

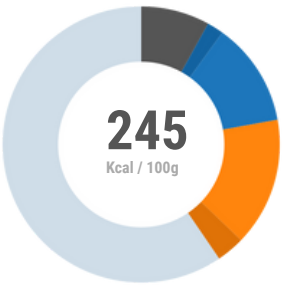


hello Summer

Recipe guide

Summer sharer

U / 10447815



WEIGHT:
14.1% Carbs
8% Protein
18.4% Fat
60% Water

Recipe Ingredients ...	Quantity:	Description:
11215 - 11215 Sysco Classic Taramasalata (22 Jul 2023).. - BRAKES	90g	0.09 x Each
121393 - 121393 Sysco Classic Baba Ganoush.. - BRAKES	90g	0.09 x Each
11213 - 11213 Sysco Classic Houmous (22 Jul 2023).. - BRAKES	90g	0.09 x Each
3600 - 3600 La Boulangerie Pitta Breads.. - BRAKES	120g	2 x Each
112653 Brakes Lamb Kofta..	210g	
87186 - 87186 Sysco Classic Garlic Mayonnaise.. - BRAKES	30g	0.01 x Each
105597 - 105597 Micro Coriander BB.. - BRAKES	2g	0.07 x Each
74817 - 74817 Pomegranate Seeds.. - BRAKES	5g	0.03 x Each
123174 - 123174 Sweet & Sour Onion Pickles.. - BRAKES	25g	0.03 x Each
10416 Prepared Grated Carrot (19 Oct 2023)..	50g	
5016 - 5016 Lion Yoghurt & Mint Dressing 2.27 Litres.. - BRAKES	15g	0.01 x Each
10146 - 10146 Sysco Classic Pickled Red Cabbage.. - BRAKES	40g	0.02 x Each

Products / Pack Sizes ...

1 Serving

Product code

Barcode

384g / 959kcal

1

Sustainability & Foodprint...

Component	Grade	Contribution
-----------	-------	--------------

 Food Production		7.10kg
90.0g 11215 Sysco Classic Taramasalata (22 Jul 2023)		0.13kg
90.0g 121393 Sysco Classic Baba Ganoush		0.14kg
90.0g 11213 Sysco Classic Houmous (22 Jul 2023)		0.14kg
120g 3600 La Boulangerie Pitta Breads		0.12kg
210g 112653 Brakes Lamb Kofta		6.40kg
30.0g 87186 Sysco Classic Garlic Mayonnaise		0.06kg
2.00g 105597 Micro Coriander BB		0.00kg
5.00g 74817 Pomegranate Seeds		0.01kg
25.0g 123174 Sweet & Sour Onion Pickles		0.01kg
50.0g 10416 Prepared Grated Carrot (19 Oct 2023)		0.02kg
15.0g 5016 Lion Yoghurt & Mint Dressing 2.27 Litres		0.02kg
40.0g 10146 Sysco Classic Pickled Red Cabbage		0.06kg

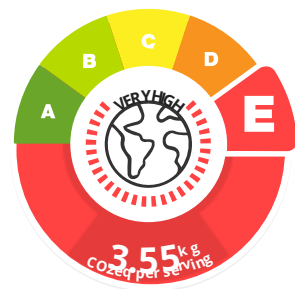
Water Usage		2292l
--------------------	--	--------------

		
90.0g 11215 Sysco Classic Taramasalata (22 Jul 2023)		-
90.0g 121393 Sysco Classic Baba Ganoush		-
90.0g 11213 Sysco Classic Houmous (22 Jul 2023)		-
120g 3600 La Boulangerie Pitta Breads		-
210g 112653 Brakes Lamb Kofta		2187l
30.0g 87186 Sysco Classic Garlic Mayonnaise		67.5l
2.00g 105597 Micro Coriander BB		16.6l
5.00g 74817 Pomegranate Seeds		4.83l
25.0g 123174 Sweet & Sour Onion Pickles		7.26l
50.0g 10416 Prepared Grated Carrot (19 Oct 2023)		9.75l
15.0g 5016 Lion Yoghurt & Mint Dressing 2.27 Litres		-
40.0g 10146 Sysco Classic Pickled Red Cabbage		-
		

