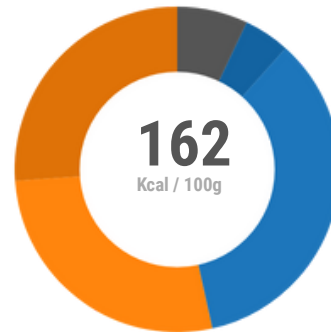


Veganuary



Mushroom scallops in garlic 'butter' with tomato and avocado on fried sourdough

OVERVIEW ...



CALORIES:
39.5% Carbs
7% Protein
53.5% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

151941 King Oyster Mushroom Scallops.. - BRAKES

151941 KING OYSTER MUSHROOM SCALLOPS

BRAKES

50g

3 x Each

unchanged

151083 Flora Plant B+tter Salted.. - BRAKES

151083 PLANT B+TTER SALTED

BRAKES

25g

0.13 x Each

unchanged

134644 Cooks & Co Garlic Puree.. - BRAKES

134644 GARLIC PUREE

BRAKES

5g

0.05 x Each

unchanged

10357 Plum Tomatoes..

TOMATOES

BRAKES

50g

unchanged

33592 Sysco Classic Oregano..

OREGANO

BRAKES

2g

N/A

10306 Avocados..

AVOCADOS FRESH DIRECT

BRAKES

15g

unchanged

113099 La Boulangerie Fully Baked Artisan Plain Sourdough Loaves..

SOURDOUGH

BRAKES

75g

unchanged

10224 Red Onions..

RED ONIONS FRESH DIRECT

BRAKES

25g

unchanged

74818 Pea Shoots..

PEA SHOOTS

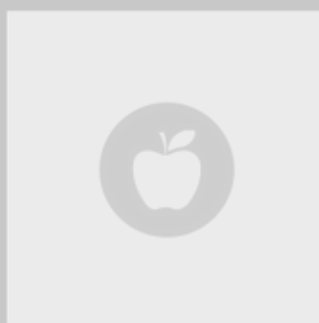
BRAKES

5g

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



252g / 420kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

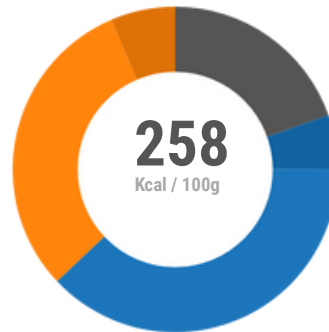
Defrost the bread and slice lengthways
Slice the mushroom scallops in half and score
Slice the onion
Cut the tomatoes into quarters
Peel and slice the avocado

Method:

1. Oil and season the bread and place into a pan over a medium heat to fry - place to one side.
2. In the same pan fry the onions and tomatoes together to soften and colour slightly, season with the oregano, place to one side - keep warm.
3. In a pan over a medium heat melt the butter until foaming, add the garlic then add the mushrooms and baste until lightly coloured - turn and allow to soak in the butter.
4. Place the toasted bread onto a suitable dish and top with the tomatoes and onions.
5. Follow with the avocado and then the mushrooms, spoon some of the remaining butter over the 'scallops'
6. Garnish with the peashoots and serve!

Middle eastern inspired vegan mince with houmous on crisp sumac pitta

OVERVIEW ...



CALORIES:
43.4% Carbs
19.6% Protein
37.1% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

