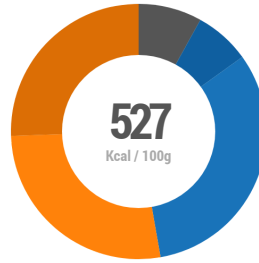


# Caramelised Rarebit & Onion Tart

Individual baked puff pastry quiches filled with caramelised red onion chutney and topped with a cheesy hot mustard rarebit

OVERVIEW ...



CALORIES:

**39.2% Carbs**

**8% Protein**

**52.7% Fat**

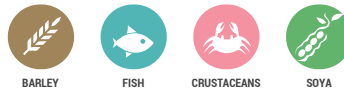
FOOD LABELLING...

Serves **1**

#### CONTAINS:



#### MAY CONTAIN:



#### OTHER PROPERTIES:



VEGETARIAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

86274 Brakes Caramelised Red Onion Chutney.. - BRAKES  
CAMELISED RED ONION CHUTNEY

BRAKES **30g**

N/A

100028 Brakes 8.5cm Quiche Cases..  
QUICHE

BRAKES **139g**



Baked or roast...

152132 Flavours Hot Mustard Rarebit Topper.. - BRAKES  
HOT MUSTARD RAREBIT TOPPER

BRAKES **50g**

½ x Each

unchanged

PRODUCTS / PACK SIZES ...

## 1 Serving



🕒 182g / 969kcal

# 1.0

### SUSTAINABILITY & FOOTPRINT...

Component	Grade	Contribution
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#### Food Production

0.67kg

30.0g	86274 Brakes Caramelised Red Onion Chutney		0.05kg
139g	100028 Brakes 8.5cm Quiche Cases		0.60kg
50.0g	152132 Flavours Hot Mustard Rarebit Topper		0.03kg

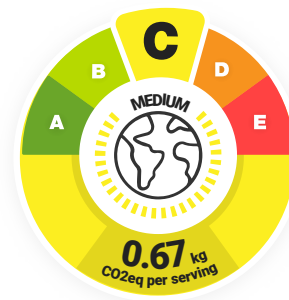
#### Water Usage

644l

30.0g	86274 Brakes Caramelised Red Onion Chutney		-
139g	100028 Brakes 8.5cm Quiche Cases		644l
50.0g	152132 Flavours Hot Mustard Rarebit Topper		-

#### Your Transport & Packaging:

1 Serving 182g (serves 1.0)



foodprint



80% Data Quality Score

### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Method:

1. Pre-heat the oven to 200°C
2. Place the quiche case onto a baking tray, spoon in the red onion chutney and spread evenly across the base of the quiche
3. Next spoon in the rarebit topper, again making sure it is evenly spread
4. Now place into the oven and cook for approx. 10 mins until core temperature has been achieved
5. Remove from the oven
6. Serve warm with a house salad as a starter or light lunch option