



# PlantForward

from  brakes  
a Sysco company



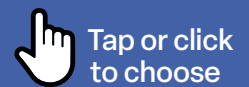
**MEAT, FISH & DAIRY WITH  
ADDED PLANT GOODNESS**

## **RECIPES FOR HOSPITALS**

# LOWER COSTS WITHOUT COMPROMISING NUTRITIONAL VALUE OR FLAVOUR

Plant-forward means reducing meat, fish and dairy and emphasising vegetables, beans, pulses, rice and other plant-based ingredients. For consumers, it's a way to reduce consumption of meat, poultry and dairy without going fully vegetarian or vegan.

## RECIPES IN THIS PDF



**Greek Lentil Flatbread**

**Homemade Pulled Pork Macaroni Cheese**

**Italian Style Meat Loaf**

**Korean Noodles and K Pop Chicken**

**Meatball Mozzarella and Garlic Bread Traybake**

**Roast Chicken Banh Mi**

**Sweet Potato Butternut and Bean Hash**

**MEAT, FISH & DAIRY WITH  
ADDED PLANT GOODNESS**

# GREEK LENTIL FLATBREAD

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 432G SERVING	%RI
Energy(Kj)	<b>936</b> kJ	11%	<b>4047</b> kJ	48%
Energy(kcal)	<b>224</b> kcal	11%	<b>967</b> kcal	48%
Fat	<b>11</b> g	16%	<b>47</b> g	67%
<i>of which saturates</i>	<b>2.9</b> g	15%	<b>12</b> g	60%
Carbohydrate	<b>22</b> g	8%	<b>95</b> g	37%
<i>of which sugars</i>	<b>1.9</b> g	2%	<b>8.2</b> g	9%
Fibre	<b>2.2</b> g	9%	<b>9.5</b> g	38%
Protein	<b>8</b> g	16%	<b>34</b> g	68%
Salt	<b>0.78</b> g	13%	<b>3.4</b> g	57%
HFSS Rating	<b>-1</b>	points		

CONTAINS:

OTHER PROPERTIES:

VEGETARIAN

Recipe Ingredients ...	Quantity:	Description:
111313 - 111313 Riverdene Roasted Red Peppers.. - BRAKES	200g	0.08x Each
134404 - 134404 Feta Cubes (15mm).. - BRAKES	580g	0.63x Each
12068 - 12068 Yellow Cherry Tomatoes.. - BRAKES	500g	2x Each
10364 - 10364 Red Cherry Tomatoes.. - BRAKES	500g	2x Each
36036 - 36036 Brakes Essentials Pitted Black Olives.. - BRAKES	300g	0.13x Each
129927 - 129927 Brakes Essentials Olive Pomace Oil Blend.. - BRAKES	250ml	0.05x Each
127154 ECOCE Sherry Vinegar CASE..	80ml	0.5x Each
134644 - 134644 Cooks & Co Garlic Puree.. - BRAKES	20g	0.2x Each
134289 Sysco Classic Smoked Paprika (24 Jul 2023)..	12g	0.02x Each
6039 - 6039 Brakes Whole Green Lentils.. - BRAKES	500g	0.17x Each
113882 - 113882 Premium Large Mint Bunch.. - BRAKES	50g	0.5x Each
119278 - 119278 La Boulangerie Sourdough Naan.. - BRAKES	1.33kg	9.98x Each



### **Prep**

Halve tomatoes

Drain & Dice peppers

Finely Shred Mint

### **Method**

Place the lentils in a colander and rinse them thoroughly under running water. Drain and place them in a large pot. Cover the lentils with a 5-6cm of cold water, season with salt, add the bay leaf and bring to the boil. Reduce the heat to a gentle simmer and cook for about 20-25 minutes.

To prepare the dressing add all the ingredients in a bowl and whisk to combine

When lentils are cooked drain allow to cool for a few minutes before adding to dressing

allow to cool completely

Add the chopped onion, cherry tomatoes, feta cheese, olives and roasted peppers (sliced) and mix thoroughly

# HOMEMADE PULLED PORK MACARONI CHEESE

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 308G SERVING	%RI
Energy(Kj)	<b>970</b> kJ	12%	<b>2983</b> kJ	36%
Energy(kcal)	<b>231</b> kcal	12%	<b>711</b> kcal	36%
Fat	<b>9.7</b> g	14%	<b>30</b> g	43%
<i>of which saturates</i>	<b>5.9</b> g	30%	<b>18</b> g	90%
Carbohydrate	<b>25</b> g	10%	<b>77</b> g	30%
<i>of which sugars</i>	<b>9.1</b> g	10%	<b>28</b> g	31%
Fibre	<b>0.9</b> g	4%	<b>2.7</b> g	11%
Protein	<b>11</b> g	22%	<b>33</b> g	66%
Salt	<b>0.76</b> g	13%	<b>2.3</b> g	38%
HFSS Rating	<b>11</b>	points		

