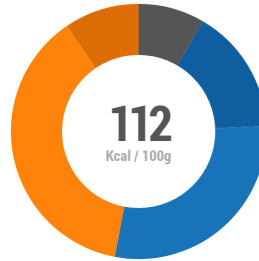


# Vegetable kebab with flatbread, pickled onion, and garlic yoghurt dressing...

OVERVIEW ...



CALORIES:  
**44.6% Carbs**  
**8.4% Protein**  
**47% Fat**

FOOD LABELLING...

Serves **1**

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

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

BRAKES **56g**

**1 x Each**

N/A

10281 Aubergine..

AUBERGINE FRESH DIRECT

BRAKES **50g**

unchanged

525271 Red Peppers.. - BRAKES

525271 RED PEPPERS

BRAKES **50g**

unchanged

525283 Yellow Peppers.. - BRAKES

525283 YELLOW PEPPERS

BRAKES **50g**

unchanged

10224 Red Onions.. - BRAKES

10224 RED ONIONS FRESH DIRECT

BRAKES **30g**

unchanged

123190 Green Courgettes BB..

GREEN COURGETTES BB

BRAKES **50g**

unchanged

151390 Fresh Kitchen Bread & Butter Pickle..

BREAD & BUTTER PICKLE


BRAKES **15g**





unchanged

151388 Fresh Kitchen Pickled Sweet & Sour Red Onion.. PICKLED SWEET & SOUR RED ONION	BRAKES	15g		unchanged
87186 Sysco Classic Garlic Mayonnaise.. GARLIC MAYONNAISE	BRAKES	15g		unchanged
105597 Micro Coriander BB.. - BRAKES 105597 MICRO CORIANDER BB	BRAKES	5g		N/A
74817 Pomegranate Seeds.. POMEGRANATE SEEDS	BRAKES	5g	Each	unchanged
33889 Olive Oil.. - BRAKES 33889 OLIVE OIL BRAKES	BRAKES	10ml		unchanged
33592 Sysco Classic Oregano.. OREGANO	BRAKES	5g		N/A

PRODUCTS / PACK SIZES ...

**1 Serving**



  
  
 356g / 415kcal  
 # 1.0

COOKING INSTRUCTIONS & NOTES

**METHOD**

**Preparation:**

Cut the vegetables into large even sized chunks  
Defrost wrap

**Method:**

1. In a bowl mix the vegetables with the olive oil and oregano, coat well. Thread onto skewers.
2. Place the skewers onto a grill to bar mark or transfer straight into a hot oven until soft and crisp.
3. Arrange on a platter with the folded wrap, and pickles.
4. Dress the plate with garlic mayo and pomegranate seeds before placing the kebab onto the plate - serve!