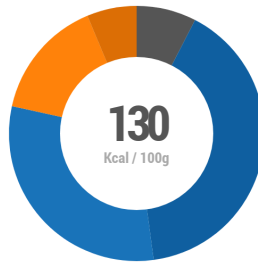
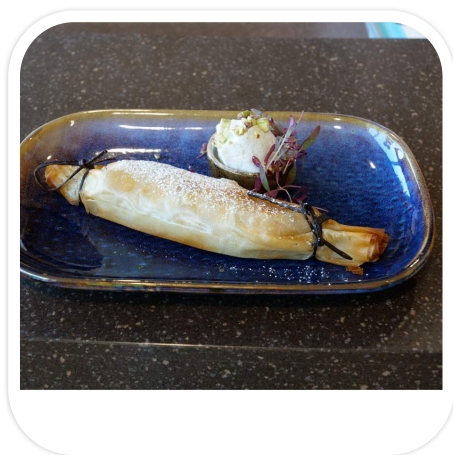


Butternut Squash, Pear & Apple Strudel

OVERVIEW ...



CALORIES:

70.9% Carbs

7.6% Protein

21.6% Fat

FOOD LABELLING...

Serves **3**

CONTAINS:



WHEAT



PISTACHIOS

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
CASHES,
WALNUTS,
BRAZIL NUTS,
MACADAMIAS



PEANUTS

OTHER PROPERTIES:



VEGETARIAN



VEGAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

4305 Jus-Rol Filo Pastry Sheets 500g.. - BRAKES

FILO PASTRY SHEETS 500G

BRAKES **150g**

0.3x Each

unchanged

450530 Granny Smith Apples.. - BRAKES

GRANNY SMITH APPLES

BRAKES **160g**

1x Each

unchanged

114231 Pears.. - BRAKES

PEARS

BRAKES **131g**

1x Each

unchanged

12083 Butternut Squash.. - BRAKES

BUTTERNUT SQUASH FRESH DIRECT

BRAKES **130g**

0.17x Each

unchanged

85702 Brakes Sultanas..

SULTANAS

BRAKES **30g**

0.01x Each

unchanged

127121 Brakes Coconut Milk.. - BRAKES

COCONUT MILK

BRAKES **20ml**


0.05x Each


N/A


8823 Brakes Pistachio Kernels.. - BRAKES PISTACHIO KERNELS	BRAKES	15g	0.02x Each	unchanged
318 Brakes Vanilla Pods.. - BRAKES VANILLA PODS	BRAKES	7.3g	1x Each	unchanged
33581 Sysco Classic Ground Cinnamon.. - BRAKES 33581 GROUND CINNAMON	BRAKES	5g	Each	N/A
350098 Tate & Lyle Caster Sugar 2kg.. - BRAKES CASTER SUGAR 2KG	BRAKES	30g	0.02x Each	N/A
113882 Premium Large Mint Bunch.. - BRAKES PREMIUM LARGE MINT BUNCH FRESH DIRECT	BRAKES	2g	0.02x Each	N/A
10292 Medium Oranges.. - BRAKES ORANGES	BRAKES	176g	1x Each	unchanged
78240 Flora Buttery 2kg.. - BRAKES 78240 BUTTERY 2KG	BRAKES	20g	0.01 x Each	unchanged


PRODUCTS / PACK SIZES ...


1 Serving







 292g / 397kcal

 1.0

SUSTAINABILITY & FOOTPRINT...

Food Production

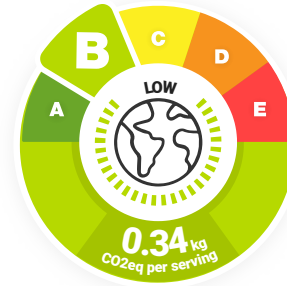
1.02kg

150g	4305 Jus-Rol Filo Pastry Sheets 500g	B	0.56kg
160g	450530 Granny Smith Apples	A	0.07kg
131g	114231 Pears	A	0.10kg
130g	12083 Butternut Squash	A	0.03kg
30.0g	85702 Brakes Sultanas	A	0.02kg
20.0g	127121 Brakes Coconut Milk	B	0.04kg
15.0g	8823 Brakes Pistachio Kernels	A	0.01kg
7.30g	318 Brakes Vanilla Pods	A	0.00kg
5.00g	33581 Sysco Classic Ground Cinnamon	A	0.00kg
30.0g	350098 Tate & Lyle Caster Sugar 2kg	A	0.01kg
2.00g	113882 Premium Large Mint Bunch	A	0.00kg
176g	10292 Medium Oranges	A	0.07kg
20.0g	78240 Flora Buttery 2kg	C	0.09kg

Water Usage

1950l

150g	4305 Jus-Rol Filo Pastry Sheets 500g	6	695l
160g	450530 Granny Smith Apples	6	614l
131g	114231 Pears	2	121l
130g	12083 Butternut Squash	1	43.7l
30.0g	85702 Brakes Sultanas	5	73.0l
20.0g	127121 Brakes Coconut Milk	X	-
15.0g	8823 Brakes Pistachio Kernels	10	167l
7.30g	318 Brakes Vanilla Pods	5	16.6l
5.00g	33581 Sysco Classic Ground Cinnamon	10	77.6l
30.0g	350098 Tate & Lyle Caster Sugar 2kg	2	26.8l
2.00g	113882 Premium Large Mint Bunch	1	0.58l
176g	10292 Medium Oranges	2	115l
20.0g	78240 Flora Buttery 2kg	X	-



foodprint



72% Data Quality Score

Your Transport & Packaging:

1 Serving 292g (serves 1.0)

COOKING INSTRUCTIONS & NOTES

METHOD

Stage One

Peel, deseed and chop apple, pears and butternut squash into 1/2" dice

Cut the vanilla in half and scoop out the seeds. (leave the vanilla peel to one side for later)

Squeeze one of the oranges into a bowl, add sultanas cover and refrigerate overnight if possible alternatively soak for a hour. (if you don't have enough juice top up with warm water)

Roast off pistachios and crush

Stage Two

Add the a sugar, butter, spices, apples, pears, squash, vanilla seeds to a pan, cook until tender (5-8 mins) Turn off the heat and leave to cool completely. (now add the soaked sultanas)

Stage Three

Preheat the oven to 180°C

Lightly brush 3 sheets of filo pastry with melted butter and lay on top of each other to give a rectangle

Cut in half across the width

Spoon the fruit mixture onto the filo sheets

Roll to enclose the filling then crunch up the ends and tie the ends with reserved outer vanilla pod encasing the mixture

Stage Four

Carefully transfer the strudel to a large, non-stick baking sheet/tray. Brush with a little more butter and bake for 20 minutes until golden and piping hot.

Stage Five

Spoon out the coconut cream from the tin and place into a mixing bowl.

Add a little caster sugar, vanilla seeds and orange zest and whip using a whisk until thick and creamy

Cover and leave in the fridge until needed

Stage Six

Spoon Coconut whip into a dish and sprinkle with pistachios and mint

Serve Strudel on crockery of your choice, dust with icing sugar and enjoy!

Top Tip

For a more boozy alternative soak sultanas in bourbon, whiskey, or rum they are all vegan and serve with your choice of are range of vegan ice creams or sorbets