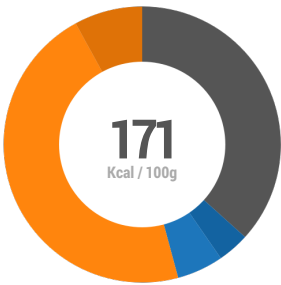


Baked tikka salmon skewers



CALORIES:

9.1% Carbs

36.7% Protein

54.2% Fat

CONTAINS:

MILK

FISH

MAY CONTAIN:

GLUTEN

CELERY

MUSTARD

Recipe Ingredients ...	Quantity:	Description:
146027 - 146027 Sysco Essentials Salmon Fillet.. - BRAKES	110g	1 x Each
89708 Brakes Tikka Sauce.. - BRAKES	20g	0.01x Each
74550 Brakes Low Fat Natural Yogurt.. - BRAKES	10g	0.01x Each
105597 Micro Coriander BB (19 Oct 2023)..	1g	
74817 Pomegranate Seeds (19 Oct 2023)..	5g	0.03x Each
11053 Brakes 6" Extra Large Plain Puppodums (24 May 2023)..	5g	0.01x Each
555507 Bamboo Skewers 7.2" /18cm Flat End.. - BRAKES	0.6g	1x Each
113885 Herb Bunched Coriander (19 Oct 2023)..	10g	0.1x Each

1 Serving

Product code

Barcode

25.8g / 45kcal

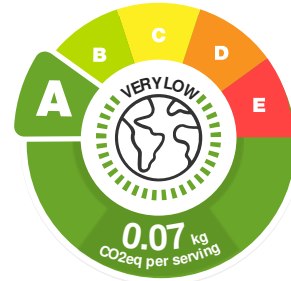
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Component	Grade	Contribution
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 Food Production

0.43kg

110g	146027 Sysco Essentials Salmon Fillet	B	0.38kg
20.0g	89708 Brakes Tikka Sauce	X	-
10.0g	74550 Brakes Low Fat Natural Yogurt	B	0.02kg
1.00g	105597 Micro Coriander BB (19 Oct 2023)	B	0.00kg
5.00g	74817 Pomegranate Seeds (19 Oct 2023)	B	0.01kg
5.00g	11053 Brakes 6" Extra Large Plain Puppodums (24 May 202...	B	0.01kg
0.60g	555507 Bamboo Skewers 7.2" /18cm Flat End	X	-
10.0g	113885 Herb Bunched Coriander (19 Oct 2023)	B	0.01kg



 Water Usage

354l

110g	146027 Sysco Essentials Salmon Fillet	5	241l
20.0g	89708 Brakes Tikka Sauce	-	-
10.0g	74550 Brakes Low Fat Natural Yogurt	4	16.6l
1.00g	105597 Micro Coriander BB (19 Oct 2023)	9	8.28l
5.00g	74817 Pomegranate Seeds (19 Oct 2023)	2	4.83l
5.00g	11053 Brakes 6" Extra Large Plain Puppodums (24 May 202...	X	-
0.60g	555507 Bamboo Skewers 7.2" /18cm Flat End	-	-
10.0g	113885 Herb Bunched Coriander (19 Oct 2023)	9	82.8l



foodprint



52% Data Quality Score

 Your Transport & Packaging:



1 Serving 25.8g (serves 1)

Cooking Instructions & Notes

Preparation:

Deep fry the puppodom, cool and crush
Chop the coriander
Defrost the salmon

Method:

1. In a bowl mix together the yoghurt, tikka sauce and the chopped coriander.
2. Halve the salmon and skewer - NB. cut the salmon into 4 for smaller skewers.
3. Dip the salmon into the tikka yoghurt sauce and place onto a papered tray
4. Cook in a hot oven @ 250oC for 5 minutes.
4. Place the skewers onto a plate and garnish with the crushed puppodom, pomegranate and micro coriander - serve!