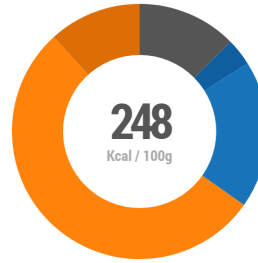


Summer deli sharer (website)

OVERVIEW ...



CALORIES:
22.2% Carbs
12.6% Protein
65.2% Fat

FOOD LABELLING...

Serves **2**

CONTAINS:



MAY CONTAIN:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

11215 Sysco Classic Taramasalata..

TARAMASALATA

BRAKES **90g**

N/A

121393 Sysco Classic Baba Ganoush.. - BRAKES

121393 BABA GANOUSH

BRAKES **90g**

N/A

11213 Sysco Classic Houmous.. - BRAKES

11213 HOUMOUS BRAKES

BRAKES **90g**

N/A

145932 La Boulangerie Pitta Breads.. - BRAKES

145932 PITTA BREADS

BRAKES **110g**

2 x Each

N/A

112653 Sysco Classic Lamb Kofta..

LAMB KOFTA

BRAKES **210g**

unchanged

87186 Sysco Classic Garlic Mayonnaise.. - BRAKES

87186 GARLIC MAYONNAISE

BRAKES **30g**

unchanged

105597 Micro Coriander BB.. - BRAKES

105597 MICRO CORIANDER BB


BRAKES **2g**





N/A

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