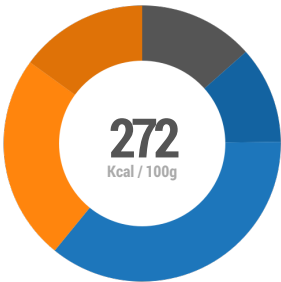


# Welsh Rarebit

Welsh rarebit rich with mustard on sourdough toast with caramelised onion chutney

By Mark Irish from Brakes

Overview ...



CALORIES:

47.4% Carbs


13.4% Protein

39.1% Fat


Food Labelling...

Serves 1


CONTAINS:




WHEAT, RYE




EGGS



MILK




MUSTARD



SULPHITES

OTHER PROPERTIES:




VEGETARIAN

| Recipe Ingredients ...  | Quantity: | Description: |
|---|-----------|--------------|
| 113099 La Boulangerie Artisan Plain Sourdough Loaves - BRAKES | 60g       |              |
| 74903 Brakes Hot Mustard Rarebit Topper - BRAKES              | 50g       |              |
| 86274 Brakes Caramelised Red Onion Chutney - BRAKES           | 20g       |              |
| 74063 Watercress - BRAKES                                     | 5g        |              |

Products / Pack Sizes ...

1 Serving



Product code

Barcode

135g / 370kcal

# 1

Cooking Instructions & Notes

**Preparation:**

Defrost bread and slice

Pick and wash watercress

**Method:**

1. Toast the sourdough on both sides
2. Spread the chutney on the bread and spoon on the rarebit topper
3. Melt under grill until golden brown
4. Serve with watercress