

NEW

TASTE *of* TURKEY





Turkish food

is famed for being colourful
and bursting with big flavours.

The Brakes team have created a collection of Turkish-inspired recipes which are a superb way to add interest to menus. Our dishes are ideal for a themed event, daily special or meze-style sharing platter. Juicy, flavoursome meat plus tasty vegetarian mains sit alongside fresh sides – helping kitchens can choose options to cater for all.

Working together for an authentic Turkish menu

The team of Brakes Chefs worked closely with colleague Erkan Hasekilerden on our brand-new Turkish concept to make sure the right ingredients and dishes were developed. Erkan's Turkish heritage helped to make the food authentic, tasty and colourful, representing this vibrant cuisine.

Food from the heart

Erkan Hasekilerden, Corporate Account Manager, shares what Turkish food means to him:

“Bringing friends and family together to enjoy food, whatever the occasion, is at the heart of my home. The selection of dishes Danny has developed can inspire Brakes customers to try some delicious Turkish food on their menus.”

🌱 - Suitable for vegetarians

🌱 - Vegan

🇬🇧 - Product produced in the UK

🇬🇧 - Red Tractor assured (when available)

inspired

MEAT MAINS

Serves 6

TAVUK ŞIŞ TURKISH CHICKEN SKEWER



EU LABEL VALUES	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	521kJ	6%	1061kJ	13%
Energy(kcal)	123kcal	6%	251kcal	13%
Fat	2.6g	4%	5.4g	8%
of which saturates	0.5g	3%	1.1g	6%
Carbohydrate	4.1g	2%	8.4g	3%
of which sugars	2.8g	3%	5.7g	6%
Fibre	0.8g	3%	1.7g	7%
Protein	20g	40%	42g	84%
Salt	0.27g	5%	0.55g	9%

CONTAINS:



MILK

CODE	INGREDIENTS	QUANTITY
C 71486	Prime Meats British Chicken Breast Fillets 🇬🇧	980g
C 10291	Large Onions (V) (ve) 🇬🇧	350g
C 10439	Fresh Garlic (V) (ve)	20g
A 33586	Sysco Classic Ground Turmeric (V) (ve)	10g
A 136734	Caterers Pride Tomato Paste (V) (ve)	20g
C 71955	Ubley Low Fat Natural Yogurt (V) 🇬🇧	115g
A 33585	Sysco Classic Paprika (V) (ve)	5g
A 107035	Maldon Sea Salt Flakes (V) (ve) 🇬🇧	3g
A 33592	Sysco Classic Oregano (V) (ve)	2g
A 119112	Spicentice Sumac (V) (ve) 🇬🇧	2g

PREPARATION

1. Peel the onion and garlic and blend to a pulp.
2. Sieve the pulp, keeping the juice for the marinade and reserving the pulp for a tomato sauce base.
3. Chop the chicken into eight evenly sized pieces.

METHOD

1. Mix the onion and garlic liquid with turmeric, tomato paste, yogurt, paprika and salt, then marinate the chicken pieces for at least 1 hour, but ideally for 24 hours.
2. Put the chicken onto skewers and grill for 4–5 minutes on each side, or until cooked through, then sprinkle with oregano and sumac.
3. Serve with your choice of flatbreads, salads and sauces.

Serves 10

BEYTI KEBAB

TURKISH WRAPPED LAMB KEBAB



EU LABEL VALUES	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	751kJ	9%	1358kJ	16%
Energy(kcal)	180kcal	9%	325kcal	16%
Fat	10g	14%	19g	27%
of which saturates	4.5g	23%	8.1g	41%
Carbohydrate	8.2g	3%	15g	6%
of which sugars	2.3g	3%	4.2g	5%
Fibre	0.8g	3%	1.5g	6%
Protein	3g	26%	24g	48%
Salt	0.45g	8%	0.81g	14%

CONTAINS:



WHEAT

EGGS

MILK

OATS, BARLEY,
RYE

MAY CONTAIN:

OATS, BARLEY,
RYE

CODE	INGREDIENTS	QUANTITY
C 107509	British Red Tractor 20% Fat Lamb Mince	1kg
C 10291	Large Onions	150g
C 10439	Fresh Garlic	65g
C 113881	Bunched Flat Leaf Parsley	20g
C 124179	Padron Peppers	140g
A 131110	Jacksons Thick Sliced White Bread	25g
A 107035	Maldon Sea Salt Flakes	5g
A 85288	Sysco Classic Crushed Chillies	4g
A 34002	Sysco Classic Ground Cumin	5g
A 16392	British Free Range Fresh Medium Eggs	56g (1 egg)
C 11394	Green Valley Dairy Greek Style Yogurt	300g
A 87045	Font Oliva Olive Pomace Oil	28g
A 85288	Sysco Classic Crushed Chillies	2g
A 87110	Sysco Classic Tomato Paste	30g
	Tap Water	90ml
A 111263	La Boulangerie 8" Tortilla Wraps	160g

PREPARATION

1. Preheat the oven to 180°C.
2. Peel and finely dice the onion.
3. Peel and crush the garlic.
4. Pick and chop the parsley.
5. Griddle the padron peppers and keep them warm.

METHOD

1. Remove the crusts from the bread and blend into crumbs, then add the parsley, half the salt, half the chilli flakes, the cumin, onion and 40g garlic. Mix well before adding the lamb mince and the egg, then divide the mixture into 15 equal pieces.
3. Roll each piece into a 13cm long sausage, push down the top to make a flatter surface, and place on a baking tray.
4. Bake the kebabs for 15–20 minutes, or until cooked.
5. Meanwhile, prepare the tomato sauce and the garlic yogurt.

6. Combine 5g garlic with the yogurt, season to taste and leave at room temperature.
7. For the tomato sauce, heat the oil in a pan and sauté 20g garlic before adding 2g chilli flakes, tomato paste and water. Season to taste, and keep warm.
8. Once the meat is cooked, remove it from the tray. Dip the tortillas in the meat juices and roll them around the cooked meat.
9. Slice each roll into 5cm pieces and bake for a further 3–4 minutes.
10. Arrange the kebabs on a plate with the tomato sauce, garlic yogurt and padron peppers, to serve.

Serves 6

ADANA KEBABS

TURKISH GROUND LAMB KEBAB



EU LABEL VALUES	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	748kJ	9%	1550kJ	18%
Energy(kcal)	178kcal	9%	368kcal	18%
Fat	4.6g	7%	9.5g	14%
of which saturates	2g	10%	4.1g	21%
Carbohydrate	22g	8%	45g	17%
of which sugars	2.2g	2%	4.6g	5%
Fibre	1.5g	6%	3.1g	12%
Protein	12g	24%	24g	48%
Salt	0.71g	12%	1.5g	25%

CONTAINS:



WHEAT

CODE	INGREDIENTS	QUANTITY
C 107509	British Red Tractor 20% Fat Lamb Mince	500g
A 34002	Sysco Classic Ground Cumin	5g
A 119112	Spicentice Sumac	5g
A 85288	Sysco Classic Crushed Chillies	2g
A 107035	Maldon Sea Salt Flakes	5g
F 146273	Mission Sourdough Pitta Breads	480g
C 10357	Plum Tomatoes	120g
C 113881	Bunched Flat Leaf Parsley	12g
C 124179	Padron Peppers	150g
C 10224	Red Onions	150g

PREPARATION

1. For the kebabs, combine cumin, sumac, chilli flakes and salt with the minced lamb and knead until it the mixture becomes tacky.
2. Using wet hands, divide the mix into 12 and form onto 12 flat metal skewers.
3. Defrost the pitta breads.
4. Wash and slice the tomatoes.
5. Pick and chop the parsley.
6. Grill the padron peppers.
7. Peel and slice the red onions.

METHOD

1. Grill the kebabs for 3–4 minutes on each side, or until cooked.
2. Serve with warm pitta, the garnishes and your choice of sauce.

