


Pancakes with Scrambled Tofu & Avocado

Two pancakes topped with avocado, mashed tofu that has been flavoured with turmeric and topped with sesame & poppy seeds

Overview ...



138

Kcal / 100g

CALORIES:

49.5% Carbs


14.8% Protein

35.7% Fat


Food Labelling...

Serves 1


CONTAINS:



WHEAT




SESAME




SOYA

MAY CONTAIN:




EGGS




MILK

OTHER PROPERTIES:



VEGETARIAN

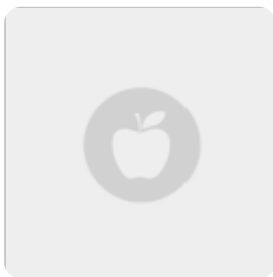


VEGAN

Recipe Ingredients ...	Quantity:	Description:
136364 - 136364 Crepe Cuisine American Style Vegan Pancake.. - BRAKES	80g	2x Each
127135 Blue Dragon Extra Firm Silken Tofu 349g.. - BRAKES	100g	
134292 Sysco Classic Poppy Seeds (22 Jul 2023)..	0.5g	
35005 Sysco Classic Sesame Seeds (24 Jul 2023)..	0.5g	
33586 Sysco Classic Ground Turmeric (24 Jul 2023)..	2g	
115279 Maldon Sea Salt Flakes 250g CASE.. - BRAKES	0.5g	
134293 Sysco Classic Cracked Black Pepper (22 Jul 2023)..	0.5g	
114201 Avocado 14's / 16's.. - BRAKES	60g	
74831 Mixed Micro-Greens.. - BRAKES	0.5g	

Products / Pack Sizes ...

1 Serving



 *Product code*

 *Barcode*

 245g / 353kcal

1

Cooking Instructions & Notes

Preparation:

Defrost the pancakes

Peel and thinly slice the Avocado

Mix sesame seeds & poppy seeds together

Method:

1. In a pan gently mash the tofu with the salt, pepper and turmeric
2. Gently warm over a medium heat for 2 mins until core temperature has been achieved
3. Put the pancakes into a microwave & heat on high power for 30 secs
4. Place the pancakes side by side on a suitable plate and arrange the avocado across the plate
5. Sprinkle the avocado with the seeds
6. Spoon the tofu onto each of the pancakes
7. Garnish with the micro-cress - serve!