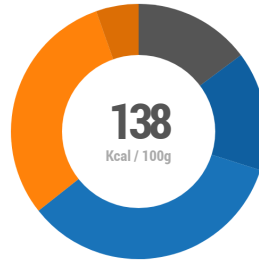


Pancakes with Scrambled Tofu & Avocado

Two pancakes topped with avocado and scrambled tofu that has been flavoured with turmeric, sprinkled with poppy and sesame seeds

OVERVIEW ...



CALORIES:

49.6% Carbs

14.8% Protein

35.7% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT

SESAME

SOYA

MAY CONTAIN:



EGGS

MILK

CELERY

MUSTARD

OTHER PROPERTIES:



VEGETARIAN

VEGAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

136364 Crepe Cuisine American Style Vegan Pancake..
AMERICAN STYLE VEGAN PANCAKE

BRAKES **80g**

Each

unchanged

127135 Blue Dragon Extra Firm Silken Tofu 349g.. - BRAKES
EXTRA FIRM SILKEN TOFU

BRAKES **100g**



Cooked by dry ...

134292 Sysco Classic Poppy Seeds..
POPPY SEEDS

BRAKES **0.5g**

N/A

151641 World of Spice Sesame Seeds Whole..
SESAME SEEDS WHOLE

BRAKES **0.5g**

N/A

33586 Sysco Classic Ground Turmeric (24 Jul 2023)..
GROUND TURMERIC

BRAKES **2g**

N/A

115279 Maldon Sea Salt Flakes 250g CASE..
SEA SALT FLAKES 250G CASE

BRAKES **0.5g**

unchanged

134293 Sysco Classic Cracked Black Pepper (22 Jul 2023)..
BLACK PEPPER

BRAKES **0.5g**

N/A

114201 Avocado 14's / 16's (19 Oct 2023)..

AVOCADO 14'S / 16'S FRESH DIRECT

BRAKES 60g

unchanged

74831 Mixed Micro-Greens..

MIXED MICRO-GREENS

BRAKES 0.5g Each

N/A

PRODUCTS / PACK SIZES ...

1 Serving



🕒 245g / 353kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost the pancakes
Peel and thinly slice the avocado
Mix with the poppy seeds & sesame seeds

Method:

1. In a pan gently mash the tofu with the salt, pepper and turmeric
2. Gently warm over a medium heat for 2 mins until core temperature has been achieved
3. Put the pancakes into a microwave & heat on high power for 30 secs
4. Place the pancakes side by side on a suitable plate and arrange the avocado across the plate
5. Sprinkle the avocado with the seeds
6. Spoon the tofu onto each of the pancakes
7. Garnish with the micro-cess - serve!