Summer deli sharer (website)

OVERVIEW ...





CALORIES:

22.2% Carbs

12.6% Protein

65.2% Fat

FOOD LABELLING...

Serves **2**

CONTAINS:

WHEAT, EGGS, MILK, FISH, MUSTARD, SESAME

MAY CONTAIN:

CELERY, SOYA

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
11215 Sysco Classic Taramasalata.. TARAMASALATA	**90g**		*N/A*
121393 Sysco Classic Baba Ganoush.. - 121393 BABA GANOUSH	**90g**		*N/A*
11213 Sysco Classic Houmous.. - 11213 HOUMOUS	**90g**		*N/A*
145932 La Boulangerie Pitta Breads.. - 145932 PITTA BREADS	**110g**	**2 x Each**	*N/A*
112653 Sysco Classic Lamb Kofta.. LAMB KOFTA	**210g**		*unchanged*
87186 Sysco Classic Garlic Mayonnaise.. - 87186 GARLIC MAYONNAISE	**30g**		*unchanged*
105597 Micro Coriander BB.. - 105597 MICRO CORIANDER BB	**2g**		*N/A*

74817 Pomegranate Seeds.. POMEGRANATE SEEDS		5g	Each	*unchanged*
151388 Fresh Kitchen Pickled Sweet, Sour Red Onion.. PICKLED SWEET & SOUR RED ONION		25g		*unchanged*
10416 Prepared Grated Carrot.. PREPARED GRATED CARROT		50g	Each	*unchanged*
5016 Lion Yoghurt, Mint Dressing 2.27 Litres.. - 5016 SALAD DRESSING		15g		*unchanged*
10146 Sysco Classic Pickled Red Cabbage.. PICKLED RED CABBAGE		40g	Each	*N/A*

PRODUCTS / PACK SIZES ...

1 Serving

379g / 956kcal
1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost the koftas

Method:

1. Place the koftas on a tray and cook in an oven @180°C for 15 minutes or until a core temperature has been met - remove the sticks.
2. In a bowl mix together the carrot, cabbage, half the pickled onions and the yoghurt dressing.
3. Grill the pittas until crisp and cut to size.
4. Bring all the components together on a suitable tray/plate/board - spoon on the dips and create a crater for the addition of olive oil if you desire.
5. Place the koftas onto the carrot salad and garnish with the garlic mayo, pickled onion, pomegranate and micro coriander.
6. Serve!