Serves 10

KIYMALI BOREK

TURKISH MEAT BOREK



EU LABEL VALUES	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	977kJ	12%	2021kJ	24%
Energy(kcal)	233kcal	12%	483kcal	24%
Fat	12g	17%	24g	34%
of which saturates	3.7g	19%	7.7g	39%
Carbohydrate	18g	7%	37g	14%
of which sugars	3.3g	4%	6.8g	8%
Fibre	1.5g	6%	3.1g	12%
Protein	13g	26%	27g	54%
Salt	0.44g	7%	0.9g	15%

CONTAINS:



CODE	INGREDIENTS	QUANTITY
C 107523	British Red Tractor 20% Fat Beef Mince 🚛 🇬🇧	1kg
C 10291	Large Onions (V) (ve) 🇬🇧	500g
C 10439	Fresh Garlic (V) (ve)	80g
A 16392	British Free Range Fresh Medium Eggs (V) 🇬🇧	56g (1 egg)
C 72051	Brakes Fresh Semi Skimmed Milk (V) 🚛 🇬🇧	75ml
A 470829	Vegetable Oil (V) (ve)	75g
C 11394	Green Valley Dairy Greek Style Yogurt (V) 🇬🇧	50g
A 2032	Brakes White Wine Vinegar (V) (ve)	10ml
F 4305	Jus-Rol Filo Pastry Sheets (V) (ve)	500g
C 74827	Brakes Salted Butter (V)	30g
A 87045	Font Oliva Olive Pomace Oil	19g
A 107035	Maldon Sea Salt Flakes (V) (ve) 🇬🇧	5g
A 33579	Sysco Classic Ground Black Pepper (V) (ve)	5g
A 33585	Sysco Classic Paprika (V) (ve) 🇬🇧	20g
A 35005	Sysco Classic Sesame Seeds (V) (ve)	5g
A 134292	Sysco Classic Poppy Seeds (V) (ve)	5g

PREPARATION

1. Peel and finely dice the onion.
2. Peel and crush the garlic.
3. Make the sauce by mixing together the egg, milk, vegetable oil, yogurt and white wine vinegar.
4. Defrost the filo pastry.
5. Melt the butter.
6. Preheat the oven to 18°C.

METHOD

1. In a large pan, heat the olive oil and fry the mince until brown, then add the onions and garlic and cook until they are translucent.
2. Season with salt and pepper and add the paprika, mix well and leave to cool.
3. Take one sheet of filo pastry and brush well with the milk and egg sauce before topping with another sheet of pastry and adding more sauce.
4. Cut the pastry into five strips and add the meat filling to each before rolling them up like spring rolls.
5. Brush each roll with more sauce and some melted butter, and sprinkle with sesame and poppy seeds.
6. Bake for 30–35 minutes, until golden, then serve.

Serves 8

LAHMACUN

TURKISH TOPPED FLATBREAD



EU LABEL VALUES	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	797kJ	9%	1531kJ	18%
Energy(kcal)	189kcal	9%	364kcal	18%
Fat	5.4g	8%	10g	14%
of which saturates	1.2g	6%	2.4g	12%
Carbohydrate	27g	10%	52g	20%
of which sugars	0.8g	1%	1.6g	2%
Fibre	1.3g	5%	2.6g	10%
Protein	7.5g	15%	14g	28%
Salt	0.2g	3%	0.39g	7%

CONTAINS:



CODE	INGREDIENTS	QUANTITY
C 107523	British Red Tractor 20% Fat Beef Mince 🚛 🇬🇧	250g
A 85288	Sysco Classic Crushed Chillies (V) (ve)	2g
A 34002	Sysco Classic Ground Cumin (V) (ve)	1g
A 33710	Sysco Classic Ground Mixed Spice (V) (ve) 🇬🇧	1g
A 87045	Font Oliva Olive Pomace Oil	50g
A 85737	Hovis Strong White Bread Flour (V) 🇬🇧	500g
A 2351	Fermipan Yeast (V) (ve) 🇬🇧	7g
	Tap Water	375ml
A 107035	Maldon Sea Salt Flakes (V) (ve) 🇬🇧	3g
C 113881	Bunched Flat Leaf Parsley (V) (ve)	10g
C 114210	Green Chillies (V) (ve)	30g
C 10473	Spring Onions Bunch (V) (ve)	30g
C 10357	Plum Tomatoes (V) (ve)	200g
C 114218	Lemons (V) (ve)	77g (1 lemon)

PREPARATION

1. Preheat the oven to 240°C.
2. Mix the mince with the chillies, cumin, mixed spice and olive oil.
3. To make the dough, sift the flour into a large bowl. Make a well in the centre, add the yeast and pour in 125ml warm water. Flick flour over the top and leave for 15 minutes.
4. Once a skin has formed add the remaining water and the salt. Knead for 10 minutes to form a dough.
5. Divide the dough mix into four and allow the pieces to double in size.
6. For the toppings, pick and chop the parsley.
7. Deseed and chop the green chilli.
8. Wash and slice the spring onions.
9. Peel, deseed and dice the tomatoes.
10. Zest and juice the lemon.