**CONTAINS:**

- WHEAT
- MILK
- CELERY
- MUSTARD

**MAY CONTAIN:**

- SOYA

**OTHER PROPERTIES:**

- VEGETARIAN

Recipe Ingredients ...	Quantity:	Description:
<b>33588</b> - 33588 Sysco Classic Bay Leaves (24 Jul 2023).. - BRAKES	<b>1g</b>	Each
<b>146186</b> - 146186 Sysco Classic Straight Macaroni.. - BRAKES	<b>500g</b>	0.5x Each
<b>71128</b> - 71128 Brakes Salted Butter.. - BRAKES	<b>100g</b>	Each
<b>350091</b> - 350091 Brakes Plain Flour.. - BRAKES	<b>100g</b>	Each
71144 Brakes Mature White Cheddar.. - BRAKES	<b>300g</b>	
88933 Brakes English Mustard.. - BRAKES	<b>30ml</b>	
33853 Brakes Breadcrumbs Uncoloured.. - BRAKES	<b>75g</b>	
134293 Sysco Classic Cracked Black Pepper.. - BRAKES	<b>2g</b>	
10469 Cooking Onions..	<b>150g</b>	
124181 Garlic Loose..	<b>20g</b>	
70325 Brakes Fresh Whole Milk..	<b>1.2l</b>	
114636 Italian Hard Cheese Shavings..	<b>75g</b>	
120237 Maldon Smoked Sea Salt.. - BRAKES	<b>4g</b>	
<b>131249</b> - 131249 Cooked Pulled Pork.. - BRAKES	<b>500g</b>	1x Each
<b>124062</b> - 124062 Lion Maple & Bourbon BBQ Sauce 1 Litre.. - BRAKES	<b>300g</b>	0.3x Each

### **Prep**

Cooking Onions - Peel & dice

Garlic - Peel & crush

Brakes Mature White Cheddar - Grate the cheese

### **Method**

Warm the milk in a saucepan with the onion, garlic & bay leaf.

Bring to the boil and simmer to infuse for 10 mins. Strain and the milk aside.

In boiling salted water, cook the macaroni until just soft. Drain & refresh with cold water.

Combine the butter & flour in a saucepan until a roux is formed.

Slowly add the infused milk, whisking constantly to ensure the sauce is smooth after each addition.

Remove from the heat and stir in the mustard, and all the grated white cheese.

Whisk until the cheese has dissolved and the sauce is velvety smooth. Check the seasoning.

Re-heat the garlic bread as per pack instructions.

Combine the macaroni with the cheese sauce and pour into a casserole dish.

Top with the parmesan and breadcrumbs, and bake for 15-20 mins until golden brown.

# ITALIAN STYLE MEAT LOAF

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 337G SERVING	%RI
Energy(KJ)	<b>562</b> kJ	7%	<b>1894</b> kJ	23%
Energy(kcal)	<b>134</b> kcal	7%	<b>452</b> kcal	23%
Fat	<b>6.3</b> g	9%	<b>21</b> g	30%
<i>of which saturates</i>	<b>2.2</b> g	11%	<b>7.4</b> g	37%
Carbohydrate	<b>5.1</b> g	2%	<b>17</b> g	7%
<i>of which sugars</i>	<b>2.1</b> g	2%	<b>7</b> g	8%
Fibre	<b>1.4</b> g	6%	<b>4.6</b> g	18%
Protein	<b>14</b> g	28%	<b>46</b> g	92%
Salt	<b>0.58</b> g	10%	<b>1.9</b> g	32%
HFSS Rating	<b>-1</b> points			

CONTAINS:



WHEAT



EGGS



MILK

Recipe Ingredients ...

