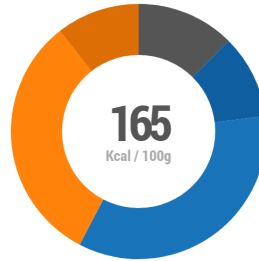


Goats cheese club sandwich with carrot, avocado & beetroot (website)

OVERVIEW ...



CALORIES:

45.2% Carbs

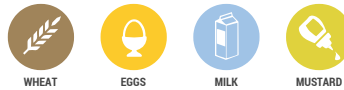
12.4% Protein

42.4% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT

EGGS

MILK

MUSTARD

MAY CONTAIN:



OATS, BARLEY,
RYE

OTHER PROPERTIES:



VEGETARIAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

134746 Jacksons Thick Sliced White Farmhouse Loaf.. - BRAKES

134746 WHITE LOAF

90g

0.11x Each

unchanged

10416 Prepared Grated Carrot..

PREPARED GRATED CARROT

40g

0.04x Each

unchanged

89712 Sysco Classic French Dressing.. - BRAKES

89712 FRENCH DRESSING

15ml

0.01x Each

unchanged

117855 Mini Fresh Goat Cheese Log..

GOAT CHEESE LOG

30g

unchanged

105129 Cooked Beetroots..

BETROOTS FRESH DIRECT

40g

unchanged

10428 Baby Leaf Spinach..

BABY LEAF SPINACH FRESH DIRECT

15g

unchanged

86972 Pan Asia Sweet Chilli Dipping Sauce 1L..

SWEET CHILLI SAUCE

BRAKES

10g

Each

unchanged

89703 Sysco Classic Real Mayonnaise.. - BRAKES

89703 REAL MAYONNAISE BRAKES

BRAKES

10g

0x Each

unchanged

10306 Avocados..

AVOCADOS FRESH DIRECT

BRAKES

50g

Each

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 300g / 511kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost the bread
Mix the sweet chilli and mayo together.

Method:

1. In a bowl mix the carrot with the dressing.
2. Peel and slice the avocado.
3. Slice the beetroot.
4. Toast the bread and cool slightly.
5. On one slice of the bread evenly spread on the goats cheese.
6. Place the carrot, beetroot and avocado on next
7. Spread mayo on the next bread slice, top with the baby leaf spinach then add mayo to the last bread slice, place on top.
8. Stack together and press down well.
9. Skewer and cut - serve!