METHOD

1. Roll out the four pieces of dough to approximately 10-inch rounds and divide the toppings between them, adding the mince mixture first.
2. Bake for 4–6 minutes, or until cooked through.
3. Cut the lahmacun into wedges to serve.

VEGETARIAN MAINS



Serves 4

IMAM BAYILDI TURKISH STUFFED AUBERGINES



EU LABEL VALUES	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	471kJ	6%	1733kJ	21%
Energy(kcal)	114kcal	6%	419kcal	21%
Fat	9.5g	14%	35g	50%
of which saturates	1.4g	7%	5g	25%
Carbohydrate	5g	7%	18g	7%
of which sugars	3.8g	4%	14g	16%
Fibre	1.7g	7%	6.4g	26%
Protein	1.2g	2%	4.2g	8%
Salt	0.22g	4%	0.8g	13%

CODES	INGREDIENTS	QUANTITY
C 10281	Aubergine (V) (ve)	680g
C 10291	Large Onions (V) (ve)	450g
C 10439	Fresh Garlic (V) (ve)	20g
C 10439	Plum Tomatoes (V) (ve)	250g
C 113881	Bunched Flat Leaf Parsley (V) (ve)	15g
A 87110	Sysco Classic Tomato Paste (V) (ve)	25g
	Tap Water	300ml
A 114961	Tate & Lyle Granulated Cane Sugar (V) (ve) (K)	5g
A 87045	Font Oliva Olive Pomace Oil	135g
A 85288	Sysco Classic Crushed Chillies (V) (ve)	2g
A 107035	Maldon Sea Salt Flakes (V) (ve) (K)	3g
A 33579	Sysco Classic Ground Black Pepper (V) (ve)	3g

PREPARATION

1. Preheat the oven to 200°C.
2. Partly peel the aubergine in stripes, and sprinkle with salt. Leave for 20 minutes.
3. Roast the aubergine for 20 minutes, then set aside.
4. Meanwhile, peel and slice the onions.
5. Peel and slice the garlic.
6. Peel the tomatoes and cut into wedges.
7. Pick and chop the parsley.
8. Mix together the tomato paste, water and sugar.

METHOD

1. To make the stuffing, heat a heavy pan then add the oil and fry the onion until soft but not brown.
2. Add the garlic, tomatoes and chilli flakes. Cook down to a smooth sauce, then add parsley and season with salt and pepper.
3. Slice the cooked aubergine in half like a baguette, and top each half with stuffing.
4. Place the stuffed aubergines in an ovenproof dish, then pour over the tomato paste and sugar liquid.
5. Bake for around 40 minutes, until the aubergine is completely soft, then serve.

Serves 30

SIGARA BOREGI

CRISPY CHEESE ROLLS



EU LABEL VALUES	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	777kJ	9%	237kJ	3%
Energy(kcal)	186kcal	9%	57kcal	3%
Fat	12g	17%	3.7g	5%
of which saturates	7.6g	38%	2.3g	12%
Carbohydrate	8.8g	3%	2.7g	1%
of which sugars	2.5g	3%	0.8g	1%
Fibre	0.8g	3%	0g	0%
Protein	10g	20%	3.1g	6%
Salt	1.2g	20%	0.37g	6%

CONTAINS:



WHEAT EGGS MILK

CODE	INGREDIENTS	QUANTITY
F 4305	Jus-Rol Filo Pastry Sheets (V) (ve)	100g
C 10224	Red Onions (V) (ve)	150g
C 10245	Mixed Peppers (V) (ve)	127g (1 red pepper)
C 113881	Bunched Flat Leaf Parsley (V) (ve)	20g
A 16392	British Free Range Fresh Medium Eggs (V) (UK)	111g (2 eggs)
C 134491	Greek Feta Cheese (V)	400g
A 470829	Vegetable Oil (V) (ve)	7g

PREPARATION

1. Defrost the filo pastry.
2. Peel and finely dice the red onion.
3. Deseed and finely dice the red pepper.
4. Pick and chop the parsley.
5. Beat one of the eggs.
6. Crumble the feta cheese.