Your Transport & Packaging:



 1 Serving 384g (serves 1)



66% Data Quality Score

Cooking instructions & notes

Preparation:

Defrost the koftas

Method:

1. Place the koftas on a tray and cook in an oven @180oC for 15 minutes or until a core temperature has been met - remove the sticks.
2. In a bowl mix together the carrot, cabbage, half the pickled onions and the yoghurt dressing.
3. Grill the pittas until crisp and cut to size.
4. Bring all the components together on a suitable tray/plate/board - spoon on the dips and create a crater for the addition of olive oil if you desire.
5. Place the koftas onto the carrot salad and garnish with the garlic mayo, pickled onion, pomegranate and micro coriander.
6. Serve!

Grilled sprouting broccoli with poached egg, chorizo & hollandaise

U / 10447475



WEIGHT:
6.5% Carbs
8.6% Protein
11.4% Fat
74% Water

Recipe Ingredients ...	Quantity:	Description:
114207 (19 Oct 2023) - 114207 Tenderstem Broccoli ® (19 Oct 2023).. - BRAKES	100g	0.2 x Each
71207 Campofrio Tapas Chorizo Dulce 225g..	50g	
120087 Lamb Weston Potato Puffs 1000g..	35g	
10156 - 10156 Brakes Hollandaise Sauce.. - BRAKES	20g	0.02 x Each
149080 Great British Egg Co Free Range Poached Eggs..	60g	
74818 Pea Shoots..	5g	
113881 Herb Bunched Flat Leaf Parsley..	5g	
450597 - 450597 Lemons.. - BRAKES	5g	0 x Each

Products / Pack Sizes ...

1 Serving

Product code

Barcode

280g / 453kcal

1

Sustainability & Foodprint...

Component

Grade

Contribution

Food Production

100g

114207 Tenderstem Broccoli ® (19 Oct 2023)

A

0.06kg

50.0g

71207 Campofrio Tapas Chorizo Dulce 225g

D

0.58kg

35.0g

120087 Lamb Weston Potato Puffs 1000g

B

0.05kg

20.0g

10156 Brakes Hollandaise Sauce

B

0.03kg

60.0g

149080 Great British Egg Co Free Range Poached Eggs

B

0.21kg

5.00g

74818 Pea Shoots

B

0.00kg

5.00g

113881 Herb Bunched Flat Leaf Parsley

A

0.00kg

5.00g

450597 Lemons

A

0.00kg

Water Usage

100g

114207 Tenderstem Broccoli ® (19 Oct 2023)

1

32.5l

50.0g

71207 Campofrio Tapas Chorizo Dulce 225g

X

-

35.0g

120087 Lamb Weston Potato Puffs 1000g

X

52.9l

20.0g

10156 Brakes Hollandaise Sauce

X

-

60.0g

149080 Great British Egg Co Free Range Poached Eggs

X

218l

5.00g

74818 Pea Shoots

X

-

5.00g

113881 Herb Bunched Flat Leaf Parsley

X

-

5.00g

450597 Lemons

2

3.21l

Your Transport & Packaging:

1 Serving 280g (serves 1)

0.93kg

307l

0.93kg CO2eq per serving

foodprint

307 L / serving

68% Data Quality Score

Preparation:

Dice and slice the chorizo

Method:

1. Season the broccoli and lightly oil - place onto a hot chargrill and cook for 3-4 minutes - halfway through cooking add the squeeze of lemon.

2. In a pan over a high heat fry the chorizo until crisp then add in the parsley.

3. Deep fat fry the potato puffs at 180oC for 3 minutes - drain well and toss into the pan of chorizo.

4. Heat the poached egg in the microwave as per packaging guidelines.

5. Place the charred broccoli onto a suitable plate and top with the egg - warm the hollandaise and drizzle over the top.