152158 Eat Curious Dehydrated Mince.. - BRAKES

152158 DEHYDRATED MINCE

BRAKES

25g

¼ x Each

unchanged

146273 Mission Sourdough Pitta Breads..

SOURDOUGH PITTA BREADS

BRAKES

80g

N/A

131420 Sysco Classic Sumac.. - BRAKES

131420 SUMAC

BRAKES

5g

0.01 x Each

N/A

74817 Pomegranate Seeds..

POMEGRANATE SEEDS

BRAKES

5g

unchanged

121392 Sysco Classic Reduced Fat Houmous.. - BRAKES

121392 HOUMOUS

BRAKES

5g

0.01 x Each

N/A

113112 Spicentice Ras El Hanout Rub..

RAS EL HANOUT RUB SPICENTICE

BRAKES

5g

N/A

105597 Micro Coriander BB.. - BRAKES

105597 MICRO CORIANDER BB

BRAKES

1g


0.03 x Each

N/A

10291 Large Onions 2.5kg.. ONIONS	BRAKES	20g		unchanged
151388 Fresh Kitchen Pickled Sweet & Sour Red Onion.. - BRAKES 151388 PICKLED SWEET & SOUR RED ONION	BRAKES	5g	0.01 x Each	unchanged
113881 Herb Bunched Flat Leaf Parsley.. - BRAKES 113881 PARSLEY FRESH DIRECT	BRAKES	10g	0.1 x Each	N/A
33956 Borges Classic Olive Oil.. - BRAKES 33956 OLIVE OIL	BRAKES	15g	0 x Each	unchanged
134989 Coconut Collaborative Coconut Yoghurt Alternative Natural.. - ... 134989 NATURAL YOGHURT ALTERNATIVE	BRAKES	5g	0.05 x Each	unchanged
134644 Cooks & Co Garlic Puree.. - BRAKES 134644 GARLIC PUREE	BRAKES	5g	0.05 x Each	unchanged

PRODUCTS / PACK SIZES ...

1 Serving



186g / 498kcal
1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

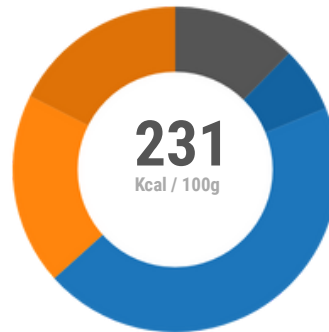
- Defrost the pitta
- Soak the dehydrated mince as per pack instructions
- Dice the onions
- Chop the parsley

Method:

1. On a tray rub the olive oil and sumac into the pitta and then transfer to an oven at 180oC for 6 minutes or until crisp and golden.
2. In a pan over a medium heat fry the onions and garlic in a little oil along with the ras el hanout, once softened add in the mince and fry - stir through the parsley and remove from the heat.
3. Place the pitta onto a suitable dish and spread on the houmous, top with the mince.
4. Garnish with the the pickled onion, pomegranate seeds and micro cress.
5. Just before serving add a drizzle of the yoghurt.

Grilled ¼ pounder with ultimate burger sauce, tiger fries and frickles

OVERVIEW ...



CALORIES:
51% Carbs
12.4% Protein
36.7% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

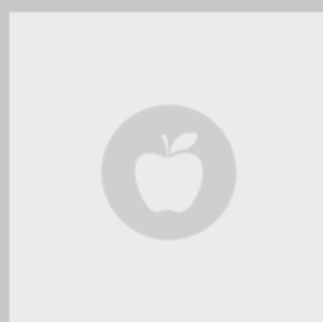
METHOD:

152111 Myco Hooba Plant-Based Quarter Pounder Burgers 113g.. - BR...			
152111 PLANT-BASED QUARTER POUNDER BURGERS	BRAKES	114g	1 x Each <i>unchanged</i>
151398 Fresh Kitchen Ultimate Burger Sauce..			
151398 ULTIMATE BURGER SAUCE	BRAKES	30g	<i>unchanged</i>
110934 Sysco Classic Random Cut Skin-On Chips..			
110934 RANDOM CUT SKIN-ON CHIPS	BRAKES	40g	<i>unchanged</i>
121752 Sysco Classic Sweet Potato Fries.. - BRAKES			
121752 SWEET POTATO FRIES	BRAKES	40g	0.02 x Each <i>unchanged</i>
113881 Herb Bunched Flat Leaf Parsley..			
113881 PARSLEY FRESH DIRECT	BRAKES	5g	<i>N/A</i>
148558 La Boulangerie 4" Fully Baked Seeded Maple Flavoured Burger ...			
148558 4" MAPLE BURGER BUN (VEGAN)	BRAKES	80g	1 x Each <i>unchanged</i>
10357 Plum Tomatoes..			
10357 TOMATOES	BRAKES	25g	<i>unchanged</i>

