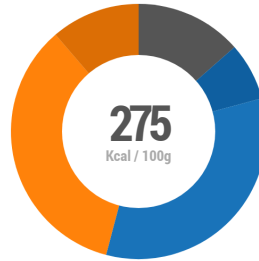


Grilled Lamb kofta roll with zhoug dressing and tangy sumac salad...

OVERVIEW ...



CALORIES:

40.6% Carbs

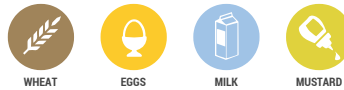
13.5% Protein

45.9% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MAY CONTAIN:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

112653 Sysco Classic Lamb Kofta..
LAMB KOFTA

BRAKES **70g**

unchanged

134867 St Pierre 4 Brioche Hot Dog Rolls.. - BRAKES
134867 BRIOCHE HOT DOG ROLLS

BRAKES **180g**

1x Each

unchanged

525427 Asian Slaw Mix (19 Oct 2023)..
ASIAN SLAW MIX

BRAKES **50g**

0.1x Each

N/A

131420 Sysco Classic Sumac..
SUMAC

BRAKES **5g**

0.01x Each

N/A

114218 Lemons (19 Oct 2023)..
LEMONS FRESH DIRECT

BRAKES **0.5g**

0x Each

unchanged

10473 Spring Onions Bunch..
SPRING ONIONS BUNCH FRESH DIRECT

BRAKES **5g**

Each

unchanged

106727 Brakes Sliced Green Jalapeno Peppers in Brine.. - BRAKES
106727 SLICED GREEN JALAPENO PEPPERS BRAKES

BRAKES **10g**

0.01x Each

N/A

10439 Fresh Garlic (19 Oct 2023).. GARLIC FRESH DIRECT	BRAKES	5g	0.06x Each	unchanged
113885 Herb Bunched Coriander (19 Oct 2023).. HERB BUNCHED CORIANDER FRESH DIRECT	BRAKES	10g	0.05x Each	N/A
34002 Sysco Classic Ground Cumin.. - BRAKES 34002 GROUND CUMIN	BRAKES	2g	Each	N/A
85288 Sysco Classic Crushed Chillies.. CRUSHED CHILLIES BRAKES	BRAKES	2g	0.01x Each	N/A
33889 Olive Oil.. OLIVE OIL BRAKES	BRAKES	20ml		unchanged
151388 Fresh Kitchen Pickled Sweet & Sour Red Onion.. PICKLED SWEET & SOUR RED ONION	BRAKES	5g		unchanged
146195 Lion Chipotle Mayo.. CHIPOTLE MAYO	BRAKES	5g		unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 370g / 1036kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

- Defrost the kofta
- Shred the spring onions
- Chop the garlic
- Chop the coriander
- Chop the jalapenos
- Juice the lemon

Method:

1. In a bowl mix together the asian slaw with the sumac and lemon juice - leave to one side.
2. Grill the kofta on all sides and cook until core temperature is reached.
3. In a bowl mix together the jalapenos, garlic, coriander, cumin, chilli flakes and olive oil to produce the zhoug dressing.
4. Place the kofta into the hot dog bun and spoon over the zhoug.
5. Mix together the spring onion and pickled onions and lay across the roll
6. Garnish with the chipotle mayo and transfer to a suitable dish.
7. Serve alongside the sumac salad.