METHOD

1. Make the filling by mixing together the onion, pepper, parsley, 1 egg and feta cheese.
2. Lay the filo pastry sheet out flat and cut into long triangles.
3. Brush with the beaten egg and add a spoonful of the filling mix to the wide end of each triangle.
4. Fold over both sides of the triangle and roll it up as you would a croissant.
5. Keep the boregi chilled until you're ready to serve.
6. To serve, deep-fry the boregi for 3–4 minutes until hot and golden.

Serves 10

PATLICAN TARATOR

ROASTED AUBERGINE SALAD



EU LABEL VALUES	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	445kJ	5%	267kJ	3%
Energy(kcal)	107kcal	5%	64kcal	3%
Fat	7.1g	10%	4.3g	6%
of which saturates	1.9g	10%	1.1g	6%
Carbohydrate	6g	2%	3.6g	1%
of which sugars	4.9g	5%	2.9g	3%
Fibre	3.8g	15%	2.3g	9%
Protein	2.8g	6%	1.7g	3%
Salt	0.55g	9%	0.33g	6%

CONTAINS:



MILK

CODE	INGREDIENTS	QUANTITY
C 450608	Aubergines (V) (ve)	1kg
C 10439	Fresh Garlic (V) (ve)	20g
C 113881	Bunched Flat Leaf Parsley (V) (ve)	10g
C 114218	Lemons (V) (ve)	77g (1 lemon)
A 87045	Font Oliva Olive Pomace Oil	28g
A 107035	Maldon Sea Salt Flakes (V) (ve) (UK)	3g
A 33579	Sysco Classic Ground Black Pepper (V) (ve)	3g
C 11394	Green Valley Dairy Greek Style Yogurt (V) (UK)	100g
A 85288	Sysco Classic Crushed Chillies (V) (ve)	3g

PREPARATION

1. Preheat the oven to 200°C.
2. Lightly score and prick the aubergines.
3. Peel and crush the garlic.
4. Pick and chop the parsley.
5. Zest and juice the lemon.

METHOD

1. Roast the aubergines for 15–20 minutes, or until soft, then set aside to cool.
2. Once cool, remove the skin and blend the flesh with garlic, oil, salt, pepper and lemon until smooth.
3. Fold in the yogurt, and serve sprinkled with chopped parsley and chilli flakes.

Serves 8

VEGETABLE GUEVEC

VEGETABLE CASSEROLE



EU LABEL VALUES	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	443kJ	5%	887kJ	11%
Energy(kcal)	107kcal	5%	213kcal	11%
Fat	6.6g	9%	13g	19%
of which saturates	1g	5%	2g	10%
Carbohydrate	8.3g	3%	17g	7%
of which sugars	4.3g	4%	8.5g	16%
Fibre	3g	12%	5.9g	24%
Protein	2.1g	4%	4.1g	8%
Salt	0.02g	0%	0.05g	1%

CONTAINS:

CODE	INGREDIENTS	QUANTITY
C 10420	Potatoes Baby 25-35mm (V) (ve)	300g
C 10357	Plum Tomatoes (V) (ve)	600g
C 10281	Aubergines (V) (ve)	1.02kg
C 10291	Large Onions (V) (ve)	200g
C 10439	Fresh Garlic (V) (ve)	20g
C 10245	Mixed Peppers (V) (ve)	253g (1 red pepper and 1 green pepper)
C 450113	Paris Brown Mushrooms (V) (ve)	180g
A 134291	Sysco Classic Whole Cumin Seeds (V) (ve)	4g
A 103351	Sysco Classic Whole Coriander Seeds (V) (ve) (UK)	4g
C 113881	Bunched Flat Leaf Parsley (V) (ve)	5g
A 136734	Caterers Pride Tomato Paste (V) (ve)	20g
	Tap Water	150ml
A 87045	Font Oliva Olive Pomace Oil	93g
A 85288	Sysco Classic Crushed Chillies (V) (ve)	2g
A 33585	Sysco Classic Paprika (V) (ve) (UK)	5g
A 33595	Sysco Classic Thyme (V) (ve)	4g
A 134288	Sysco Classic Rosemary (V) (ve)	2g

PREPARATION

1. Boil the new potatoes, then chill them and cut them in half.
2. Roughly chop the tomatoes.
3. Chop the aubergines into 2cm pieces.
4. Peel and dice the onions.
5. Peel and crush the garlic.
6. Deseed and dice the red and green peppers.
7. Quarter the mushrooms.
8. Crush the cumin and coriander seeds.
9. Pick and chop the parsley.
10. Mix the tomato paste with the water.
11. Preheat the oven to 220°C.

