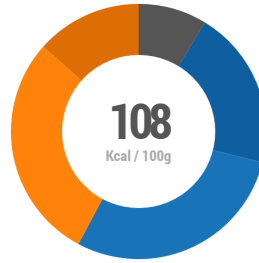


French Onion Soup with Rarebit Dipper

OVERVIEW ...

801728



CALORIES:

49.1% Carbs

8.7% Protein

42.2% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT,
BARLEY, RYE



EGGS



MILK



CELERY



MUSTARD



SULPHITES

MAY CONTAIN:



HAZELNUTS,
ALMONDS,
CASHEWS



FISH



CRUSTACEANS



SESAME



SOYA

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

119624 Brakes French Onion Soup..

FRENCH ONION SOUP

BRAKES

300g

1x Each

N/A

136368 La Boulangerie Part Baked Ciabatta Sandwich Rolls..

PART BAKED CIABATTA SANDWICH ROLLS

BRAKES

40g

Each

unchanged

113874 Herb Bunched Thyme (19 Oct 2023)..

HERB BUNCHED THYME

BRAKES

1g

N/A

152132 Flavours Hot Mustard Rarebit Topper.. - BRAKES

152132 HOT MUSTARD RAREBIT TOPPER

BRAKES

20g



0.2 x Each

unchanged

PRODUCTS / PACK SIZES ...

1 Serving









🕒 361g / 396kcal
1.0

SUSTAINABILITY & FOOTPRINT...

Component	Grade	Contribution
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Food Production

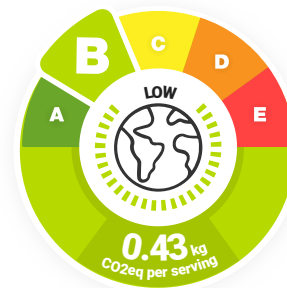
0.43kg

300g	119624 Brakes French Onion Soup		0.38kg
40.0g	136368 La Boulangerie Part Baked Ciabatta Sandwich Rolls		0.04kg
1.00g	113874 Herb Bunched Thyme (19 Oct 2023)		0.00kg
20.0g	152132 Flavours Hot Mustard Rarebit Topper		0.01kg

Water Usage

26.7l

300g	119624 Brakes French Onion Soup		-
40.0g	136368 La Boulangerie Part Baked Ciabatta Sandwich Rolls		26.7l
1.00g	113874 Herb Bunched Thyme (19 Oct 2023)		-
20.0g	152132 Flavours Hot Mustard Rarebit Topper		-



foodprint



76% Data Quality Score

Your Transport & Packaging:

 1 Serving 361g (serves 1.0)

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost the soup
Defrost, bake and slice the bread
Pick the thyme leaves

Method:

1. Spread the rarebit onto the bread and place in an oven at 200°C for 2 mins or until golden brown
2. In a pan over a medium heat bring the soup to the boil
3. Pour the soup into your chosen serving bowl
4. Garnish with the rarebit toast and picked thyme - serve!