

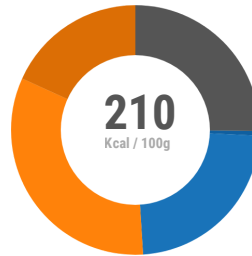


# Own Brand Recipes

To save you time and money in the kitchen

# Scrambled eggs with hot smoked salmon on grilled sourdough

OVERVIEW ...



CALORIES:  
**23.9% Carbs**  
**25.1% Protein**  
**51% Fat**

FOOD LABELLING...

Serves 1

CONTAINS:



MAY CONTAIN:



RECIPE INGREDIENTS ...

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
16392 Brakes 18 British Free Range Fresh Medium Eggs.. - BRAKES <small>16392</small> EGG	<small>BRAKES</small> 168g	3 x Each	unchanged
33254 Sysco Essentials Hot Smoked Salmon Flakes.. - BRAKES <small>33254</small> SALMON	<small>BRAKES</small> 75g		unchanged
113880 Premium Large Chives Bunch.. - BRAKES <small>113880</small> CHIVES	<small>BRAKES</small> 1g		N/A
74826 Brakes Unsalted Butter.. - BRAKES <small>74826</small> BUTTER	<small>BRAKES</small> 10g		unchanged
70215 Wholesome Farms Fresh British Double Cream.. CREAM	<small>BRAKES</small> 10ml		unchanged
150521 The Bread Factory & Wildfarmed White Sourdough Boule.. - BR.. <small>150521</small> WHITE SOURDOUGH BOULE	<small>BRAKES</small> 85g		unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 349g / 738kcal

# 1.0

#### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

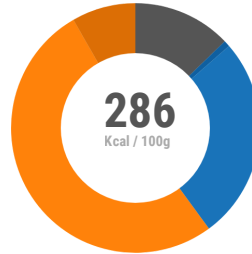
Defrost salmon flakes  
Defrost and slice the bread  
chop chives

##### Method:

1. Season and oil the bread and place onto a hot grill to bar mark and toast - set aside.
2. Season the eggs and whisk together in a suitable bowl to be cooked over a Bain Marie.
3. Allow the eggs to cook by constantly stirring - add in the butter and cream. Once cooked remove from heat and fold through the chives.
4. Place the toast onto a suitable dish and spoon on the scrambled eggs.
5. Garnish with large chunky flakes of the hot smoked salmon - serve!

# Hot smoked salmon linguine with chilli and garlic

OVERVIEW ...



CALORIES:  
**27.1% Carbs**  
**12.8% Protein**  
**60.1% Fat**

FOOD LABELLING...

Serves 1

CONTAINS:



MAY CONTAIN:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

33254 Sysco Essentials Hot Smoked Salmon Flakes.. - BRAKES

33254 SALMON

BRAKES 85g

unchanged

134213 Dressed Linguine Pasta.. - BRAKES

134213 LINGUINE

BRAKES 200g

1 x Each

unchanged

117818 Ardo Chopped Red Chilli.. - BRAKES

117818 CHOPPED RED CHILLI

BRAKES 5g

unchanged

110718 Darta Chopped Garlic 250g.. - BRAKES

110718 GARLIC HERBS

BRAKES 5g

unchanged

136532 Ardo Parsley.. - BRAKES

136532 PARSLEY

BRAKES 5g

unchanged

88887 Extra Virgin Olive Oil..

EXTRA VIRGIN OLIVE OIL

BRAKES 50g

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



350g / 1011kcal

# 1.0

#### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

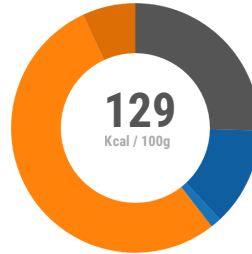
Defrost the hot smoked salmon  
Defrost the linguine

##### Method:

1. Bring a pan of water to the boil and add the pasta for a few minutes - drain well.
2. In a pan over a medium heat warm the olive oil, add the chilli and garlic and cook well - add in the parsley stir through and reduce the heat to low.
3. Add the pasta to the pan along with half the salmon and coat well.
4. Decant into a suitable dish and serve the remaining salmon on top.

# Beetroot, yoghurt and hot smoked salmon salad

OVERVIEW ...



CALORIES:

14.2% Carbs

25.3% Protein

60.5% Fat

FOOD LABELLING...

