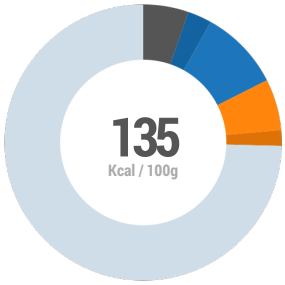
Levant Sharing Platter

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 ...	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).. -	100g	
131050 Plant-Based Kofta.. -	160g	4x Each
124987 Roasted Artichoke Quarters in Sunflower Oil (1.4kg Drained Weight).. -	100g	
148610 - 148610 Gosh! Sweet Potato Falafel.. -	88g	0.09x Each
119654 Whole Borettane Onions In Balsamic Vinegar.. -	100g	
132404 Royal Crown Chick Peas in Water..	30g	0.3x Each
113113 - 113113 Spicentice Harissa Rub.. -	1g	Each
56374 - 56374 12" Large White Khobez Bread.. -	113g	1 x Each

131417	Sysco Classic Black Onion Seeds (22 Jul 2023)..	1g	
9802	Extended Life Rapeseed Oil..	1.3g	(auto-calculated)

Products / Pack Sizes ...

2 Serving



Product code

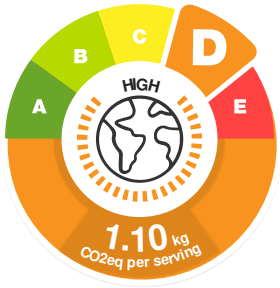
Barcode

580g / 819kcal

\# 1

Sustainability & Foodprint...

Component			Grade	Contribution
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	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	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	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	Extended Life Rapeseed Oil	6	5.38l



foodprint



66% Data Quality Score

Your Transport & Packaging:

2 Serving *580g* (serves 1)

Cooking Instructions & Notes

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