLOSSOM HONEY BRAKES	<b>BRAKES</b> 5g	0.01 x Each	<i>N/A</i>
149605 Blueberries.. - BRAKES	149605 BLUEBERRIES	<b>BRAKES</b> 10g	0.1 x Each	<i>unchanged</i>

PRODUCTS / PACK SIZES ...

1 Serving

🕒 130g / 185kcal  
# 1.0

INGREDIENT LIST (QUID) ...

Greek Style Yoghurt (76.9%) (**milk**), **Wheat** Biscuits (7.7%) [**wheat** (95%), **barley** Malt Extract, Sugar, Salt, Niacin, Iron, Thiamin, Riboflavin, Folic Acid], Blueberries (7.7%), **Milk** (3.8%), Squeezy Clear Blossom Honey (3.8%)

**ALLERGY ADVICE:** For allergens, see ingredients in **bold & Underline**

SUSTAINABILITY & FOOTPRINT...

Component Grade Contribution

**Food Production**

**0.24kg**

10.0g	152195 Sysco Classic Wheat Biscuits	B	0.01kg
100g	114931 Wholesome Farms Greek Style Yoghurt	B	0.20kg
5.00g	70324 Wholesome Farms Fresh British Semi Skimmed Milk	B	0.01kg
5.00g	350157 Brakes Squeezy Clear Blossom Honey	B	0.01kg
10.0g	149605 Blueberries	A	0.01kg

**Water Usage**

**187l**

10.0g	152195 Sysco Classic Wheat Biscuits	X	- 166l
100g	114931 Wholesome Farms Greek Style Yoghurt	4	8.00l
5.00g	70324 Wholesome Farms Fresh British Semi Skimmed Milk	4	4.46l
5.00g	350157 Brakes Squeezy Clear Blossom Honey	2	8.45l
10.0g	149605 Blueberries	2	

**Your Transport & Packaging:**

1 Serving 130g (serves 1.0)



78% Data Quality Score

**COOKING INSTRUCTIONS & NOTES**

**PREPARATION**

Defrost Blueberries

**METHOD**


Break up the wheat biscuit and place in blender  
 Add all other ingredients  
 Blend until Smooth  
 Serve Chilled



RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
127133 Sysco Classic Chocolate flavour mousse mix.. - BRAKES 127133 CHOCOLATE FLAVOUR MOUSSE	BRAKES 40g	0.31 x Each	N/A
70218 Wholesome Farms Fresh British Semi Skimmed Milk.. - BRAKES 70218 MILK BRAKES	BRAKES 60ml	0.03 x Each	unchanged
119386 Andros Morello Cherry High Fruit Compote.. - BRAKES 119386 MORELLO CHERRY HIGH FRUIT COMPOTE	BRAKES 35g	0.04 x Each	unchanged
150228 Macphie O.T.T White Chocolate Dessert Topping (Scotland Onl... 150228 WHITE CHOCOLATE	BRAKES 20g	0.2 x Each	N/A
NPD Sysco Classic Chocolate Fudge Brownie Mix.. 152988	U 80g		N/A

PRODUCTS / PACK SIZES ...

1 Serving



235g / 276kcal  
# 1.0

INGREDIENT LIST (QUID) ...

NPD Sysco Classic Chocolate Fudge Brownie Mix (34%) [Sugar, wheat Flour(wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Cocoa Powder, egg Powder, Maize Starch, Rapeseed Oil, Salt, Flavouring ], Milk (25.5%), Chocolate Flavour Mousse (17%) [Sugar, Fat Reduced Cocoa Powder, Dried Glucose Syrup, Palm Oil, Pork Gelatine, Skimmed milk Powder, Modified Potato Starch, Emulsifier(Lactic Acid Esters Of Mono And Di Glycerides Of Fatty Acids), Colour (Plain Caramel), milk Proteins, Salt, Stabiliser (Xanthan Gum), Lactose (milk), Flavouring], Morello Cherry High Fruit Compote (14.9%) [Sour Cherries 80%, Water, Sugar, Gelling Agent Fruit Pectins, Thickener Locust Bean Gum, Concentrated Acerola Cherry Juice, Acidify Regulator Calcium Citrates Despite All Our Cares, This Preparation], White Chocolate (8.5%) [Water, Sugar, Dextrose, Skimmed milk Powder, White Chocolate (9%) [Sugar, Cocoa Butter, Whole milk Powder, Emulsifier (soya Lecithin), Natural Vanilla Flavouring], Humectant (Glycerol), Maltodextrin, White Chocolate Powder (2%) [Sugar, Cocoa Butter, Whole milk Powder, Skimmed milk Powder], Whey (milk) Powder (milk), Modified Starch, Stabilisers (Carboxymethyl Cellulose, Cellulose, Xanthan Gum), Flavouring, Salt, Preservative (Sorbic Acid)]

**ALLERGY ADVICE:** For allergens, see ingredients in **bold & Underline**

SUSTAINABILITY & FOOTPRINT...

Component Grade Contribution

**Food Production**

**0.41kg**

40.0g	127133 Sysco Classic Chocolate flavour mousse mix	B	0.12kg
60.0g	70218 Wholesome Farms Fresh British Semi Skimmed Milk	B	0.09kg
35.0g	119386 Andros Morello Cherry High Fruit Compote	A	0.01kg
20.0g	150228 Macphie O.T.T White Chocolate Dessert Topping (S...	B	0.04kg
80.0g	NPD Sysco Classic Chocolate Fudge Brownie Mix	B	0.14kg

**Water Usage**

**262l**

40.0g	127133 Sysco Classic Chocolate flavour mousse mix	4	73.5l
60.0g	70218 Wholesome Farms Fresh British Semi Skimmed Milk	4	95.9l
35.0g	119386 Andros Morello Cherry High Fruit Compote	4	56.1l
20.0g	150228 Macphie O.T.T White Chocolate Dessert Topping (S...	4	36.8l
80.0g	NPD Sysco Classic Chocolate Fudge Brownie Mix	X	-

**Your Transport & Packaging:**

1 Serving 235g (serves 1.0)



**foodprint**



62% Data Quality Score

**COOKING INSTRUCTIONS & NOTES**

**PREPARATION**

Defrost Cherry Compote

**METHOD**

Make Brownie according to instructions on packaging  
 Allow to cool and cut into chunks  
 Make mousse with milk according to instructions on packaging and place in piping bag  
 Pipe mousse into serving pot and top with brownie  
 Then top with cherry compote and drizzle with White chocolate sauce