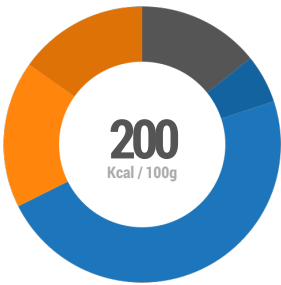


Crispy Tofoo with Tomato and Basil Pasta (Milanese)

By Oliver Lloyd from Brakes



CALORIES:

53.4% Carbs

14.3% Protein

32.4% Fat

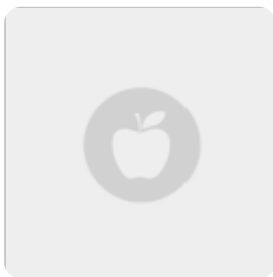
CONTAINS:


WHEAT


SOYA

Recipe Ingredients ...	Quantity:	Description:
135327 Tofoo Naked	90g	
33853 Brakes Breadcrumbs Uncoloured - BRAKES	30g	0.01x Each
134989 Coconut Collaborative Coconut Yoghurt Alternative Natural - BRAKES	15g	0.15x Each
10469 Cooking Onions	40g	
10439 Fresh Garlic - BRAKES	5g	0.04x Each
113877 Rosemary - BRAKES	5g	0.05x Each
133698 Flora Plant B+tter Salted	20g	
115043 Maggi Rich & Rustic Tomato Sauce 800g	75g	
123384 Brakes Italian Short Cut (10") Spaghetti	100g	
114218 Lemons - BRAKES	0.25g	0x Each
113881 Herb Bunched Flat Leaf Parsley	5g	
127211 Violife Prosociano Wedge 150g - BRAKES	5g	0.03x Each
113879 Premium Large Basil Bunch - BRAKES	2g	0.02x Each

1 Serving



Product code

Barcode

392g / 799kcal

1

Cooking Instructions & Notes

Preparation:

Slice the tofoo

Chop the onions

Slice the garlic

Chop the rosemary

Peel and slice half the lemon and top with chopped parsley

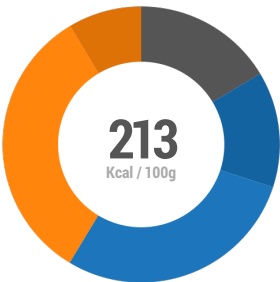
Pre-cook the spaghetti

Method:

1. In a pan over a medium heat melt half the butter and gently fry the onions, garlic and rosemary together.
2. Add in the tomato sauce and gently simmer.
3. Roll the tofoo into the 'yoghurt' and then coat in the breadcrumbs.
4. In a pan over a medium heat melt the remaining butter and begin to fry the tofoo, once the butter is foaming turn the tofoo over and add a squeeze of lemon.
5. Next add the spaghetti to the tomato sauce, coat well and heat through.
6. Spoon the pasta onto a suitable plate and top with the crispy tofoo - place the sliced lemon and parsley on top.
7. Garnish with the vegan cheese - serve!

Crispy Tofoo Pad Thai

By Oliver Lloyd from Brakes



CALORIES:

42.2% Carbs

16.4% Protein

41.4% Fat

CONTAINS:

OATS, WHEAT, BARLEY

PEANUTS

SOYA

SULPHITES

MAY CONTAIN:

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

SESAME

Recipe Ingredients ...	Quantity:	Description:
135330 Tofoo Straight To Wok Ginger, Chilli	50g	
128315 Flat Rice Noodles - BRAKES	50g	0.5x Each
10439 Fresh Garlic	15g	
525271 Red Peppers - BRAKES	30g	0.03x Each
10469 Cooking Onions	30g	
110076 Snacking Essentials Dry Roasted Peanuts	30g	
10478 Limes	70g	
113885 Herb Bunched Coriander - BRAKES	10g	0.1x Each
124867 Kikkoman Tamari Gluten Free Soy Sauce 1L - BRAKES	25g	0.03x Each
350102 Tate & Lyle Mediterranean Inspired Medium Bodied Buttery Light Soft Brown Cane Sugar 3kg - BRAKES	10g	0x Each
127153 Mikado Rice Vinegar CASE	10ml	
112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml - BRAKES	10g	0.01x Each
127122 Sun-Pat Sunpat Smooth Peanut Butter	25g	
100535 Brakes Pure Canadian Maple Syrup - BRAKES	10g	0.02x Each

