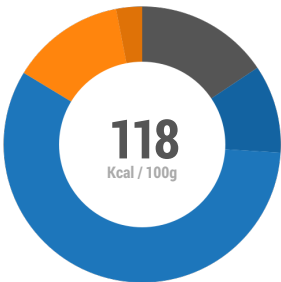


Crispy sweet and sour tofoo bowl



CALORIES:

68.1% Carbs

15.6% Protein

16.3% Fat

CONTAINS:


SOYA

OTHER PROPERTIES:


VEGETARIAN


VEGAN

Recipe Ingredients ...	Quantity:	Description:
89723 - 89723 Sysco Essentials Sweet & Sour Sauce.. - BRAKES	50g	0.02 x Each
135327 Tofoo Naked..	75g	
5946 - 5946 Sysco Classic Cornflour.. - BRAKES	5g	0x Each
30808 Brakes Basmati Rice Portions..	200g	
10245 (19 Oct 2023) - 10245 Mixed Peppers (19 Oct 2023).. - BRAKES	50g	0.39x Each
105475 Spring Onions (19 Oct 2023)..	20g	
114212 (19 Oct 2023) - 114212 Chillies Red (19 Oct 2023).. - BRAKES	5g	0.02x Each
450449 (19 Oct 2023) - 450449 Fresh Coriander (19 Oct 2023).. - BRAKES	5g	0.01x Each

1 Serving



 **Product code**

 **Barcode**

 **460g** / **548kcal**

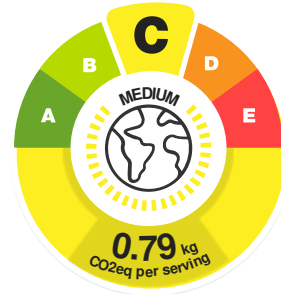
1

Component	Grade	Contribution
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 Food Production

0.70kg

50.0g	89723 Sysco Essentials Sweet & Sour Sauce	B	0.08kg
75.0g	135327 Tofoo Naked	A	0.05kg
5.00g	5946 Sysco Classic Cornflour	A	0.00kg
200g	30808 Brakes Basmati Rice Portions	B	0.51kg
50.0g	10245 Mixed Peppers (19 Oct 2023)	A	0.03kg
20.0g	105475 Spring Onions (19 Oct 2023)	A	0.02kg
5.00g	114212 Chillies Red (19 Oct 2023)	A	0.00kg
5.00g	450449 Fresh Coriander (19 Oct 2023)	B	0.01kg



 Water Usage

1019l

50.0g	89723 Sysco Essentials Sweet & Sour Sauce	2	30.7l
75.0g	135327 Tofoo Naked	1	25.4l
5.00g	5946 Sysco Classic Cornflour	5	11.4l
200g	30808 Brakes Basmati Rice Portions	5	499l
50.0g	10245 Mixed Peppers (19 Oct 2023)	8	368l
20.0g	105475 Spring Onions (19 Oct 2023)	1	5.81l
5.00g	114212 Chillies Red (19 Oct 2023)	8	36.8l
5.00g	450449 Fresh Coriander (19 Oct 2023)	9	41.4l



foodprint



54% Data Quality Score

 Your Transport & Packaging:



1 Serving 460g (serves 1)

Preparation:

Dice the tofoo into chunks and dust in the corn flour

Defrost rice

cut peppers

cut spring onion

cut chilli

pick corriader

Method:

1. In a pan over a medium heat quickly fry off the peppers in a little oil along with the spring onion, then add the sweet and sour sauce - mix well
2. In a deep fat fryer at 180oC fry the cornflour coated tofoo and cook until crisp. - drain onto a papered tray.
3. Add half the tofoo into the sweet and sour sauce and gently simmer.
4. Heat the rice as per pack instructions.
5. Put the rice onto a suitable plate and spoon on the sweet and sour sauce.
6. Garnish with the other half of the crispy tofoo, spring onions, corriander and chilli - serve !