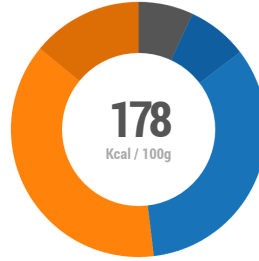


Scrambled Tofoo on Sourdough Crumpet with Sweet Potato

OVERVIEW ...



CALORIES:

41.2% Carbs

6.9% Protein

51.9% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT

OTHER PROPERTIES:



VEGETARIAN



VEGAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

33040 Luxury Baked Sourdough Crumpets.. - BRAKES

CRUMPETS

BRAKES

50g

1x Each

unchanged

10449 Sweet Potatoes..

SWEET POTATOES FRESH DIRECT

BRAKES

50g

unchanged

10428 Baby Leaf Spinach..

BABY LEAF SPINACH FRESH DIRECT

BRAKES

40g

unchanged

10473 Spring Onions Bunch.. - BRAKES

SPRING ONIONS BUNCH FRESH DIRECT

BRAKES

10g

0.1x Each

unchanged

134544 Kuhne Crispy Fried Onions.. - BRAKES

FRIED ONIONS

BRAKES

5g

0.01x Each

N/A

114212 Chillies Red.. - BRAKES

CHILLIES RED FRESH DIRECT

BRAKES

2g

0.01x Each

unchanged

78240 Flora Buttery 2kg.. - BRAKES

78240 BUTTERY 2KG

BRAKES

20g

0.01 x Each

unchanged

1 Serving



🕒 177g / 323kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost the crumpet
Peel, dice and par-cook the sweet potato
Slice the spring onion
Slice the chilli

Method:

1. In a pan over a medium heat melt the butter.
2. Add the sweet potato and spinach, toss together, add in half the crispy onions.
3. Add in the scrambled tofoo and stir well.
4. Butter the crumpet and spoon on the scrambled tofoo
5. Garnish with spring onion, chilli, picked spinach leaves and crispy onions - serve!