Quantity:

Description:

<b>133955</b> - 133955 British Red Tractor 15% fat Halal Minced Beef.. - BRAKES	<b>800g</b>	0.32x Each
<b>134060</b> - 134060 Meatless Farm Plant-Based Free Flow Mince.. - BRAKES	<b>600g</b>	0.6x Each
<b>33853</b> - 33853 Brakes Breadcrumbs Uncoloured.. - BRAKES	<b>120g</b>	0.03x Each
<b>71018</b> - 71018 Grated Parmigiano Reggiano.. - BRAKES	<b>160g</b>	0.16x Each
<b>10469 (19 Oct 2023)</b> - 10469 Cooking Onions (19 Oct 2023).. - BRAKES	<b>600g</b>	0.24x Each
<b>134644</b> - 134644 Cooks & Co Garlic Puree.. - BRAKES	<b>60g</b>	0.6x Each
<b>16392</b> - 16392 Brakes 18 British Free Range Fresh Medium Eggs.. - BRAKES	<b>167g</b>	3x Each
<b>28326</b> - 28326 Brakes Tomato Paste.. - BRAKES	<b>50g</b>	0.06x Each
<b>113886 (19 Oct 2023)</b> - 113886 Herb Bunched Oregano (19 Oct 2023).. - BRAKES	<b>12g</b>	0.12x Each
<b>19839</b> - 19839 Brakes Chopped Tomatoes in Tomato Juice.. - BRAKES	<b>800g</b>	1x Each

BACK TO  
**MENU**

### **Prep**

Finely Chop onion

Finely chop oregano

### **Method**

#### **To make tomato sauce**

heat oil in a sauce pan

Add onion and garlic and cook for approx. 5 mins until soft and

Add half tomato puree chopped tomatoes and bring to the boil

Turn down to simmer and allow to thicken

#### **For the meat loaf**

Line the long sides and base of a 2lb loaf tin with double thickness baking parchment. Mix 2 tbsp each of the breadcrumbs and Parmesan in a small bowl and set aside. Tip all the remaining ingredients into a large bowl with a good shake of salt and pepper and mix well

Press the mixture into the loaf tin and sprinkle with the reserved crumb mix. Bake @ 180 for 40-45 mins until the top is golden and crunchy. If the top does not colour in the oven, pop the tin under the grill and brown the top for 5 mins. Cool in the tin for 5 mins, then lift out using the parchment and put on a board.

# KOREAN NOODLES AND K POP CHICKEN

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 334G SERVING	%RI
Energy(Kj)	<b>895</b> kJ	11%	<b>2989</b> kJ	36%
Energy(kcal)	<b>212</b> kcal	11%	<b>707</b> kcal	35%
Fat	<b>3</b> g	4%	<b>10</b> g	14%
of which saturates	<b>0.6</b> g	3%	<b>2</b> g	10%
Carbohydrate	<b>36</b> g	14%	<b>121</b> g	47%
of which sugars	<b>4.1</b> g	5%	<b>14</b> g	16%
Fibre	<b>2</b> g	8%	<b>6.6</b> g	26%
Protein	<b>9</b> g	18%	<b>30</b> g	60%
Salt	<b>2.1</b> g	35%	<b>6.9</b> g	115%
HFSS Rating	<b>10</b> points			

**CONTAINS:**

- WHEAT, BARLEY
- SOYA
- SULPHITES

**MAY CONTAIN:**

- EGGS
- MILK
- CELERY
- MUSTARD

Recipe Ingredients ...	Quantity:	Description:
<b>105854</b> - 105854 Lucky Boat Noodle No.1.. - BRAKES	<b>1.4kg</b>	0.16x Each
<b>134761</b> - 134761 CJO Gochujang Paste.. - BRAKES	<b>200g</b>	2x Each
<b>13007 (19 Oct 2023)</b> - 13007 Red Peppers (19 Oct 2023).. - BRAKES	<b>400g</b>	0.08x Each
<b>124656 (19 Oct 2023)</b> - 124656 Mushroom Paris Brown Chestnut (19 Oct 2023).. - BRAKES	<b>378g</b>	14x Average Portion
<b>10473 (19 Oct 2023)</b> - 10473 Spring Onions Bunch (19 Oct 2023).. - BRAKES	<b>100g</b>	1x Each
<b>134644</b> - 134644 Cooks & Co Garlic Puree.. - BRAKES	<b>25g</b>	0.25x Each
<b>124866</b> - 124866 Kikkoman Soy Sauce 1L.. - BRAKES	<b>75g</b>	0.08x Each
<b>127153</b> - 127153 Mikado Rice Vinegar CASE.. - BRAKES	<b>60ml</b>	0.12x Each
<b>29706</b> - 29706 Essential Cuisine Chicken Stock Mix.. - BRAKES	<b>50g</b>	3.13x Each
<b>1</b> - 1 Tap Water (for VC recipes).. - BRAKES	<b>150g</b>	0.15x Each
<b>136278</b> - 136278 Oakfield Korean Spicy K Pop Chicken Thighs.. - BRAKES	<b>500g</b>	0.5x Each



### **Prep**

Thinly slice mushrooms

Thinly slice red pepper

Thinly slice onion

Blanch noodles and refresh

### **Method**

Add the rapeseed oil to a large/deep frying pan on a high heat. Allow for the pan to preheat, then add the spring onion, red pepper and mushrooms into the pan.

