

A close-up photograph of a fresh salad in a white bowl. The salad features golden-brown croutons, sliced yellow and red cherry tomatoes, and fresh green arugula leaves. A light dressing is visible on the ingredients. The background is softly blurred, showing more of the salad and the bowl's edge.

Recipes

SUMMERS BEST FROM CHEF OLI

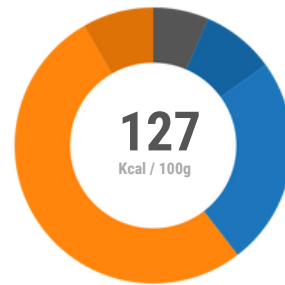
Tomato & Panzanella Nicoise style Salad

British Isle of Wight tomatoes in a salad of french beans, heritage tomatoes, kalamata olives, basil, olive oil and sherry vinegar dressing & sourdough croutons.

By Oliver Lloyd from Brakes

Overview ...

U / 8768072



CALORIES:

33.1%

Carbs **6.5%**

Protein

60.4% Fat

Food Labelling...

Serves **1**

CONTAINS:



MAY CONTAIN:



Recipe Ingredients ...

Quantity:	Description:
50g	1x Average Portion
12068 - 12068	Yellow Cherry Tomatoes - BRAKES
30g	0.12x Each
10364 - 10364	Red Cherry Tomatoes - BRAKES
30g	0.12x Each
450706 - 450706	Inca Tomatoes - BRAKES
40g	0.8x Average Portion
113099 - 113099	La Boulangerie Fully Baked Artisan Plain Sourdough Loaves (24 May 2023) - BRAKES
50g	0.08x Each
119645 - 119645	Cypressa Kalamata Olives (Whole) - BRAKES
10g	0.01x Each
123174 - 123174	Sweet & Sour Onion Pickles - BRAKES
10g	0.01x Each
114204 - 114204	Fine Beans - BRAKES
40g	0.03x Each
127154 - 127154	ECOCE Sherry Vinegar CASE - BRAKES
10ml	0.02x Each
33889	Font Oliva Olive Oil
20g	
113879	Herb Bunched Basil
5g	

Products / Pack Sizes ...

1 Serving



Product code



Barcode



295g /

390kcal



1

Cooking Instructions & Notes

Preparation:

Top & tail the french beans, blanch and refresh, cut in half - chill

Defrost the bread

Remove stones from the olives

Pick basil leaves

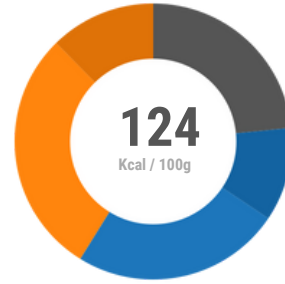
Method:

1. Cut the bread into croutons, toss in some olive oil and season - bake in an oven @180oC until crisp.
2. Cut all the tomatoes into unique shapes and chunks .
3. Mix the tomatoes in the olive oil and vinegar, coat well and tear in the basil.
4. Add in the remaining ingredients, season to taste and spoon onto your chosen plate.

Strawberry Salad with Basil, Feta and Hot Smoked Salmon

By Oliver Lloyd from Brakes

U / 6457410



CALORIES:
35.4% Carbs
23.4% Protein
41.2% Fat

Food Labelling...

Serves **1**

CONTAINS:



MILK



FISH



SULPHITES

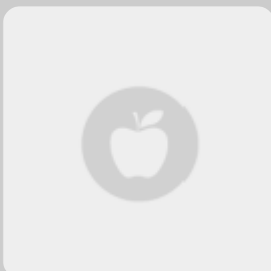
Recipe Ingredients ...

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

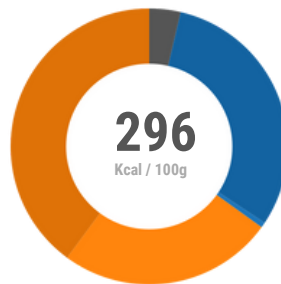
Method:

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!

White Chocolate and Basil Mousse 'Eton Mess' with Fresh British Berries

By Oliver Lloyd from Brakes

U / 8769287



CALORIES:

31.3%

Carbs **3.7%**

Protein

65.1% Fat

Food Labelling...

Serves **1**

CONTAINS:



EGGS



MILK



SOYA

Recipe Ingredients ...

	Quantity:	Description:
85911 - 85911 Callebaut White Chocolate Callets (W2) - BRAKES	50g	0.02x Each
70215 - 70215 Brakes Fresh Double Cream - BRAKES	50ml	0.02x Each
113879 - 113879 Herb Bunched Basil - BRAKES	5g	0.05x Each
8692 - 8692 Lees 72 Meringue Nests - BRAKES	12g	1x Each
131292 - 131292 Blueberries - BRAKES	10g	0.05x Each
131293 - 131293 Raspberries - BRAKES	20g	0.1x Each
450610 - 450610 Strawberries - BRAKES	50g	0.13x Each

Products / Pack Sizes ...