Serves 1

CONTAINS:



MILK



FISH

MAY CONTAIN:



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



PEANUTS



CELERY



MUSTARD

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

105129 Cooked Beetroots.. - BRAKES

105129 BEETROOTS FRESH DIRECT

BRAKES 100g

unchanged

74550 Brakes Low Fat Natural Yogurt.. - BRAKES

74550 LOW FAT NATURAL YOGURT

BRAKES 25g

unchanged

33254 Sysco Essentials Hot Smoked Salmon Flakes..

SALMON

BRAKES 50g

unchanged

130609 Brakes Toasted seeds & Grains Topper..

TOASTED SEEDS & GRAINS TOPPER

BRAKES 5g

unchanged

74831 Mixed Micro-Greens..

MIXED MICRO-GREENS

BRAKES 1g

N/A

127292 Supernature Oil Lemon Infused Cold Pressed Rapeseed Oil.. - B...

127292 LEMON INFUSED COLD PRESSED RAPESEED OIL

BRAKES 5ml

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 186g / 246kcal

# 1.0

#### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

Slice and quarter the cooked beetroot  
Defrost the hot smoked salmon

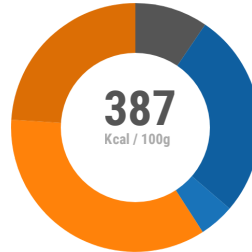
##### Method:

1. On a tray season the beetroot with the lemon oil and the toasted seeds and transfer onto a suitable dish.
2. Add the hot smoked salmon chunks/flakes.
3. Drizzle with the yoghurt and finally add the juices and oil from the beetroot tray.
4. Garnish with the micro cress - serve!

# Warm chocolate brownie with candied bacon and pecans

A creative twist on the classic salted caramel flavour hit!

OVERVIEW ...



CALORIES:

31.4% Carbs

9.5% Protein

59.1% Fat

FOOD LABELLING...

Serves 1

CONTAINS:



MAY CONTAIN:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

110777 Sysco Classic Gluten Free Chocolate Brownies.. - BRAKES

110777 CHOCOLATE BROWNIES

BRAKES

83g

1 x Each

N/A

16296 Sysco Classic Toffee Sauce.. - BRAKES

16296 TOFFEE SAUCE

BRAKES

20g

N/A

149595 The Jolly Hog Oak & Beech Smoked Dry Cure Double Streaky B...

OAK & BEECH SMOKED DRY CURE DOUBLE STREAKY BACON

BRAKES

30g

unchanged

8796 Brakes Pecan Nut Halves..

PECAN NUT

BRAKES

15g

unchanged

5001527 Raspberries.. - BRAKES

5001527 RASPBERRIES

BRAKES

15g

unchanged

71128 Brakes Salted Butter.. - BRAKES

71128 BUTTER

BRAKES

5g

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



168g / 660kcal

# 1.0

#### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

Dice the bacon  
Defrost the brownie

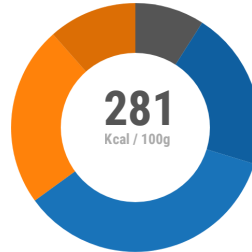
##### Method:

1. In a pan over a medium heat fry the bacon pieces in the butter until crisp and golden - drain well and return to the pan.
2. Add the pecans to the bacon pan along with the toffee sauce and bring to a simmer coating well - remove from the heat
3. Place the brownie onto a suitable dish and briefly heat in the microwave for a few seconds to warm through.
4. Spoon the candied bacon and pecans on top of the brownie.
5. Garnish with raspberries and serve!

# Dessert pizza with chocolate brownie and cherries

The perfect sharing dessert for 2

OVERVIEW ...



CALORIES:  
**56% Carbs**  
**9% Protein**  
**35% Fat**

FOOD LABELLING...

Serves 1

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

110777 Sysco Classic Gluten Free Chocolate Brownies.. - BRAKES

110777 CHOCOLATE BROWNIES

BRAKES 83g

1 x Each

N/A

15764 Sysco Pitted Cherries in Light Syrup.. - BRAKES

15764 CHERRIES

BRAKES 25g

N/A

33828 Brakes Stonebaked Thin & Crispy Pizza Bases 9".. - BRAKES

33828 PIZZA BASE

BRAKES 194g

1 x Each

unchanged

2379 Brakes Chocolate Sauce.. - BRAKES

2379 CHOCOLATE SAUCE

BRAKES 50g

N/A

5001527 Raspberries.. - BRAKES

5001527 RASPBERRIES

BRAKES 25g

unchanged

151641 World of Spice Sesame Seeds Whole.. - BRAKES

151641 SESAME SEEDS WHOLE

BRAKES 2g

N/A

106066 Tate & Lyle Fairtrade Icing Sugar 1kg.. - BRAKES

106066 FAIRTRADE ICING SUGAR 1KG

BRAKES 2g

N/A

PRODUCTS / PACK SIZES ...

