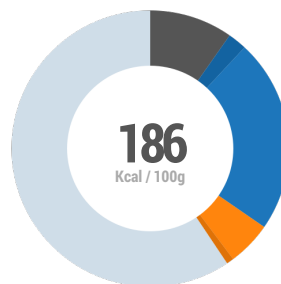


Harissa Chicken Shish, Chickpea Salad, Houmous & Fennel

Harissa flavoured chicken breast souvlaki & harissa houmous with a spicy chickpea salad & pickled fennel

Overview ...



WEIGHT:

24.9% Carbs

9.7% Protein

6% Fat

59% Water

Food Labelling...

Serves 1

CONTAINS:



WHEAT



MUSTARD



SESAME

MAY CONTAIN:



OATS, BARLEY,
RYE



MILK



CELERY



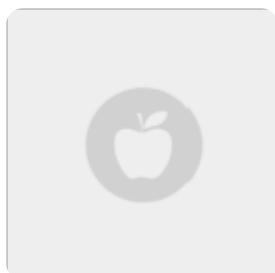
SOYA

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
125081 Megas Yeeros Handmade Chicken Breast Souvlaki.. - BRAKES	100g	1x Each
136340 Delphi Spicy Chickpea & Mediterranean Vegetable Salad..	75g	0.75x Each
121395 - 121395 Sysco Classic Smoked Houmous with Harissa.. - BRAKES	40g	Each
118623 Pickled Fennel..	10g	
105597 Micro Coriander BB..	1g	
113113 Spicentice Harissa Rub..	2g	
56374 - 56374 12" Large White Khobez Bread.. - BRAKES	113g	1 x Each

Products / Pack Sizes ...

1 Serving



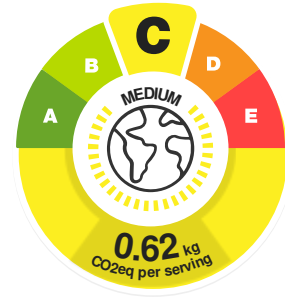
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341g / 650kcal

1

Component	Grade	Contribution
Food Production		0.62kg
100g 125081 Megas Yeeros Handmade Chicken Breast Souvlaki	B	0.31kg
75.0g 136340 Delphi Spicy Chickpea & Mediterranean Vegetable S...	A	0.05kg
40.0g 121395 Sysco Classic Smoked Houmous with Harissa	B	0.14kg
10.0g 118623 Pickled Fennel	A	0.01kg
1.00g 105597 Micro Coriander BB	B	0.00kg
2.00g 113113 Spicentice Harissa Rub	A	0.00kg
113g 56374 12" Large White Khobez Bread	A	0.11kg



Component	Grade	Contribution
Water Usage		11.7l
100g 125081 Megas Yeeros Handmade Chicken Breast Souvlaki	X	-
75.0g 136340 Delphi Spicy Chickpea & Mediterranean Vegetable S...	X	-
40.0g 121395 Sysco Classic Smoked Houmous with Harissa	X	-
10.0g 118623 Pickled Fennel	1	3.39l
1.00g 105597 Micro Coriander BB	9	8.28l
2.00g 113113 Spicentice Harissa Rub	X	-
113g 56374 12" Large White Khobez Bread	X	-



76% Data Quality Score

Your Transport & Packaging:

1 Serving 341g (serves 1)

Cooking Instructions & Notes

Preparation:

- Defrost the souvlaki, and dust with the harissa spice
- Defrost the khobez bread

Method:

1. Chargrill the souvlaki until core temperature is reached
2. Warm the chickpea salad as per packaging guidelines
3. Gently warm the khobez in the oven or on the chargrill
4. Bring all the components together and garnish with the lemon oil and cress
5. Serve with the warm bread on the side

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