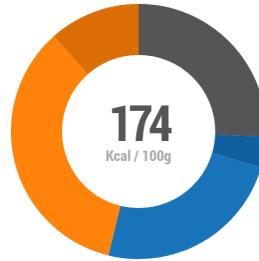


# Salmon kebab with a herb crust (website)

OVERVIEW ...



CALORIES:

28.2% Carbs

25.6% Protein

46.2% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT

MILK

FISH

MUSTARD

MAY CONTAIN:



CELERY

SESAME

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

128688 M&J Seafood Scottish Salmon Fillet Suprêmes.. - BRAKES

128688 SALMON

**BRAKES** **185g**

**1 x Each**

*unchanged*

111707 La Boulangerie 10" Fully Baked Bar Marked Flour Tortillas..

TORTILLA

**BRAKES** **56g**

**Each**

*N/A*

123190 Green Courgettes BB.. - BRAKES

123190 GREEN COURGETTES BB

**BRAKES** **50g**

**0.05 x Each**

*unchanged*

34002 Sysco Classic Ground Cumin.. - BRAKES

34002 GROUND CUMIN

**BRAKES** **5g**

**0.01 x Each**

*N/A*

74550 Brakes Low Fat Natural Yogurt..

LOW FAT NATURAL YOGURT

**BRAKES** **30g**

*unchanged*

113882 Premium Large Mint Bunch..

PREMIUM LARGE MINT BUNCH FRESH DIRECT

**BRAKES** **5g**

*N/A*

113875 Herb Bunched Dill..

HERB BUNCHED DILL


**BRAKES** **5g**





*N/A*

113881 Herb Bunched Flat Leaf Parsley.. - BRAKES 113881 PARSLEY FRESH DIRECT	BRAKES	5g	0.05 x Each	N/A
151388 Fresh Kitchen Pickled Sweet & Sour Red Onion.. PICKLED SWEET & SOUR RED ONION	BRAKES	5g	0.01 x Each	unchanged
148955 Radish.. RADISH	BRAKES	5g		unchanged
10245 Mixed Peppers.. - BRAKES 10245 PEPPERS FRESH DIRECT	BRAKES	10g	0.08 x Each	unchanged
134544 Kuhne Crispy Fried Onions.. FRIED ONIONS	BRAKES	5g	Each	N/A
105597 Micro Coriander BB.. MICRO CORIANDER BB	BRAKES	1g		N/A
3797 Brakes Long Grain Rice.. - BRAKES 3797 LONG GRAIN RICE	BRAKES	50g	0.03 x Each	unchanged
74817 Pomegranate Seeds.. POMEGRANATE SEEDS	BRAKES	5g	Each	unchanged
113885 Herb Bunched Coriander.. - BRAKES 113885 HERB BUNCHED CORIANDER FRESH DIRECT	BRAKES	5g	0.05 x Each	N/A

PRODUCTS / PACK SIZES ...

**1 Serving**



  
  
 427g / 751kcal  
 # 1.0

COOKING INSTRUCTIONS & NOTES

**METHOD**

**Preparation:**

- Defrost salmon
- Defrost wrap & bar mark / chargrill
- Slice courgette
- Finely slice peppers and put into iced water
- Slice radish
- Defrost rice
- chop coriander

**Method:**

1. Cut the salmon into even sized chunks.
2. In a blender blend the yoghurt with the herbs and sweet & sour onion pickles - keep to one side.
3. Marinade the salmon in the yoghurt mixture, overnight if possible and then thread onto a skewer.
4. Place the salmon on a papered tray and cook in a very hot oven (250oC) for 5 minutes.
5. Heat the rice in a pan over a medium heat or in a microwave ensuring core temperature is reached, then mix in a pinch of chopped coriander and the pomegranate.
6. In a pan over a medium heat fry the courgettes dusted in cumin and sumac, cook until golden on both sides, you may wish to add a squeeze of lemon.
7. Place the wrap onto a suitable plate and spoon over the rice followed by the salmon kebab (remove the skewer)
8. Now spoon on the courgettes.
9. Garnish the entire wrap with crispy onions, radish, curled peppers, herbs and a drizzle of the yoghurt - serve!