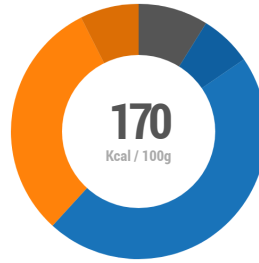


Roasted sweet potato, avocado, black bean and red cabbage wrap with cajun mayo

OVERVIEW ...



CALORIES:

52.9% Carbs

8.9% Protein

38.2% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT

OTHER PROPERTIES:



VEGETARIAN



VEGAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

53880 La Boulangerie 12" Fully Baked Flour Tortillas.. - BRAKES

53880 TORTILLA

BRAKES 90g

1x Each

N/A

151872 Global Hacienda Avocado Halves.. - BRAKES

151872 AVOCADO

BRAKES 50g

½ x Each

unchanged

10449 Sweet Potatoes..

SWEET POTATOES FRESH DIRECT

BRAKES 75g

unchanged

118225 Royal Crown Black Turtle Beans in Water 2.5kg..

BLACK TURTLE BEANS

BRAKES 35g

unchanged

10146 Sysco Classic Pickled Red Cabbage.. - BRAKES

10146 PICKLED RED CABBAGE

BRAKES 35g

0.02x Each

N/A

10428 Baby Leaf Spinach..

BABY LEAF SPINACH FRESH DIRECT

BRAKES 20g

unchanged

126924 Sysco Classic Vegan Mayo..

VEGAN MAYO

BRAKES 15ml

0.02x Each

unchanged

29086 Sysco Classic Cajun Seasoning.. - BRAKES

29086 CAJUN SEASONING

BRAKES

5g

0.01x Each

N/A

PRODUCTS / PACK SIZES ...

1 Serving



325g / 574kcal

1.0

SUSTAINABILITY & FOOTPRINT...

Component Grade Contribution

Food Production

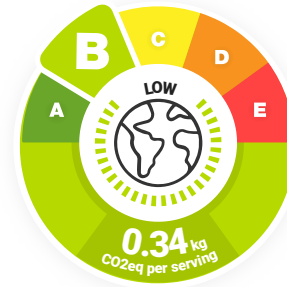
0.34kg

90.0g	53880 La Boulangerie 12" Fully Baked Flour Tortillas	A	0.09kg
50.0g	151872 Global Hacienda Avocado Halves	B	0.07kg
75.0g	10449 Sweet Potatoes	A	0.04kg
35.0g	118225 Royal Crown Black Turtle Beans in Water 2.5kg	B	0.05kg
35.0g	10146 Sysco Classic Pickled Red Cabbage	B	0.05kg
20.0g	10428 Baby Leaf Spinach	A	0.01kg
15.0g	126924 Sysco Classic Vegan Mayo	B	0.03kg
5.00g	29086 Sysco Classic Cajun Seasoning	A	0.00kg

Water Usage

944l

90.0g	53880 La Boulangerie 12" Fully Baked Flour Tortillas	X	-
50.0g	151872 Global Hacienda Avocado Halves	4	99.1l
75.0g	10449 Sweet Potatoes	10	839l
35.0g	118225 Royal Crown Black Turtle Beans in Water 2.5kg	X	-
35.0g	10146 Sysco Classic Pickled Red Cabbage	X	-
20.0g	10428 Baby Leaf Spinach	1	5.84l
15.0g	126924 Sysco Classic Vegan Mayo	X	-
5.00g	29086 Sysco Classic Cajun Seasoning	X	-



foodprint



72% Data Quality Score

Your Transport & Packaging:

1 Serving 325g (serves 1.0)

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost wraps

Peel and dice the sweet potato

Defrost the avocado

Drain the cabbage and beans

Method:

1. In a bowl whisk together the vegan mayo and half of the cajun seasoning - put in a fridge until required
2. Dust the sweet potatoes in the remaining cajun seasoning and roast in an oven at 180oC in until just soft - allow to cool.
3. Lay the wrap out and spread with the vegan cajun mayo leaving some aside for garnish.
4. Add all of the other ingredients and wrap tightly.
5. Cut into sushi size portions and lay flat onto a suitable dish - garnish with the remaining mayo and a few beans and pickled cabbage