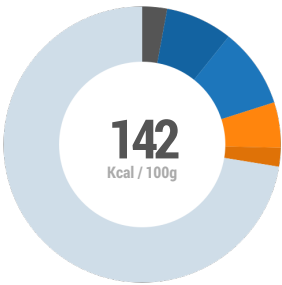


Carrot & Spiced Marmalade Wellington with Braised Red Cabbage & Parsnips



WEIGHT:

17.2% Carbs

2.9% Protein

7.5% Fat

72% Water

CONTAINS:

WHEAT, BARLEY

MAY CONTAIN:

EGGS MILK MUSTARD SOYA

OTHER PROPERTIES:

VEGETARIAN VEGAN

Recipe Ingredients ...	Quantity:	Description:
4740 Brakes British Roasting Parsnips (24 May 2023)..	80g	
134208 Brakes Carrot Wellington with Spiced Marmalade..	210g	1x Each
4765 Brakes Button Brussels Sprouts..	25g	
114427 - 114427 Ardo Red Cabbage & Apple.. - BRAKES	100g	0.04x Each
136678 - 136678 Sysco Classic Reduced Fat & Salt Gluten-Free Fine Gravy Granules.. - BRAKES	5g	Infinityx Each

1 Serving

Product code

Barcode

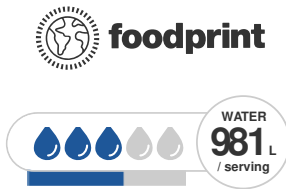
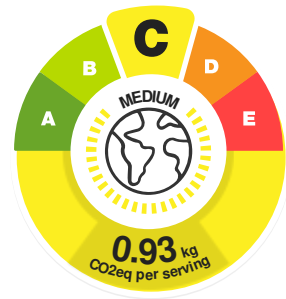
420g / 621kcal

1

Component		Grade	Contribution
Food Production			0.91kg
80.0g	4740 Brakes British Roasting Parsnips (24 May 2023)	A	0.02kg
210g	134208 Brakes Carrot Wellington with Spiced Marmalade	B	0.79kg
25.0g	4765 Brakes Button Brussels Sprouts	B	0.03kg
100g	114427 Ardo Red Cabbage & Apple	A	0.06kg
5.00g	136678 Sysco Classic Reduced Fat & Salt Gluten-Free Fine ...	B	0.01kg
Water Usage			981l
80.0g	4740 Brakes British Roasting Parsnips (24 May 2023)	X	-
210g	134208 Brakes Carrot Wellington with Spiced Marmalade	6	973l
25.0g	4765 Brakes Button Brussels Sprouts	1	8.48l
100g	114427 Ardo Red Cabbage & Apple	X	-
5.00g	136678 Sysco Classic Reduced Fat & Salt Gluten-Free Fine ...	X	-

Your Transport & Packaging:

1 Serving 420g (serves 1)



86% Data Quality Score

Cooking Instructions & Notes

Preparation:

- Defrost the red cabbage
- Defrost the sprouts & halve
- Make up the gravy as per pack guidelines

Method:

1. On a papered tray cook the wellington at 180°C for 25 mins alongside the parsnips
2. Warm the cabbage and sprouts together in a microwave on high power for 1 min
3. Bring the gravy to the boil in a small pan
4. Gently carve the wellington
5. Bring all the components together onto your chosen serving dish - serve

| Generated by Nutritics v5.96 on 14th Mar 2024. Last Modified 14th Mar 2024.

| U Ref Code: 801750 | Last Modified: 14 Mar 2024 | Nutritics ID:U4339862