METHOD

1. Heat half of the olive oil in a pan, add the onions and peppers and cook until translucent.
2. Add the aubergine and mushrooms. Stir well and start to cook, before adding salt, pepper and garlic.
3. When the aubergine starts to colour add the chopped tomatoes, herbs and spices, and cook for 40-60 minutes.
4. Divide the vegetable mix into serving pots and top with the halved potatoes.
5. Brush the potatoes with the tomato paste and water mix, and drizzle with oil.
6. Bake for 20 minutes, until golden.



VEGETARIAN SIDES

Serves 10

CACIK

TURKISH TZATZIKI



EU LABEL VALUES	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	465kJ	6%	329kJ	4%
Energy(kcal)	112kcal	6%	79kcal	4%
Fat	8.4g	12%	6g	9%
of which saturates	4.6g	23%	3.3g	17%
Carbohydrate	5.3g	2%	3.7g	1%
of which sugars	5.1g	6%	3.6g	4%
Fibre 1.5 g 6% 3.1 g 12%	0.5g	2%	0.5g	2%
Protein	3.5g	7%	2.5g	5%
Salt	0.39g	7%	0.28g	5%

CONTAINS:



MILK

CODE	INGREDIENTS	QUANTITY
C 10439	Fresh Garlic (V) (ve)	5g
C 113882	Premium Large Mint Bunch (V) (ve)	5g
C 10230	Cucumber (V) (ve)	320g
C 11394	Green Valley Dairy Greek Style Yogurt (V) (K)	500g
A 107035	Maldon Sea Salt Flakes (V) (ve) (K)	2g
A 87045	Font Oliva Olive Pomace Oil	9g

PREPARATION

1. Peel and grate the garlic.
2. Pick and chop the mint, saving a sprig for garnish.
3. Partly peel the cucumber in stripes, and finely chop.

METHOD

1. In a bowl, mix the yogurt, garlic and mint together.
2. Fold in the cucumber and season with salt.
3. To serve, drizzle with oil and garnish with a mint sprig.

Serves 6

COBAN SALATASI

TURKISH SHEPHERD'S SALAD



EU LABEL VALUES	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	165kJ	2%	236kJ	3%
Energy(kcal)	40kcal	2%	57kcal	3%
Fat	2.6g	4%	3.7g	5%
of which saturates	0.4g	2%	0.6g	3%
Carbohydrate	2.8g	1%	4g	2%
of which sugars	2.6g	3%	3.7g	4%
Fibre	0.9g	4%	1.4g	6%
Protein	0.8g	2%	1.2g	2%
Salt	0.13g	2%	0.19g	3%

CODE	INGREDIENTS	QUANTITY
C 10230	Cucumber (V) (ve)	300g
C 10357	Plum Tomatoes (V) (ve)	300g
C 10245	Mixed Peppers (V) (ve)	127g (1 green pepper)
C 10473	Spring Onions Bunch (V) (ve)	20g
C 113881	Bunched Flat Leaf Parsley (V) (ve)	10g
C 113882	Premium Large Mint Bunch (V) (ve)	3g
A 87045	Font Oliva Olive Pomace Oil	20g
A 107035	Maldon Sea Salt Flakes (V) (ve) (K)	1g
A 33579	Sysco Classic Ground Black Pepper (V) (ve)	1g
C 114218	Lemons (V) (ve)	77g

PREPARATION

1. Dice the cucumber into 1cm cubes.
2. Dice the tomatoes into 1cm cubes.
3. Deseed and dice the green pepper into 1 cm cubes.
4. Wash the spring onions and slice on the diagonal.
5. Pick and chop the parsley.
6. Pick and chop the mint leaves.
7. For the dressing, mix together the oil, salt, pepper and lemon juice.

METHOD

1. Mix all the salad items together in a large serving bowl.
2. Toss in the dressing to serve.



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