6. Spoon the chorizo and potato puffs around the plate.

7. Garnish with the pea shoots - serve!

| Generated by Nutritics v5.96 on 20th Mar 2024. Last Modified 20th Mar 2024.

| U Ref Code: | Last Modified: 20 Mar 2024 | Nutritics ID: U10447475

Spicy minced pork and rhubarb taco

U / 10447555



WEIGHT:
11.5%
Carbs **9.9%**
Protein
7.3% Fat
71% Water

Recipe Ingredients ...	Quantity:	Description:
123351 - 123351 La Boulangerie Fully Baked Mini Soft White Tacos.. - BRAKES	30g	2.07 x Each
70891 British Red Tractor British Pork Mince..	120g	
86972 - 86972 Pan Asia Sweet Chilli Dipping Sauce 1L.. - BRAKES	30g	
450694 Carrots..	40g	
10439 (19 Oct 2023) - 10439 Fresh Garlic (19 Oct 2023).. - BRAKES	5g	0.06 x Each
114212 Chillies Red..	5g	
1622 - 1622 Brakes Whole Cashew Nut Kernels.. - BRAKES	20g	0.02 x Each
136665 Princes Rhubarb Solid Pack (23 Oct 2023)..	50g	
105597 Micro Coriander BB..	1g	
10473 Spring Onions Bunch (19 Oct 2023)..	5g	
10146 Sysco Classic Pickled Red Cabbage..	10g	
123174 Sweet & Sour Onion Pickles..	5g	
113885 - 113885 Herb Bunched Coriander.. - BRAKES	5g	0.05 x Each

Products / Pack Sizes ...

1 Serving

Product code

Barcode

326g / 489kcal

1

Sustainability & Foodprint...

Component	Grade	Contribution
-----------	-------	--------------

 Food Production		0.87kg
30.0g 123351 La Boulangerie Fully Baked Mini Soft White Tacos		0.03kg
120g 70891 British Red Tractor British Pork Mince		0.69kg
30.0g 86972 Pan Asia Sweet Chilli Dipping Sauce 1L		0.05kg
40.0g 450694 Carrots		0.05kg
5.00g 10439 Fresh Garlic (19 Oct 2023)		0.00kg
5.00g 114212 Chillies Red		0.00kg
20.0g 1622 Brakes Whole Cashew Nut Kernels		0.02kg
50.0g 136665 Princes Rhubarb Solid Pack (23 Oct 2023)		-
1.00g 105597 Micro Coriander BB		0.00kg
5.00g 10473 Spring Onions Bunch (19 Oct 2023)		0.02kg
10.0g 10146 Sysco Classic Pickled Red Cabbage		0.00kg
5.00g 123174 Sweet & Sour Onion Pickles		0.01kg
5.00g 113885 Herb Bunched Coriander		
Water Usage		1151l

		
30.0g 123351 La Boulangerie Fully Baked Mini Soft White Tacos		-
120g 70891 British Red Tractor British Pork Mince		749l
30.0g 86972 Pan Asia Sweet Chilli Dipping Sauce 1L		18.4l
40.0g 450694 Carrots		7.80l
5.00g 10439 Fresh Garlic (19 Oct 2023)		2.95l
5.00g 114212 Chillies Red		36.8l
20.0g 1622 Brakes Whole Cashew Nut Kernels		284l
50.0g 136665 Princes Rhubarb Solid Pack (23 Oct 2023)		-
1.00g 105597 Micro Coriander BB		8.28l
5.00g 10473 Spring Onions Bunch (19 Oct 2023)		1.45l
10.0g 10146 Sysco Classic Pickled Red Cabbage		-
5.00g 123174 Sweet & Sour Onion Pickles		1.45l
5.00g 113885 Herb Bunched Coriander		41.4l
Your Transport & Packaging:		



 1 Serving 326g (serves 1)



Preparation:

Defrost the tacos

Dice the carrot

Slice the chilli and garlic

Chop the cashews

Chop coriander

Slice spring onions

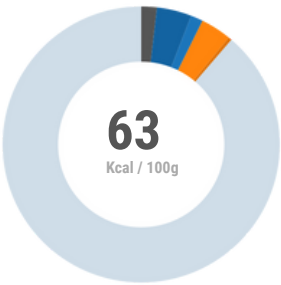
Method:

1. Add a little oil to a pan and on a high heat fry the garlic, carrot and chilli.
2. Now add the pork mince, cook down until its caramelised.
3. Stir in the sweet chilli sauce, cashew nuts and coriander.
4. Over a medium heat warm the rhubarb - you may wish to add sugar if its too tart.
5. Chargrill the tacos and place into a suitable stand - add the rhubarb and top with a good spoonful of the pork mixture.
6. In a bowl mix together the pickled cabbage, sweet & sour onions and spring onion.
7. Spoon this on top of the tacos, finish with the micro coriander - serve!

NB. Feel free to use fresh rhubarb when this is in season to create your own compote.

Asparagus Waldorf salad

U / 10447427



WEIGHT:
5.5% Carbs
1.8% Protein
4% Fat
89% Water

Recipe Ingredients ...	Quantity:	Description:
116370 (19 Oct 2023) - 116370 Asparagus (19 Oct 2023).. - BRAKES	150g	0.3 x Each
100256 Brakes Walnut Halves..	10g	
450530 Granny Smith Apples..	40g	
114218 Lemons..	5g	
89704 - 89704 Sysco Classic Light Mayonnaise.. - BRAKES	20g	0.01 x Each
10266 (19 Oct 2023) - 10266 Red / Black Seedless Grapes (19 Oct 2023).. - BRAKES	20g	0.04 x Each
10228 (19 Oct 2023) - 10228 Celery (19 Oct 2023).. - BRAKES	60g	0.12 x Each
10332 Lettuce Little Gem (19 Oct 2023)..	25g	
113881 - 113881 Herb Bunched Flat Leaf Parsley.. - BRAKES	5g	0.05 x Each

Products / Pack Sizes ...

1 Serving





Product code



Barcode



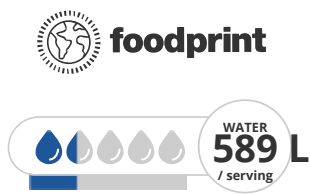
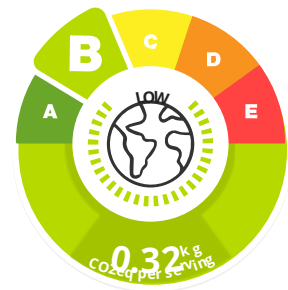
335g / 225kcal



1

Sustainability & Foodprint...

Component	Grade	Contribution
Food Production		
150g 116370 Asparagus (19 Oct 2023)	A	0.12kg
10.0g 100256 Brakes Walnut Halves	B	0.02kg
40.0g 450530 Granny Smith Apples	A	0.03kg
5.00g 114218 Lemons	A	0.00kg
20.0g 89704 Sysco Classic Light Mayonnaise	B	0.04kg
20.0g 10266 Red / Black Seedless Grapes (19 Oct 2023)	B	0.03kg
60.0g 10228 Celery (19 Oct 2023)	A	0.01kg
25.0g 10332 Lettuce Little Gem (19 Oct 2023)	B	0.07kg
5.00g 113881 Herb Bunched Flat Leaf Parsley	A	0.00kg
Water Usage		589l
150g 116370 Asparagus (19 Oct 2023)	5	323l
10.0g 100256 Brakes Walnut Halves	9	91.7l
40.0g 450530 Granny Smith Apples	6	153l
5.00g 114218 Lemons	2	3.21l
20.0g 89704 Sysco Classic Light Mayonnaise	0	-
20.0g 10266 Red / Black Seedless Grapes (19 Oct 2023)	0	12.2l
60.0g 10228 Celery (19 Oct 2023)	0	-
25.0g 10332 Lettuce Little Gem (19 Oct 2023)	1	5.93l
5.00g 113881 Herb Bunched Flat Leaf Parsley	X	-
Your Transport & Packaging:		
1 Serving 335g (serves 1)		



68% Data Quality Score

Cooking instructions & notes

Preparation:

Blanch the asparagus in salted boiling water for 1 minute - drain and refresh
Quarter the grapes
Peel the celery

Method:

- 1. Finely slice the celery
- 2. Finely dice and julienne the apple.
- 3. In a bowl mix together the apple, celery, parsley, lemon and mayonnaise together.
- 4. Slice the asparagus and mix into the salad.
- 5. Place the gem lettuce on a suitable dish and spoon over the salad.
- 6. Garnish with the walnuts, asparagus and grapes - serve!