1 Serving



381g / 1089kcal

# 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

**Preparation:**

Defrost the pizza base  
Defrost the brownie, cut into bite size chunks

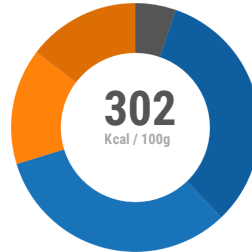
**Method:**

1. Add the majority of the chocolate sauce to the pizza base and top with the brownie pieces.
  2. Add the cherries and raspberries.
  3. Add a drizzle more of chocolate of sauce and transfer to a hot oven at 250oC for 5-6 minutes.
  4. Once golden and the fruit slightly weeping add the icing sugar and sesame seeds in a 50/50 split on the pizza.
- Chef's tip - Add a scoop/ball of vanilla ice cream prior to serving.

# Deep fried chocolate brownie bites with hot cherry dipping sauce

A delicious gluten free dessert alternative

OVERVIEW ...



CALORIES:  
**64.9% Carbs**  
**5.3% Protein**  
**29.7% Fat**

FOOD LABELLING...

Serves 1

CONTAINS:



MAY CONTAIN:



HAZELNUTS,  
 PECANS,  
 ALMONDS,  
 WALNUTS,  
 PISTACHIOS

OTHER PROPERTIES:



VEGETARIAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

110777 Sysco Classic Gluten Free Chocolate Brownies.. - BRAKES

110777

CHOCOLATE BROWNIES

BRAKES

83g

1 x Each

N/A

151642 Chef William Gluten Free Batter Mix.. - BRAKES

151642

GLUTEN FREE BATTER MIX

BRAKES

50g

unchanged

15764 Sysco Pitted Cherries in Light Syrup.. - BRAKES

15764

CHERRIES

BRAKES

50g

N/A

106066 Tate & Lyle Fairtrade Icing Sugar 1kg.. - BRAKES

106066

FAIRTRADE ICING SUGAR 1KG

BRAKES

5g

N/A

PRODUCTS / PACK SIZES ...

1 Serving



🕒 188g / 577kcal

# 1.0

#### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

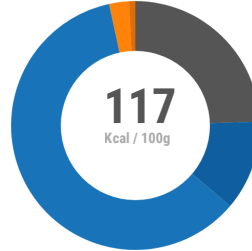
Defrost the brownie, cut into bite size chunks.  
Make up the batter as per pack guidelines

##### Method:

1. Blitz half the cherries into a fine puree and set aside in a small saucepan with the remaining whole cherries.
2. Coat the brownie in the batter and drop into a deep fat fryer at 180oC, cook until crisp and golden - drain well.
3. Sprinkle in half of the icing sugar onto the hot brownie bites creating a sticky coating.
4. Warm the cherries and puree and decant into a dip pot.
5. Serve the brownie bites alongside.
6. Garnish with the icing sugar and serve immediately.

# Monkfish tempura szechuan style

OVERVIEW ...



CALORIES:  
**72.1% Carbs**  
**24.5% Protein**  
**3.4% Fat**

FOOD LABELLING...

Serves 1

CONTAINS:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

150357 Portico Premium British South West Coast Monkfish Portions...  
 150357 MONKFISH SKINLESS, BONELESS BRAKES 78g ½ x Each *unchanged*

85666 Knorr Professional Blue Dragon Szechuan Concentrated Sauce 1...  
 BLUE DRAGON SZECHUAN CONCENTRATED SAUCE BRAKES 20g *unchanged*

10473 Spring Onions Bunch.. - BRAKES  
 10473 SPRING ONIONS BUNCH FRESH DIRECT BRAKES 40g *unchanged*

10245 Mixed Peppers..  
 PEPPERS FRESH DIRECT BRAKES 50g *unchanged*

152611 Sysco Classic Tempura Batter Mix..  
 TEMPURA BATTER MIX BRAKES 50g *unchanged*

105597 Micro Coriander BB.. - BRAKES  
 105597 MICRO CORIANDER BB BRAKES 1g *N/A*

29087 Brakes Chinese Five Spice.. - BRAKES  
 29087 CHINESE FIVE SPICE BRAKES 2g *N/A*

1 Serving



🕒 241g / 290kcal

# 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

**Preparation:**

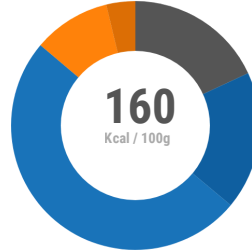
Defrost and thinly slice the monkfish  
Make up the tempura batter as per pack guidelines  
Trim and cut the spring onions into sticks/batons  
Cut the peppers into batons

**Method:**

1. Season the monkfish with the five spice and then coat the fish in the batter.
2. Deep fry at 180oC until crisp and golden - drain on kitchen paper
3. In a very hot pan over a high heat add some oil, then fry the spring onion and pepper together until charred and softened slightly.
4. Add in the Szechuan sauce, stir well then add the monkfish, toss together - add a splash of water if needed.
5. Decant into a suitable dish, garnish with the micro coriander and serve immediately.

