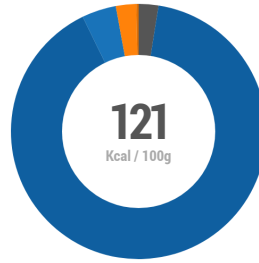


Mango, Prawn & Kimchi Salad

OVERVIEW ...



CALORIES:

94.6% Carbs

2.5% Protein

2.9% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



FISH

MAY CONTAIN:



CRUSTACEANS



MOLLUSCS



CELERY



MUSTARD



SESAME

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

152181 Arctic Royal King Prawn Cooked & Peeled 31-40/lb 800g net.. - ... **BRAKES** **50g** **½ x Each** *unchanged*

152181 KING PRAWNS

33385 Diced Mango.. **BRAKES** **300g** *unchanged*

DICED MANGO FRESH DIRECT

131610 Vadasz Raw Kimchi.. - BRAKES **BRAKES** **20g** *unchanged*

131610 KIMCHI

10230 Cucumber.. - BRAKES **BRAKES** **10g** **Each** *unchanged*

10230 CUCUMBER FRESH DIRECT

10224 Red Onions.. - BRAKES **BRAKES** **10g** **Each** *unchanged*

10224 RED ONIONS FRESH DIRECT

10364 Red Cherry Tomatoes.. - BRAKES **BRAKES** **40g** **Each** *unchanged*

10364 RED CHERRY TOMATOES FRESH DIRECT


131355 Pickled Watermelon.. **BRAKES** **15g** *unchanged*





PICKLED WATERMELON

114212 Chillies Red.. - BRAKES 114212 CHILLIES RED FRESH DIRECT	BRAKES	2g	Each	unchanged
113885 Herb Bunched Coriander.. - BRAKES 113885 HERB BUNCHED CORIANDER FRESH DIRECT	BRAKES	5g	Each	N/A
113882 Premium Large Mint Bunch.. PREMIUM LARGE MINT BUNCH FRESH DIRECT	BRAKES	5g		N/A
10478 Limes.. LIMES FRESH DIRECT	BRAKES	35g	0.5x Each	unchanged
28355 Blue Dragon fish sauce.. FISH SAUCE	BRAKES	5g		unchanged
350102 Tate & Lyle Light Soft Brown Sugar 3kg.. - BRAKES 350102 LIGHT SOFT BROWN SUGAR	BRAKES	125g	Each	N/A
105597 Micro Coriander BB.. MICRO CORIANDER BB	BRAKES	1g		N/A
85288 Sysco Classic Crushed Chillies.. - BRAKES 85288 CRUSHED CHILLIES BRAKES	BRAKES	1g	Each	N/A

PRODUCTS / PACK SIZES ...

1 Serving





 624g / 771kcal
 1.0

SUSTAINABILITY & FOOTPRINT...

Food Production

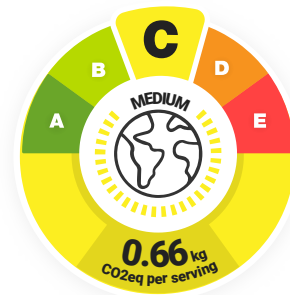
0.66kg

50.0g	152181 Arctic Royal King Prawn Cooked & Peeled 31-40/lb ...	C	0.39kg
300g	33385 Diced Mango	A	0.09kg
20.0g	131610 Vadasz Raw Kimchi	A	0.00kg
10.0g	10230 Cucumber	A	0.00kg
10.0g	10224 Red Onions	A	0.01kg
40.0g	10364 Red Cherry Tomatoes	B	0.09kg
15.0g	131355 Pickled Watermelon	A	0.01kg
2.00g	114212 Chillies Red	A	0.00kg
5.00g	113885 Herb Bunched Coriander	B	0.01kg
5.00g	113882 Premium Large Mint Bunch	A	0.00kg
35.0g	10478 Limes	A	0.01kg
5.00g	28355 Blue Dragon fish sauce	B	0.01kg
125g	350102 Tate & Lyle Light Soft Brown Sugar 3kg	A	0.04kg
1.00g	105597 Micro Coriander BB	B	0.00kg
1.00g	85288 Sysco Classic Crushed Chillies	A	0.00kg

Water Usage

856l

50.0g	152181 Arctic Royal King Prawn Cooked & Peeled 31-40/lb ...	4	86.9l
300g	33385 Diced Mango	4	540l
20.0g	131610 Vadasz Raw Kimchi	4	31.5l
10.0g	10230 Cucumber	X	-
10.0g	10224 Red Onions	1	2.90l
40.0g	10364 Red Cherry Tomatoes	X	-
15.0g	131355 Pickled Watermelon	1	5.09l
2.00g	114212 Chillies Red	1	0.76l
5.00g	113885 Herb Bunched Coriander	9	41.4l
5.00g	113882 Premium Large Mint Bunch	1	1.44l
35.0g	10478 Limes	2	22.5l
5.00g	28355 Blue Dragon fish sauce	2	3.07l
125g	350102 Tate & Lyle Light Soft Brown Sugar 3kg	2	112l
1.00g	105597 Micro Coriander BB	9	8.28l
1.00g	85288 Sysco Classic Crushed Chillies	1	0.38l



foodprint



64% Data Quality Score

Your Transport & Packaging:

✔ 1 Serving 624g (serves 1.0)

COOKING INSTRUCTIONS & NOTES

METHOD

- Prep:**
- Dice the mango
 - Peel the cucumber into strips
 - Finely slice the onion
 - Pick the mint

- Pick the coriander
- Slice the cherry tomatoes
- Defrost the prawns

Method:

1. In a bowl whisk together the fish sauce, sugar, lime juice, watermelon pickle and kimchi juice
2. Place all ingredients into a bowl and coat with the dressing
3. Decant into your chosen serving bowl, garnish with the micro coriander and crushed chillies, and serve