1 Serving



Product code

Barcode

375g / 820kcal

1

Cooking Instructions & Notes

Preparation:

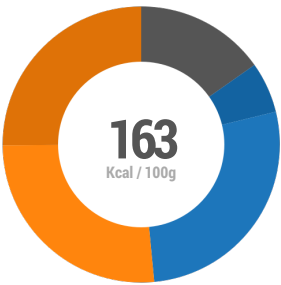
Chop the onion
Slice the garlic
Baton the pepper
Chop the coriander
Chop the peanuts
Pre-cook the rice noodles

Method:

1. Make the pad thai sauce by combining the soy, sriracha, rice wine vinegar, maple syrup, half the lime juice and peanut butter
2. Whisk over a medium heat, bring to a gentle boil and take off the heat - set aside.
3. In a pan over a high heat fry the tofoo, garlic, onion and peppers together. once softened slightly add in the rice noodles and toss.
4. Add in half the coriander and chopped nuts followed by the pad thai sauce.
5. Coat well and transfer to a suitable dish and garnish with the remaining coriander and peanuts - serve!

Scrambled Tofoo on Sourdough Crumpet with Sweet Potato

By Oliver Lloyd from Brakes



CALORIES:

33.3% Carbs

15.2% Protein

51.5% Fat


CONTAINS:


WHEAT


SOYA

Recipe Ingredients ...	Quantity:	Description:
135329 Tofoo Scrambled	75g	
33040 Luxury Baked Sourdough Crumpets - BRAKES	50g	1x Each
10449 Sweet Potatoes	50g	
10428 Baby Leaf Spinach	40g	
10473 Spring Onions Bunch - BRAKES	10g	0.1x Each
134544 Kuhne Crispy Fried Onions - BRAKES	5g	0.01x Each
114212 Chillies Red - BRAKES	2g	0.01x Each
133698 Flora Plant B+tter Salted - BRAKES	20g	0.08x Each

1 Serving



Product code

Barcode

252g / 421kcal

1

Preparation:

Defrost the crumpet

Peel, dice and par-cook the sweet potato

Slice the spring onion

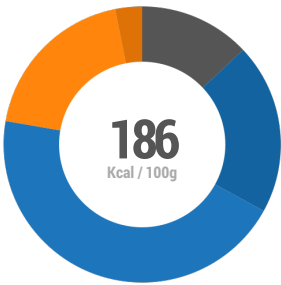
Slice the chilli

Method:

1. In a pan over a medium heat melt the butter.
2. Add the sweet potato and spinach, toss together, add in half the crispy onions.
3. Add in the scrambled tofoo and stir well.
4. Butter the crumpet and spoon on the scrambled tofoo
5. Garnish with spring onion, chilli, picked spinach leaves and crispy onions - serve!

Smoked Hoisin Tofoo Bao Bun

By Oliver Lloyd from Brakes



CALORIES:

64.7% Carbs

13% Protein

22.3% Fat

CONTAINS:

WHEAT

MUSTARD

SESAME

SOYA

MAY CONTAIN:

ALMONDS, CASHEWS

PEANUTS

CELERY

Recipe Ingredients ...	Quantity:	Description:
135328 Tofoo Smoked	75g	
112265 Bao (Hirata) Bun - BRAKES	150g	3x Each
525427 Asian Slaw Mix	75g	
86972 Pan Asia Panasia Sweet Chilli Dipping Sauce 1L	30g	
85664 Knorr Professional Blue Dragon Hoi Sin Concentrated Sauce 1.1L	30g	
131165 Black Sesame Seeds	5g	
35005 Brakes Sesame Seeds	5g	
123174 Sweet & Sour Onion Pickles - BRAKES	10g	0.01x Each
113885 Herb Bunched Coriander - BRAKES	5g	0.05x Each

1 Serving

Product code

Barcode

385g / 730kcal

1

Preparation:

Slice the tofoo

Roughly pick the coriander

Method:

1. In a pan over a high heat fry the tofoo - once crispy add in the hoi sin sauce and sesame seeds - coat and remove from the heat.
2. In a bowl mix the sweet chilli sauce with the asian slaw.
3. Steam the buns in a microwave for 20-30 seconds
4. Fill the buns with the slaw and tofoo, garnish with the coriander and sweet & sour onions - serve!