Stir-fry on a high heat for around 5 minutes, constantly stirring.

Meanwhile, combine the gochujang, soy sauce, rice wine vinegar and chicken/veggie stock in a bowl.

Reduce the heat to medium/low and season the veggies with salt. Add the gochujang/stock mix and garlic into the pan and stir to combine reserve a little of the mix for chicken

Place the noodles into the pan and cover with a lid for 2 minutes. This will allow the noodles to loosen before you try to move them

Deep fry chicken according to instructions on packaging , when cooked toss in remaining noodle dressing

Remove the lid and stir the noodles into the sauce. Continue to cook for around 3 minutes, until the sauce has thickened/reduced and the noodles are cooked.

# MEATBALL, MOZZARELLA & GARLIC BREAD TRAYBAKE

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 355G SERVING	%RI
Energy(Kj)	<b>430</b> kJ	5%	<b>1525</b> kJ	18%
Energy(kcal)	<b>102</b> kcal	5%	<b>363</b> kcal	18%
Fat	<b>3.8</b> g	5%	<b>14</b> g	20%
of which saturates	<b>1.8</b> g	9%	<b>6.2</b> g	31%
Carbohydrate	<b>6.3</b> g	2%	<b>22</b> g	8%
of which sugars	<b>3.1</b> g	3%	<b>11</b> g	12%
Fibre	<b>1.4</b> g	6%	<b>4.8</b> g	19%
Protein	<b>10</b> g	20%	<b>36</b> g	72%
Salt	<b>0.25</b> g	4%	<b>0.9</b> g	15%
HFSS Rating	<b>-3</b> points			

CONTAINS:



WHEAT



MILK



SOYA

Recipe Ingredients ...

Quantity:	Description:
<b>800g</b>	0.32x Each
<b>109406 - 109406 Turkey Mince.. - BRAKES</b>	
<b>350g</b>	0.35x Each
<b>132494 - 132494 Katerveg! Meat Free Mince.. - BRAKES</b>	
<b>400g</b>	0.16x Each
<b>10469 - 10469 Cooking Onions.. - BRAKES</b>	
<b>30g</b>	0.3x Each
<b>113886 - 113886 Herb Bunched Oregano.. - BRAKES</b>	
<b>12g</b>	0.03x Each
<b>134286 - 134286 Sysco Classic Whole Fennel Seeds.. - BRAKES</b>	
<b>30g</b>	0.3x Each
<b>134644 - 134644 Cooks &amp; Co Garlic Puree.. - BRAKES</b>	
<b>60g</b>	0.07x Each
<b>114939 - 114939 Cirio Double Concentrated Tomato Puree 850g.. - BRAKES</b>	
<b>1.2kg</b>	0.48x Each
<b>6437 - 6437 Brakes Chopped Tomatoes in Tomato Juice.. - BRAKES</b>	
<b>25g</b>	0.01x Each
<b>350098 - 350098 Tate &amp; Lyle Caster Sugar 2kg.. - BRAKES</b>	
<b>400g</b>	3.2x Each
<b>75350 - 75350 Cow's Milk Mozzarella Balls.. - BRAKES</b>	
<b>240g</b>	10x Each
<b>32000 - 32000 Brakes Essentials Garlic &amp; Parsley Bread Slices.. - BRAKES</b>	

BACK TO  
**MENU**

### **Prep**

Peel And finely dice onions

### **Method**

Combine the mince, oregano, fennel seeds and some seasoning in a bowl. Take walnut-sized pieces of the mixture and roll into balls. Heat half the oil in a large, shallow ovenproof pan and cook the meatballs until browned all over – don't worry if they're not cooked through. Transfer to a plate. Heat the oven to 200C/180C fan/gas 6.

Heat the remaining oil in the pan and add the onion. Cook until softened, about 10-12 mins, stirring regularly. Stir in the garlic for another minute, then the tomato purée, chopped tomatoes and sugar.