# Monkfish bao bun with Asian slaw

OVERVIEW ...

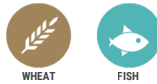


CALORIES:  
**68.1% Carbs**  
**18.1% Protein**  
**13.8% Fat**

FOOD LABELLING...

Serves 1

CONTAINS:



MAY CONTAIN:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

150357 Portico Premium British South West Coast Monkfish Portions...  
 150357 MONKFISH SKINLESS, BONELESS BRAKES 78g ½ x Each *unchanged*

112265 Bao (Hirata) Bun.. - BRAKES  
 112265 BAO BUN BRAKES 100g 2 x Each *unchanged*

525427 Asian Slaw Mix..  
 ASIAN SLAW MIX BRAKES 50g *N/A*

86972 Pan Asia Sweet Chilli Dipping Sauce 1L.. - BRAKES  
 86972 SWEET CHILLI SAUCE BRAKES 25g *unchanged*

134544 Kuhne Crispy Fried Onions.. - BRAKES  
 134544 FRIED ONIONS BRAKES 5g *N/A*

105597 Micro Coriander BB.. - BRAKES  
 105597 MICRO CORIANDER BB BRAKES 1g *N/A*

29086 Sysco Classic Cajun Seasoning.. - BRAKES  
 29086 CAJUN SEASONING BRAKES 2g *N/A*

## 1 Serving



🕒 261g / 424kcal

# 1.0

## COOKING INSTRUCTIONS & NOTES

### METHOD

#### Preparation:

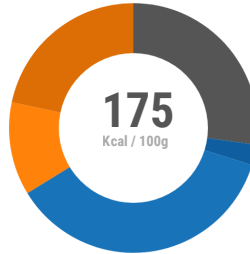
Defrost the buns  
Defrost the Monkfish and thinly slice

#### Method:

1. Season the monkfish with the Cajun spice and transfer to a hot griddle or pan to caramelize on each side.
2. Sprinkle a little water onto the buns and place into a microwave for 10-15 seconds until hot and fluffy.
3. In a bowl mix together the Asian slaw and sweet chilli sauce.
4. Spoon the slaw into the buns and top with the monkfish, add a sprinkle of crispy onions to each and garnish with micro coriander - serve!

# Baked monkfish on saffron risotto with Pico di Galo

OVERVIEW ...



CALORIES:

**39.1% Carbs**

**27.1% Protein**

**33.7% Fat**

FOOD LABELLING...

Serves 1

CONTAINS:



MILK



FISH

MAY CONTAIN:



DATS, WHEAT,  
BARLEY, RYE



CELERY



MUSTARD



SOYA

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
150357 Portico Premium British South West Coast Monkfish Portions... MONKFISH SKINLESS, BONELESS	BRAKES 155g	1 x Each	unchanged
130752 Gallo Pronto Saffron Risotto Base.. SAFFRON RISOTTO BASE	BRAKES 70g		unchanged
149911 Granarolo Grated Parmigiano Reggiano.. - BRAKES GRATED PARMIGIANO REGGIANO	BRAKES 30g		unchanged
136531 Ardo Chives.. CHIVES	BRAKES 2g		unchanged
136158 Pico Di Galo Fresh Salsa.. PICO DI GALO FRESH SALSA	BRAKES 40g		N/A
74831 Mixed Micro-Greens.. - BRAKES MIXED MICRO-GREENS	BRAKES 1g		N/A
114222 Red Onions.. - BRAKES RED ONIONS FRESH DIRECT	BRAKES 25g		unchanged

71128 Brakes Salted Butter.. - BRAKES

71128 BUTTER

BRAKES 15g

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



338g / 593kcal

# 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

**Preparation:**

Defrost the monkfish  
Finely dice the onion

**Method:**

1. Add a little oil to a pan over a medium heat, once hot add the monkfish, get a good caramelisation on the fish, turn and transfer to an oven at 180oC for 6-8 minutes - rest well.
2. In a pan over a medium heat sauté the onions in the butter, once soft add in the risotto and coat well - continually add boiling water or stock, stirring continuously until the rice is cooked.
3. Stir through the parmesan and chives and remove from the heat.
4. Spoon the risotto onto a suitable dish and leave a small gap in the centre to add the Pico Di Galo.
5. Top with the Monkfish, garnish with micro cress and a drizzle of olive oil - serve!