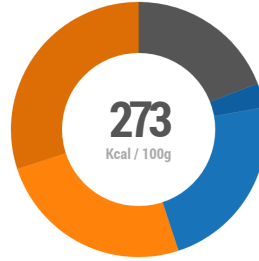


Snowdon Cheddar Rarebit Crumpet with Crispy Bacon

Served with chicory and micro-greens

OVERVIEW ...



CALORIES:

25.8% Carbs

19.1% Protein

55% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT



EGGS



MILK



MUSTARD



SULPHITES

MAY CONTAIN:



BARLEY



FISH



CRUSTACEANS



CELERY



SOYA

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

33040 Katerbake Luxury Baked Sourdough Crumpets.. - BRAKES

33040 CRUMPETS

BRAKES **50g**

1x Each



152132 Flavours Hot Mustard Rarebit Topper.. - BRAKES

152132 HOT MUSTARD RAREBIT TOPPER

BRAKES **30g**

0.3 x Each

unchanged

123361 Snowdonia Little Black Bomber 6x200g.. - BRAKES

SNOWDONIA LITTLE BLACK BOMBER

BRAKES **30g**

unchanged

74064 Sysco Classic Cooked Smoked Sweetcure Streaky Bacon..

BACON

BRAKES **5g**

unchanged

13103 Chicory (19 Oct 2023)..

CHICORY

BRAKES **20g**

unchanged

74831 Mixed Micro-Greens..

MIXED MICRO-GREENS

BRAKES **5g**

Each

N/A

PRODUCTS / PACK SIZES ...

1 Serving



🕒 125g / 344kcal

1.0

SUSTAINABILITY & FOOTPRINT...

Component	Grade	Contribution
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🏠 Food Production

0.39kg

50.0g	33040 Katerbake Luxury Baked Sourdough Crumpets	A	0.05kg
30.0g	152132 Flavours Hot Mustard Rarebit Topper	A	0.02kg
30.0g	123361 Snowdonia Little Black Bomber 6x200g	D	0.27kg
5.00g	74064 Sysco Classic Cooked Smoked Sweetcure Streaky B...	C	0.03kg
20.0g	13103 Chicory (19 Oct 2023)	B	0.03kg
5.00g	74831 Mixed Micro-Greens	B	0.01kg

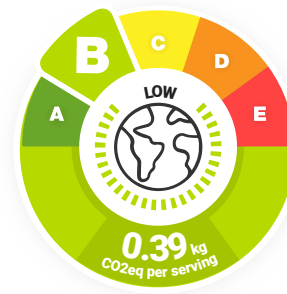
💧 Water Usage

216l

50.0g	33040 Katerbake Luxury Baked Sourdough Crumpets	2	33.4l
30.0g	152132 Flavours Hot Mustard Rarebit Topper	X	-
30.0g	123361 Snowdonia Little Black Bomber 6x200g	7	152l
5.00g	74064 Sysco Classic Cooked Smoked Sweetcure Streaky B...	7	30.6l
20.0g	13103 Chicory (19 Oct 2023)	X	-
5.00g	74831 Mixed Micro-Greens	X	-

🚚 Your Transport & Packaging:

✓ 1 Serving 125g (serves 1.0)



foodprint



64% Data Quality Score

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost and toast the crumpet

Crumble the cheese

Wash the chicory, remove root, separate leaves

Cut the bacon into batons/strips

Method:

1. Mix the Black Bomber and the rarebit topper together
2. Spread the mix onto a crumpet and place under a grill for 1min or until golden
3. Arrange the chicory, bacon and micro greens together into a chicory 'boat' serve the crumpet alongside