1 Serving



Product code



Barcode



197g /

585kcal



1

Preparation:

Wash the strawberries, remove the stalks and cut in half

Wash the blueberries & raspberries

Pick and chop the basil

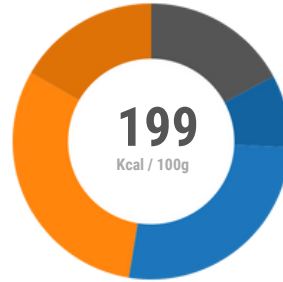
Method:

1. Melt the chocolate in a microwave and allow to cool.
2. Whip the double cream to soft peaks.
3. Gently fold together the chocolate, cream and half the basil.
4. In a bowl mix the berries with the remaining basil.
5. Break/crush the meringue.
6. In a suitable dish randomly layer the meringue, berries and mousse together.
7. Garnish with basil and a drizzle of white chocolate - serve!

Whipped Goats Cheese with Blackberries and Crispy Ham Crostini

By Oliver Lloyd from Brakes

U / 8768195



CALORIES:

35.4% Carbs

17.2% Protein

47.4% Fat

Food Labelling...

Serves **1**

CONTAINS:



WHEAT, RYE



MILK



SULPHITES

MAY CONTAIN:



EGGS



SESAME



SOYA

Recipe Ingredients ...

	Quantity:	Description:
113099 - 113099 La Boulangerie Fully Baked Artisan Plain Sourdough Loaves (24 May 2023) - BRAKES	70g	0.12x Each
117855 Mini Fresh Goat Cheese Log	50g	
113883 - 113883 Herb Bunched Sage - BRAKES	5g	0.05x Each
116160 Parma Ham Slices	20g	
33889 Font Oliva Olive Oil	10g	
88386 Brakes Glaze with Balsamic Vinegar of Modena	10g	
10567 - 10567 Banana Shallots - BRAKES	10g	0.01x
131295 - 131295 Blackberries - BRAKES	40g	Each
74831 Mixed Micro-Greens	2g	0.27x
124179 - 124179 Padron Peppers - BRAKES	20g	0.27x Each

Products / Pack Sizes ...

1 Serving



Product code



Barcode



237g /

483kcal



1

Cooking Instructions & Notes

Preparation:

- Defrost the bread
- Pick the sage
- Peel & finely dice the shallots
- Mix the olive oil with the balsamic vinegar

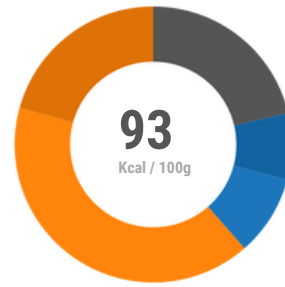
Method:

1. In a deep fat fryer @180oC cook the sage for a few seconds until crisp, drain onto a papered tray.
2. Repeat with the ham until crisp - cool
3. In a bowl whip the cheese and crumble in half the crispy sage and ham.
4. Oil and season the bread and toast on a grill.
5. Place the padron peppers onto a hot chargrill, season and cook until charred and soft.
6. In a pan over a medium heat cook the shallots in a little oil until soft, add in the blackberries, toss together and remove from the heat.
7. Spread the cheese onto the grilled bread and top with the warm blackberries, padron peppers, crispy ham & sage
8. Spoon over the balsamic and olive oil dressing, finish with the micro herbs - serve!

Grilled Asparagus and Courgette Salad with Lemon and Parmesan

By Oliver Lloyd from Brakes

U / 8767871



CALORIES:

17.2% Carbs

21.3% Protein

61.5% Fat

Food Labelling...

Serves 1

CONTAINS:



MILK

Recipe Ingredients ...

	Quantity:	Description:
116370 - 116370 Asparagus - BRAKES	60g	0.12x
114225 - 114225 Peas Sugar Snap - BRAKES	30g	Each
10303 - 10303 Courgettes - BRAKES	60g	0.02x
114207 Tenderstem Broccoli ®	60g	Each
89773 - 89773 Prep Premium Lemon Infused Oil 1 Litre - BRAKES	10g	0.01x Each
10439 Fresh Garlic	5g	Each
35006 - 35006 Brakes Basil - BRAKES	2g	0.01x Each
10533 Lemons	0.5	
113882 Premium Large Mint Bunch	g	
114212 - 114212 Chillies Red - BRAKES	2g	0.01x
71016 - 71016 Parmigiano Reggiano Wedges - BRAKES	2g	Each
	20g	0.02x

Products / Pack Sizes ...

Each

1 Serving



 *Product code*
 *Barcode*
 252g / 244kcal
1

Cooking Instructions & Notes

Preparation

Snap the asparagus
Slice the courgettes
Trim the broccoli into florets
Pick the basil
Pick the mint
Slice the chilli
Roughly chop the garlic

Method:

1. In a bowl mix together the oil and garlic, toss in the asparagus, broccoli, sugar snaps and courgettes.
2. Over a hot grill quickly bar mark the vegetables then transfer to an oven @250oC for 2 minutes - remove - squeeze over the lemon juice and allow to cool.
3. Spoon the vegetables onto a plate and grate the parmesan all over.
4. Garnish with the mint, basil, chilli then drizzle over the remaining garlic lemon oil - serve!