Fish and chips with minted pea dressing

U / 10447575



WEIGHT:
16.2%
Carbs **8.6%**
Protein
4.9% Fat
70% Water

Recipe Ingredients ...	Quantity:	Description:
32607 - 32607 M&J Seafood Medium MSC Cod Fillets.. - BRAKES	155g	1 x Each
4599 Sysco Essentials Garden Peas..	75g	
10156 Brakes Hollandaise Sauce..	20g	
113882 - 113882 Premium Large Mint Bunch.. - BRAKES	5g	0.05 x Each
110934 - 110934 Sysco Classic Random Cut Skin-On Chips (22 Jul 2023).. - BRAKES	100g	0.04 x Each
114218 - 114218 Lemons.. - BRAKES	0.5g	0 x Each
36037 Brakes Capers in Brine..	5g	
113881 - 113881 Herb Bunched Flat Leaf Parsley.. - BRAKES	5g	0.05 x Each
123174 - 123174 Sweet & Sour Onion Pickles.. - BRAKES	5g	0.01 x Each
121409 - 121409 Bread & Butter Pickles.. - BRAKES	5g	0.01 x Each
89704 Sysco Classic Light Mayonnaise..	40g	
9711 - 9711 Brakes Self Raising Flour.. - BRAKES	50g	0 x Each
35023 - 35023 Sysco Classic Baking Powder.. - BRAKES	5g	0.01 x Each
84688 Priory Falls Sparkling Spring Water..	25ml	

Products / Pack Sizes ...

1 Serving

Product code

Barcode

496g / 707kcal

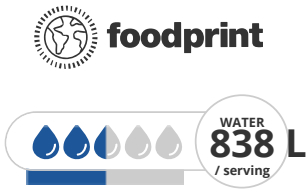
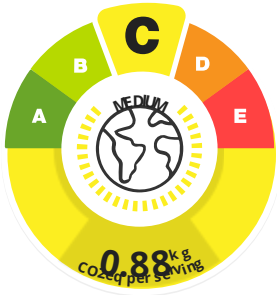
1

Sustainability & Foodprint...

Component	Grade	Contribution
Food Production		0.88kg
155g 32607 M&J Seafood Medium MSC Cod Fillets	B	0.33kg
75.0g 4599 Sysco Essentials Garden Peas	B	0.19kg
20.0g 10156 Brakes Hollandaise Sauce	B	0.03kg
5.00g 113882 Premium Large Mint Bunch	A	0.00kg
100g 110934 Sysco Classic Random Cut Skin-On Chips (22 Jul 20...	B	0.15kg
0.50g 114218 Lemons	A	0.00kg
5.00g 36037 Brakes Capers in Brine	B	0.01kg
5.00g 113881 Herb Bunched Flat Leaf Parsley	A	0.00kg
5.00g 123174 Sweet & Sour Onion Pickles	A	0.00kg
5.00g 121409 Bread & Butter Pickles	A	0.00kg
40.0g 89704 Sysco Classic Light Mayonnaise	B	0.08kg
50.0g 9711 Brakes Self Raising Flour	B	0.06kg
5.00g 35023 Sysco Classic Baking Powder	A	0.00kg
25.0g 84688 Priory Falls Sparkling Spring Water	A	0.01kg
Water Usage		838l
155g 32607 M&J Seafood Medium MSC Cod Fillets	5	431l
75.0g 4599 Sysco Essentials Garden Peas	4	148l
20.0g 10156 Brakes Hollandaise Sauce	X	-
5.00g 113882 Premium Large Mint Bunch	X	1.44l
100g 110934 Sysco Classic Random Cut Skin-On Chips (22 Jul 20...	X	151l
0.50g 114218 Lemons	X	0.32l
5.00g 36037 Brakes Capers in Brine	X	-
5.00g 113881 Herb Bunched Flat Leaf Parsley	X	-
5.00g 123174 Sweet & Sour Onion Pickles	1	1.45l
5.00g 121409 Bread & Butter Pickles	X	-
40.0g 89704 Sysco Classic Light Mayonnaise	X	-
50.0g 9711 Brakes Self Raising Flour	4	92.5l
5.00g 35023 Sysco Classic Baking Powder	X	11.4l
25.0g 84688 Priory Falls Sparkling Spring Water	X	0.03l
Your Transport & Packaging:		



