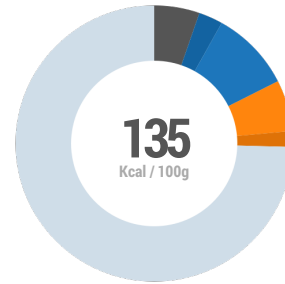


Levant Sharing Platter

Sharing platter, mozzarella, padron peppers, spiced houmous, sweet potato falafel, olives, plant-based koftas, grilled artichokes, marinated onions & flat bread

Overview ...



WEIGHT:

12.3% Carbs

5.3% Protein

7.8% Fat

75% Water

Food Labelling...

Serves **2**

CONTAINS:



WHEAT,
BARLEY



MILK



SESAME

MAY CONTAIN:



OATS, RYE



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



PEANUTS



SOYA

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
114218 Lemons (19 Oct 2023)..	100g	1x Each
114212 Chillies Red (19 Oct 2023)..	3g	
113885 Herb Bunched Coriander (19 Oct 2023)..	3g	
124179 Padron Peppers (19 Oct 2023)..	125g	
121395 Sysco Classic Smoked Houmous with Harissa..	100g	
450149 Pomegranate (19 Oct 2023)..	85g	0.25x Each
149915 Granarolo Mozzarella Bocconcini..	50g	Each
119648 Cypressa Market Mix Olives (Whole).. - BRAKES	100g	
131050 Brakes Plant-Based Kofta.. - BRAKES	160g	4x Each
124987 Roasted Artichoke Quarters in Sunflower Oil (1.4kg Drained Weight).. - BRAKES	100g	
148610 - 148610 Gosh! Sweet Potato Falafel.. - BRAKES	88g	0.09x Each
119654 Whole Borettane Onions In Balsamic Vinegar.. - BRAKES	100g	
132404 Royal Crown Chick Peas in Water..	30g	0.3x Each
113113 - 113113 Spicentice Harissa Rub.. - BRAKES	1g	Each
56374 - 56374 12" Large White Khobez Bread.. - BRAKES	113g	1 x Each

131417 Sysco Classic Black Onion Seeds (22 Jul 2023)..

1g

9802 Brakes Extended Life Rapeseed Oil..

1.3g

(auto-calculated)

Products / Pack Sizes ...

2 Serving



 *Product code*

 *Barcode*

 580g / 819kcal

1

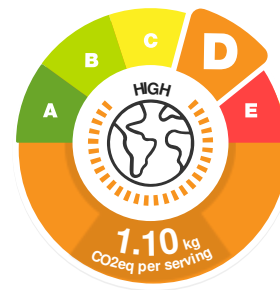
Sustainability & Foodprint...

Component	Grade	Contribution
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Food Production

2.20kg

100g	114218 Lemons (19 Oct 2023)	A	0.03kg
3.00g	114212 Chillies Red (19 Oct 2023)	A	0.00kg
3.00g	113885 Herb Bunched Coriander (19 Oct 2023)	B	0.00kg
125g	124179 Padron Peppers (19 Oct 2023)	A	0.08kg
100g	121395 Sysco Classic Smoked Houmous with Harissa	B	0.35kg
85.0g	450149 Pomegranate (19 Oct 2023)	B	0.10kg
50.0g	149915 Granarolo Mozzarella Bocconcini	D	0.45kg
100g	119648 Cypressa Market Mix Olives (Whole)	B	0.13kg
160g	131050 Brakes Plant-Based Kofta	B	0.58kg
100g	124987 Roasted Artichoke Quarters in Sunflower Oil (1.4kg ...)	A	0.05kg
88.0g	148610 Gosh! Sweet Potato Falafel	B	0.17kg
100g	119654 Whole Borettane Onions In Balsamic Vinegar	B	0.11kg
30.0g	132404 Royal Crown Chick Peas in Water	B	0.04kg
1.00g	113113 Spicentice Harissa Rub	A	0.00kg
113g	56374 12" Large White Khobez Bread	A	0.11kg
1.00g	131417 Sysco Classic Black Onion Seeds (22 Jul 2023)	A	0.00kg
1.25g	9802 Brakes Extended Life Rapeseed Oil	B	0.00kg



Water Usage

1973l

100g	114218 Lemons (19 Oct 2023)	2	64.2l
3.00g	114212 Chillies Red (19 Oct 2023)	8	22.1l
3.00g	113885 Herb Bunched Coriander (19 Oct 2023)	9	24.8l
125g	124179 Padron Peppers (19 Oct 2023)	8	921l
100g	121395 Sysco Classic Smoked Houmous with Harissa	X	-
85.0g	450149 Pomegranate (19 Oct 2023)	2	82.1l
50.0g	149915 Granarolo Mozzarella Bocconcini	9	471l
100g	119648 Cypressa Market Mix Olives (Whole)	5	302l
160g	131050 Brakes Plant-Based Kofta	X	-
100g	124987 Roasted Artichoke Quarters in Sunflower Oil (1.4kg ...)	2	81.8l
88.0g	148610 Gosh! Sweet Potato Falafel	X	-
100g	119654 Whole Borettane Onions In Balsamic Vinegar	X	-
30.0g	132404 Royal Crown Chick Peas in Water	X	-
1.00g	113113 Spicentice Harissa Rub	X	-
113g	56374 12" Large White Khobez Bread	X	-
1.00g	131417 Sysco Classic Black Onion Seeds (22 Jul 2023)	X	-
1.25g	9802 Brakes Extended Life Rapeseed Oil	6	5.38l



66% Data Quality Score

Your Transport & Packaging:

2 Serving 580g (serves 1)

Stage One

Red Chilli - Deseed and finely chop, place into mixing bowl

Lemon - Zest 1/2 into the bowl

Coriander - Finely chop

Remove mozzarella from packaging, pat dry

Add to bowl season with salt and pepper and a little olive oil

Toss thoroughly and leave to one side

Stage Two

Chickpeas - Drain and pat dry

Place into fryer at 180°C and fry for 1 min

Allow to drain and add to a mixing bowl

Sprinkle Harissa and salt, toss thoroughly

Stage Three

Cook the koftas as per the manufacturer's instructions and keep warm until plating

Stage Four

Char the padron peppers on the grill, then lightly drizzle with suitable oil and a season with a little salt

Stage Five

Lemon - Cut into 4 slices, chargrill on each side for 1 min or until the grill marks appear

Pomegranate - Cut into 4 then cut 1 quarter into 3 pieces

Stage Six

Place the falafel into the fryer at 180°C for approx. 3 mins and cooked through

Drain on kitchen paper

Presentation

Choose a platter of your choice

Spoon houmous on the plate, smear with the back on the spoon

Build the dish with the remaining ingredients

Sprinkle onion seeds all over

Serve with warm flat bread