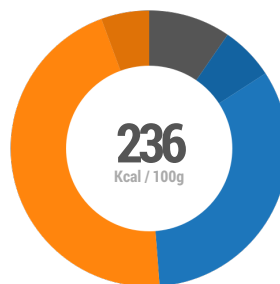


Festive houmous with baked ciabatta breadsticks

Overview ...

801740



CALORIES:

39.2% Carbs

9.6% Protein

51.2% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT,
BARLEY, RYE



SESAME

MAY CONTAIN:



HAZELNUTS,
ALMONDS,
CASHEWS

OTHER PROPERTIES:



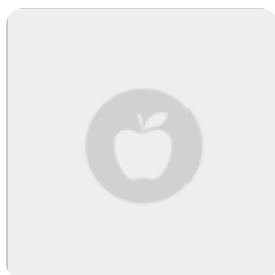
VEGETARIAN

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
129209 Sysco Premium Velvet Houmous..	90g	
119653 Whole Chargrilled Artichokes Hearts.. - BRAKES	60g	
124991 Sorriso Italian Semi Dried Cherry Tomatoes (780g nett).. - BRAKES	25g	
130382 Prepared Chestnuts (19 Oct 2023)..	20g	
89849 Brakes Dried Cranberries.. - BRAKES	5g	
136369 - 136369 La Boulangerie Fully Baked Ciabatta Loaves.. - BRAKES	75g	0.26 x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

275g / 669kcal

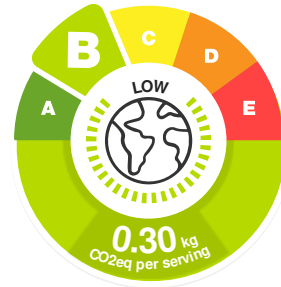
1

Component	Grade	Contribution
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🏠 Food Production

0.30kg

90.0g	129209 Sysco Premium Velvet Houmous	B	0.14kg
60.0g	119653 Whole Chargrilled Artichokes Hearts	A	0.03kg
25.0g	124991 Sorriso Italian Semi Dried Cherry Tomatoes (780g n...	A	0.02kg
20.0g	130382 Prepared Chestnuts (19 Oct 2023)	A	0.01kg
5.00g	89849 Brakes Dried Cranberries	B	0.01kg
75.0g	136369 La Boulangerie Fully Baked Ciabatta Loaves	B	0.08kg



💧 Water Usage

123l

90.0g	129209 Sysco Premium Velvet Houmous	X	-
60.0g	119653 Whole Chargrilled Artichokes Hearts	2	49.1l
25.0g	124991 Sorriso Italian Semi Dried Cherry Tomatoes (780g n...	1	5.35l
20.0g	130382 Prepared Chestnuts (19 Oct 2023)	1	6.78l
5.00g	89849 Brakes Dried Cranberries	5	11.4l
75.0g	136369 La Boulangerie Fully Baked Ciabatta Loaves	2	50.0l



78% Data Quality Score

🚚 Your Transport & Packaging:

✓ 1 Serving 275g (serves 1)

Cooking Instructions & Notes

Preparation:

- Drain and quarter the artichokes
- Drain the tomatoes
- Roughly chop the chestnuts
- Defrost the bread

Method:

1. Slice the bread into long thin strips brush with a little oil and place in a hot oven for 2 mins to crisp
2. Spread the houmous onto your chosen serving dish
3. Arrange the artichokes and tomatoes over the houmous
4. Garnish with the cranberries and chestnuts
5. Serve alongside the breadsticks