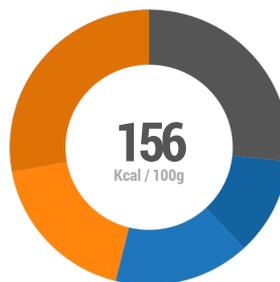


# Loaded cheesy tuna jackets

Overview ...



CALORIES:

27.3% Carbs

26.6% Protein

46.1% Fat

Food Labelling...

Serves 1

CONTAINS:



MILK



FISH



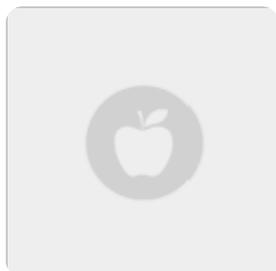
SULPHITES

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
133524 Brakes Essentials Tuna Flakes in Brine..	50g	0x Each
118707 Cooked New Potatoes (19 Oct 2023)..	100g	0.1x Each
112826 Brakes Grated Monterey Jack (24 May 2023)..	40g	0x Each
86274 Brakes Caramelised Red Onion Chutney.. - BRAKES	20g	0x Each
15946 Brakes Crème Fraîche.. - BRAKES	20g	0x Each
113880 Premium Large Chives Bunch (19 Oct 2023)..	5g	0.1x Each
148955 Radish (19 Oct 2023)..	2g	0x Each
113885 Herb Bunched Coriander (19 Oct 2023)..	5g	0.1x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

242g / 382kcal

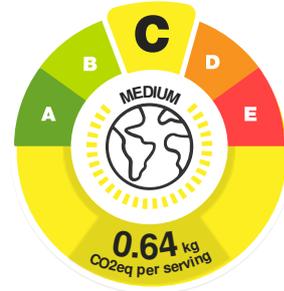
# 1

Component Grade Contribution

 **Food Production**

**0.64kg**

50.0g	133524 Brakes Essentials Tuna Flakes in Brine	<span style="background-color: #90EE90; border-radius: 50%; padding: 2px;">B</span>	0.11kg
100g	118707 Cooked New Potatoes (19 Oct 2023)	<span style="background-color: #90EE90; border-radius: 50%; padding: 2px;">A</span>	0.06kg
40.0g	112826 Brakes Grated Monterey Jack (24 May 2023)	<span style="background-color: #FFD700; border-radius: 50%; padding: 2px;">D</span>	0.34kg
20.0g	86274 Brakes Caramelised Red Onion Chutney	<span style="background-color: #90EE90; border-radius: 50%; padding: 2px;">B</span>	0.03kg
20.0g	15946 Brakes Crème Fraîche	<span style="background-color: #FFD700; border-radius: 50%; padding: 2px;">C</span>	0.09kg
5.00g	113880 Premium Large Chives Bunch (19 Oct 2023)	<span style="background-color: #90EE90; border-radius: 50%; padding: 2px;">A</span>	0.00kg
2.00g	148955 Radish (19 Oct 2023)	<span style="background-color: #90EE90; border-radius: 50%; padding: 2px;">A</span>	0.00kg
5.00g	113885 Herb Bunched Coriander (19 Oct 2023)	<span style="background-color: #90EE90; border-radius: 50%; padding: 2px;">B</span>	0.01kg



 **Water Usage**

**1388l**

50.0g	133524 Brakes Essentials Tuna Flakes in Brine	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">1</span>	4.40l
100g	118707 Cooked New Potatoes (19 Oct 2023)	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">10</span>	1119l
40.0g	112826 Brakes Grated Monterey Jack (24 May 2023)	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">6</span>	145l
20.0g	86274 Brakes Caramelised Red Onion Chutney	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">X</span>	-
20.0g	15946 Brakes Crème Fraîche	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">6</span>	76.8l
5.00g	113880 Premium Large Chives Bunch (19 Oct 2023)	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">X</span>	-
2.00g	148955 Radish (19 Oct 2023)	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">2</span>	1.57l
5.00g	113885 Herb Bunched Coriander (19 Oct 2023)	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">9</span>	41.4l



88% Data Quality Score

 **Your Transport & Packaging:**

✓ **1 Serving** 242g (serves 1)

**Preparation:**

Finely chop the chives

Finely slice the radish

Pick the coriander

**Method:**

1. Place the potatoes on a tray and put into the oven at 200oC for 5 minutes or until the skins are crisp
2. Mix together the cheese, chutney and tuna
3. In a separate bowl mix the chives and crème fraiche
4. Cut or score the potatoes and place into a gratin dish
5. Spoon the tuna mix over the potatoes
6. Place the dish back into the oven at 200oC for 3 mins
7. Garnish the dish with the chive crème fraiche, picked coriander and radish - serve