1 Serving 496g (serves 1)



64% Data Quality Score

Preparation:

Defrost the fish - dry on kitchen paper

Chop the capers

Chop the pickles and onion

Chop the parsley

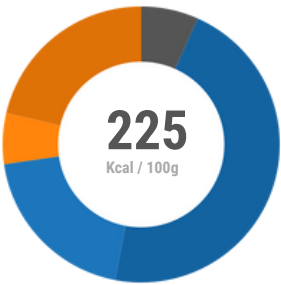
Cut the lemon

Method:

1. In a pan of boiling salted water add the peas and mint, bring to a boil - drain and place into a food blender immediately with a little of the water - blend and add in the hollandaise to create a thick dressing consistency. - keep warm
2. In a bowl mix together the parsley, chopped pickles/onions and mayonnaise to form the tartare sauce.
3. In a large bowl whisk together the flour, baking powder and sparkling water to create a thick consistency.
4. Dust the fish in a little seasoned flour and then coat in the batter.
5. Deep fry at 180oC for 4-5 minutes or until crisp and golden and cooked through - drain well on a papered tray and season.
6. Now fry the chips for 3-4 minutes - drain well and season.
7. Bring all the components together on a suitable tray or platter - serve!

Pavlova ice cream waffle cone

U / 10447663



CALORIES:
66% Carbs
6.7% Protein
27.3% Fat

Food Labelling...

Serves **1**

CONTAINS:



WHEAT



EGGS



MILK



SOYA

Recipe Ingredients ...	Quantity:	Description:
134284 - 134284 Flower & White Rainbow Fruit Meringue Kisses.. - BRAKES	10g	0.1 x Each
261 - 261 Sysco Essentials White Vanilla Flavour Ice Cream.. - BRAKES	75g	0.05 x Each
4111 Brakes Fruits of the Forest..	20g	
88422 - 88422 Raspberry Decorating Coulis.. - BRAKES	5g	0.01 x Each
150205 - 150205 Nic Ice Springle Dipped Waffle Cone.. - BRAKES	31g	1 x Each

Products / Pack Sizes ...

1 Serving



Product code



Barcode



141g / 319kcal



1

Sustainability & Foodprint...

Smoked bacon, bourbon and toffee ice cream waffle cone

U / 10447735



CALORIES:
44.4%
Carbs **9.5%**
Protein
46.1% Fat

Food Labelling...

Serves **1**

.....

CONTAINS:


PISTACHIOS


EGGS


MILK

MAY CONTAIN:


HAZELNUTS,
PECANS,
ALMONDS,
CASHEWS,
WALNUTS,
BRAZIL NUTS,
MACADAMIAS


PEANUTS

Recipe Ingredients ...	Quantity:	Description:
116163 - 116163 Pancetta Smoked Diced.. - BRAKES	15g	0.15 x Each
100535 Brakes Pure Canadian Maple Syrup..	15g	
132592 - 132592 Jack Daniel's Old No.7 Tennessee Whiskey 70cl.. - BRAKES	10ml	0.01 x Each
54900 Mackie's of Scotland Butterscotch Ice Cream 5 Litre..	75g	
8823 - 8823 Brakes Pistachio Kernels.. - BRAKES	5g	0.01 x Each
16296 - 16296 Brakes Toffee Sauce (22 Jul 2023).. - BRAKES	10g	0.01 x Each

Products / Pack Sizes ...