Simmer for 10-15 mins, then season to taste. Place the meatballs on top of the sauce, then add the mozzarella, garlic bread and the cheddar on top. Bake for 15-20 mins until golden

# ROAST CHICKEN BANH MI

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 217G SERVING	%RI
Energy(Kj)	<b>1463</b> kJ	17%	<b>3175</b> kJ	38%
Energy(kcal)	<b>346</b> kcal	17%	<b>752</b> kcal	38%
Fat	<b>5.9</b> g	8%	<b>13</b> g	19%
<i>of which saturates</i>	<b>1</b> g	5%	<b>2.1</b> g	11%
Carbohydrate	<b>54</b> g	21%	<b>116</b> g	45%
<i>of which sugars</i>	<b>6.8</b> g	8%	<b>15</b> g	17%
Fibre	<b>2.7</b> g	11%	<b>5.9</b> g	24%
Protein	<b>18</b> g	36%	<b>40</b> g	80%
Salt	<b>1.1</b> g	18%	<b>2.5</b> g	42%
HFSS Rating	<b>-1</b>	points		

**CONTAINS:**

- WHEAT, BARLEY
- PEANUTS
- SOYA

**MAY CONTAIN:**

- OATS, RYE
- EGGS
- MILK
- SULPHITES

Recipe Ingredients ...	Quantity:	Description:
<b>128030</b> - 128030 La Boulangerie 11" Part Baked Tiger Baguette.. - BRAKES	<b>2kg</b>	10x Each
<b>128600</b> - 128600 Karimix Satay Sauce Vegan / 1L.. - BRAKES	<b>300g</b>	0.3x Each
<b>10473 (19 Oct 2023)</b> - 10473 Spring Onions Bunch (19 Oct 2023).. - BRAKES	<b>50g</b>	Each
<b>114212</b> - 114212 Chillies Red.. - BRAKES	<b>20g</b>	0.08x Each
<b>113885</b> - 113885 Herb Bunched Coriander.. - BRAKES	<b>20g</b>	0.2x Each
<b>10230</b> - 10230 Cucumber.. - BRAKES	<b>10g</b>	0.03x Each
525427 Asian Slaw Mix..	<b>300g</b>	
<b>117362</b> - 117362 Halal Skinless Roasted Sliced Chicken Fillet 5mm.. - BRAKES	<b>800g</b>	0.32x Each



**Prep:**

- Pre-bake baguette @180°C for 5-6 mins and allow to cool
- Cut cucumber into sticks
- Slice spring onions on the diagonal and place in water
- Slice chilli on the diagonal and place in water
- Pick and chop coriander
- Defrost chicken

**Method:**

- Cut baguette in half and spread each half with satay sauce
- Add other ingredients to bottom half of baguette
- Top with remaining half of baguette
- Serve

# SWEET POTATO, BUTTERNUT AND BEAN HASH

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	<b>425</b> kJ	5%	<b>1146</b> kJ	14%
Energy(kcal)	<b>101</b> kcal	5%	<b>273</b> kcal	14%
Fat	<b>2.8</b> g	4%	<b>7.6</b> g	11%
<i>of which saturates</i>	<b>0.5</b> g	3%	<b>1.2</b> g	6%
Carbohydrate	<b>13</b> g	5%	<b>36</b> g	14%
<i>of which sugars</i>	<b>5.9</b> g	7%	<b>16</b> g	18%
Fibre	<b>3.8</b> g	15%	<b>10</b> g	40%
Protein	<b>3.6</b> g	7%	<b>9.8</b> g	20%
Salt	<b>0.32</b> g	5%	<b>0.85</b> g	14%
HFSS Rating	<b>-8</b>	points		

OTHER PROPERTIES:



VEGETARIAN

Recipe Ingredients ...

	Quantity:	Description:
<b>10449</b> - 10449 Sweet Potatoes.. - BRAKES	<b>550g</b>	0.55x Each
<b>12083</b> - 12083 Butternut Squash.. - BRAKES	<b>550g</b>	0.71x Each
<b>85288</b> - 85288 Sysco Classic Crushed Chillies (22 Jul 2023).. - BRAKES	<b>5g</b>	0.02x Each
<b>15136</b> - 15136 Brakes Baked Beans in Tomato Sauce.. - BRAKES	<b>1.5kg</b>	1.79x Each
<b>134286</b> - 134286 Sysco Classic Whole Fennel Seeds.. - BRAKES	<b>10g</b>	0.03x Each
<b>10844</b> - 10844 Sysco Classic Pumpkin Seeds (22 Jul 2023).. - BRAKES	<b>50g</b>	0.11x Each
<b>88887</b> - 88887 Font Oliva Extra Virgin Olive Oil (22 May 2023).. - BRAKES	<b>30g</b>	0.01x Each

BACK TO  
**MENU**

### **Prep**

Peel sweet potato and squash into 1 inch dice

### **Method**

Heat oven to 180°C

Mix together the sweet potato, butternut squash, fennel seeds, crushed chillies and oil, and put in oven for 10 min

Remove and allow to cool

Spoon baked beans into a suitable food to go pot

Top beans with the sweet potato, squash and fennel mix, and sprinkle with pumpkin seeds

Chill until required

To eat, microwave until core temp is achieved, then serve