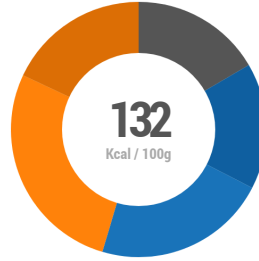
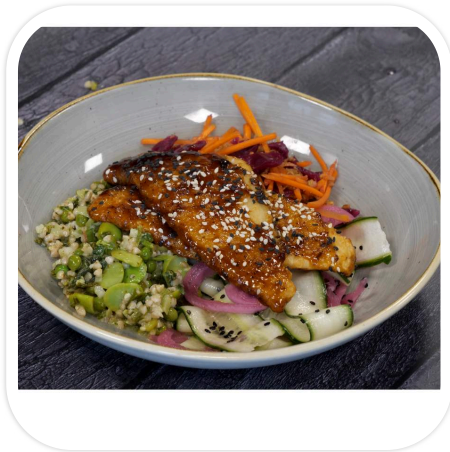


Gochujang Sticky Sole Bowl

OVERVIEW ...



CALORIES:

38% Carbs

16.6% Protein

45.4% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT



FISH



MOLLUSCS



MUSTARD



SESAME



SOYA

MAY CONTAIN:



EGGS



MILK



CRUSTACEANS



CELERY

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

135459 Pacific West MSC Petite Sole Fillets in Crispy Tempura Batter...
SOLE FILLETS

BRAKES **140g**

2.01x Each

unchanged

128591 Pureety Classic Korean Gochujang Sauce..
CLASSIC KOREAN GOCHUJANG SAUCE

BRAKES **25g**

unchanged

132873 Green Cuisin' Easy Green Valley Frozen Salad..
GREEN VALLEY FROZEN SALAD

BRAKES **70g**

unchanged

10146 Brakes Pickled Red Cabbage..
PICKLED RED CABBAGE

BRAKES **35g**

N/A

10416 Prepared Grated Carrot.. - BRAKES
PREPARED GRATED CARROT

BRAKES **35g**

0.04x Each

unchanged

10230 Cucumber..
CUCUMBER FRESH DIRECT

BRAKES **25g**

unchanged

123174 Sweet & Sour Onion Pickles..
SWEET & SOUR ONION PICKLES


BRAKES **10g**





unchanged

134544 Kuhne Crispy Fried Onions.. FRIED ONIONS	BRAKES	5g		N/A
113885 Herb Bunched Coriander.. HERB BUNCHED CORIANDER FRESH DIRECT	BRAKES	5g	0.05x Each	N/A
131165 Black Sesame Seeds.. - BRAKES SESAME SEEDS	BRAKES	2g	0x Each	N/A
151641 World of Spice Sesame Seeds Whole.. SESAME SEEDS WHOLE	BRAKES	2g	0x Each	N/A

PRODUCTS / PACK SIZES ...

1 Serving





 354g / 485kcal
 # 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost the salad
Peel cucumber

Method:

- Mix together the cucumber and sweet & sour onions adding in a pinch of the sesame seeds.
- Mix together the carrot, crispy onions and pickled cabbage.
- Cook the sole fillets in a fryer at 180oC for 4 minutes until golden and cooked through - drain.
- In a pan over a medium heat warm the gochujang sauce then add in the sole and roll around the pan coating well.
- In a suitable bowl spoon in the grain salad alongside the carrot and cabbage salad followed by the cucumber.
- Top with the sticky sole fillet - serve!