1 Serving


Product code
Barcode


130g / 290kcal

1

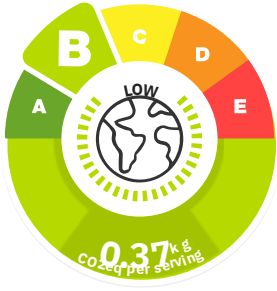


Sustainability & Foodprint...

Component	Grade	Contribution
-----------	-------	--------------

0.37kg

D
B
A
B
A
B



1021

X
4
X
X
1
4



72% Data Quality Score



Cooking instructions & notes

Preparation:

Fry the bacon until crisp and drain on kitchen paper
Roughly chop the pistachio

Method:

1. Mix together the whisky, maple syrup and bacon.
2. Scoop the ice cream into the cone and then garnish with the bacon mix, drizzle over the toffee sauce.
3. Finish with a sprinkle of the pistachio before serving.

Fresh berries topped with a glazed Prosecco sabayon

U / 10447635



WEIGHT:
20.6%
Carbs **4.4%**
Protein
7.4% Fat
68% Water

Recipe Ingredients ...	Quantity:	Description:
149605 - 149605 Blueberries.. - BRAKES	30g	0.3 x Each
149607 - 149607 Raspberries.. - BRAKES	30g	0.38 x Each
450610 - 450610 Strawberries.. - BRAKES	30g	0.08 x Each
149606 Blackberries..	30g	
113879 - 113879 Herb Bunched Basil.. - BRAKES	5g	0.05 x Each
109534 Liquid Egg Yolk..	50g	
350098 Tate & Lyle Caster Sugar 2kg..	35g	
130833 - 130833 Fitz English Sparkling White Wine.. - BRAKES	10ml	0.01 x Each

Products / Pack Sizes ...

1 Serving

Product code

Barcode

220g / 364kcal

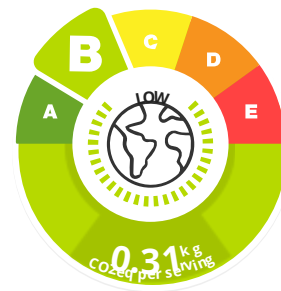
1

Sustainability & Foodprint...

 **Food Production**

0.31kg

30.0g	149605 Blueberries	A	0.02kg
30.0g	149607 Raspberries	A	0.03kg
30.0g	450610 Strawberries	B	0.05kg
30.0g	149606 Blackberries	A	0.01kg
5.00g	113879 Herb Bunched Basil	A	0.00kg
50.0g	109534 Liquid Egg Yolk	B	0.18kg
35.0g	350098 Tate & Lyle Caster Sugar 2kg	A	0.01kg
10.0g	130833 Fitz English Sparkling White Wine	A	0.00kg



Water Usage



30.0g	149605 Blueberries	25.41
30.0g	149607 Raspberries	12.41
30.0g	450610 Strawberries	10.41
30.0g	149606 Blackberries	12.41
5.00g	113879 Herb Bunched Basil	-
50.0g	109534 Liquid Egg Yolk	1641
35.0g	350098 Tate & Lyle Caster Sugar 2kg	31.21
10.0g	130833 Fitz English Sparkling White Wine	8.691


foodprint

70% Data Quality Score

Your Transport & Packaging:



1 Serving 220g (serves 1)

Preparation:

Wash and prepare the fruits

Method:

1. In a bowl mix the fruits and basil together.
2. Bring a pan of water to the boil then reduce to a simmer.
3. Place a bowl over the gently simmering water and whisk the eggs and sugar together to form a thick custard - whisk in the sparkling wine.
4. Spoon the berries into an ovenproof dish and spoon the sabayon over.
5. Place under a medium hot grill to cook the sabayon for 2 minutes.
6. Serve immediately.