114229 Little Gem Twin Pack.. - BRAKES 114229 LITTLE GEM TWIN PACK	BRAKES	15g	0.06 x Each	unchanged
151083 Flora Plant B+tter Salted.. - BRAKES 151083 PLANT B+TTER SALTED	BRAKES	10g	0.05 x Each	unchanged
28797 Opies Sliced Gherkins.. SLICED GHERKINS	BRAKES	40g		N/A
114953 Brakes Self Raising Flour.. - BRAKES 114953 FLOUR	BRAKES	100g	0.07 x Each	unchanged
132671 Applewood Vegan Slices 200g.. - BRAKES 132671 VEGAN SLICES 200G	BRAKES	20g	0.1 x Each	unchanged
134544 Kuhne Crispy Fried Onions.. - BRAKES 134544 FRIED ONIONS	BRAKES	5g	0.01 x Each	N/A

PRODUCTS / PACK SIZES ...

1 Serving



524g / 1232kcal



1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost burger bun
Slice the tomatoes
Chop the parsley
Wash the little gem lettuce

Method:

1. In a bowl whisk together half the flour and cold water (sparkling if you have it) to form a thick batter.
2. Dust the gherkins in the remaining flour and then coat in the batter.
3. Place the coated gherkins into a deep fat fry at 180oC, cook until crisp - drain onto a lined tray and then skewer, leave to one side under the lights.
4. Season the burger and place onto a hot grill to bar mark, cook for 3-4 minutes on each side - then transfer to a tray and top with the cheese - place into a hot oven or under a grill to melt the cheese.
5. Grill/toast the bun and keep warm.
6. Place the chips into a deep fat fryer at 180oC, cook until crisp and golden - drain well.
7. In a pan over a medium heat melt the butter until foaming then add in the chips, parsley and crispy onions, coat well.
8. Now build your burger - spoon the burger sauce onto the bun base, top with the tomato, little gem, now add the burger, finish with the bun top and spear with the frickles.
- 9.. Serve on a suitable board/plate alongside the tiger fries.

Apple doughnut 'tart tatin' with coconut yoghurt

OVERVIEW ...



CALORIES:
40.7% Carbs
2.7% Protein
56.6% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

149207 British Bi Colour Apples..

APPLES

BRAKES **50g**

unchanged

134989 Coconut Collaborative Coconut Yoghurt Alternative Natural.. - ...

134989 NATURAL YOGHURT ALTERNATIVE

BRAKES **40g**

0.4 x Each

unchanged

350099 Tate & Lyle Demerara Sugar 3kg..

DEMERARA SUGAR

BRAKES **30g**

N/A

151083 Flora Plant B+tter Salted.. - BRAKES

151083 PLANT B+TTER SALTED

BRAKES **30g**

0.15 x Each

unchanged

318 Sysco Classic Vanilla Pods.. - BRAKES

318 VANILLA PODS

BRAKES **1g**

0.14 x Each

unchanged

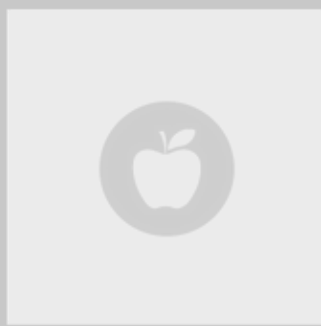
186678 Donut Worry Be Happy Golden Fry Ring Donut.. - BRAKES

186678 DOUGHNUT

BRAKES **50g**

1 x Each

unchanged

1 Serving

201g

/ 613kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost the doughnut

Have the apple and remove the core

Deseed the vanilla pod (keep the seeds for the coconut yoghurt)

Method:

1. In a pan over a low heat melt the butter and sugar together with the apple and vanilla pod to create a toffee sauce, then gently cook the apple in the sauce, transfer to an oven at 200oC for about 5 minutes - remove and cool slightly.
2. In a bowl whisk together the vanilla seeds and yoghurt.
3. Warm the doughnut slightly and place onto a suitable dish, top with the apple, drizzle over some of the toffee sauce and finish with a spoonful of the vanilla coconut yoghurt.
4. Garnish with a basil or mint leaf if desired - serve!