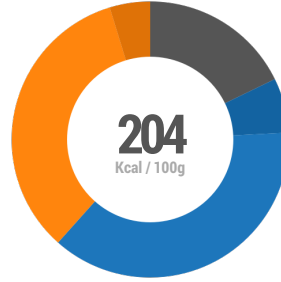


Vegan American crispy goujon taco

Overview ...

U / 9304754



CALORIES:

43.8% Carbs

17.8% Protein

38.4% Fat

Food Labelling...

Serves **6**

CONTAINS:



WHEAT

MAY CONTAIN:



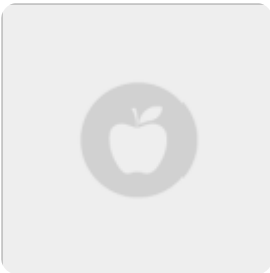
SESAME

Recipe Ingredients ...

	Quantity:	Description:
123351 - 123351 La Boulangerie Fully Baked Mini Soft White Tacos.. - BRAKES	90g	6.21x Each
148545 - 148545 Quorn Vegan ChiQin Strips.. - BRAKES	300g	3x Each
126924 - 126924 Sysco Classic Vegan Mayo (22 Jul 2023).. - BRAKES	25ml	0.03x Each
11196 - 11196 Sysco Classic Tomato Salsa (22 Jul 2023).. - BRAKES	40g	0.04x Each
129517 Ardo Roasted Corn Mexicana..	40g	
113880 (19 Oct 2023) - 113880 Premium Large Chives Bunch (19 Oct 2023).. - BRAKES	2g	0.02x Each

Products / Pack Sizes ...

1 Serving



 **Product code**

 **Barcode**

 **83g** / **171kcal**

1

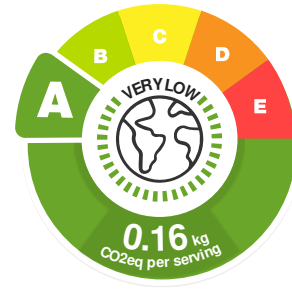
Sustainability & Foodprint...

Component	Grade	Contribution
-----------	-------	--------------

Food Production

0.95kg

90.0g	123351 La Boulangerie Fully Baked Mini Soft White Tacos	A	0.09kg
300g	148545 Quorn Vegan ChiQin Strips	B	0.75kg
25.0g	126924 Sysco Classic Vegan Mayo (22 Jul 2023)	B	0.05kg
40.0g	11196 Sysco Classic Tomato Salsa (22 Jul 2023)	B	0.05kg
40.0g	129517 Ardo Roasted Corn Mexicana	A	0.02kg
2.00g	113880 Premium Large Chives Bunch (19 Oct 2023)	A	0.00kg



Water Usage

658l

90.0g	123351 La Boulangerie Fully Baked Mini Soft White Tacos	X	-
300g	148545 Quorn Vegan ChiQin Strips	5	600l
25.0g	126924 Sysco Classic Vegan Mayo (22 Jul 2023)	X	-
40.0g	11196 Sysco Classic Tomato Salsa (22 Jul 2023)	1	5.88l
40.0g	129517 Ardo Roasted Corn Mexicana	3	52.6l
2.00g	113880 Premium Large Chives Bunch (19 Oct 2023)	X	-



64% Data Quality Score

Your Transport & Packaging:

✓ 1 Serving 83g (serves 1)

Cooking Instructions & Notes

Preparation:

- Defrost tacos
- Defrost corn
- Chop chives

Method:

1. Deep fry the Quorn strips at 180 until crisp and golden - drain onto a papered tray.
2. Warm both the tacos and corn quickly in a powerful microwave.
3. Arrange the tacos onto a suitable platter and add salsa to each taco.
4. Place the Quorn onto each taco and garnish with the corn, mayo and chives.