



PlantForward

from  brakes
a Sysco company



**MEAT, FISH & DAIRY WITH
ADDED PLANT GOODNESS**

RECIPES FOR WORKPLACE

LOWER COSTS WITHOUT COMPROMISING NUTRITIONAL VALUE OR FLAVOUR

Plant-forward means reducing meat, fish and dairy and emphasising vegetables, beans, pulses, rice and other plant-based ingredients. For consumers, it's a way to reduce consumption of meat, poultry and dairy without going fully vegetarian or vegan.

RECIPES IN THIS PDF



Tap or click to choose

Malay Turkey and Lentil Curry

Greek Flatbread

Homemade Steak and Pulled Mushroom Pie

Korean Meatballs and Kimchi Fried Rice

Portobello Mushroom Shakshuka

Salmon and Green Coconut Masala

Slow Cooked Fable Mushroom Ragu

Thoke Salad

Tomato and Basil Risotto with Poached Chicken

**MEAT, FISH & DAIRY WITH
ADDED PLANT GOODNESS**

MALAY TURKEY & LENTIL CURRY

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 200G SERVING	%RI
Energy(Kj)	1062 kJ	13%	2123 kJ	25%
Energy(kcal)	252 kcal	13%	505 kcal	25%
Fat	7.3 g	10%	15 g	21%
<i>of which saturates</i>	2.2 g	11%	4.4 g	22%
Carbohydrate	29 g	11%	58 g	22%
<i>of which sugars</i>	2 g	2%	3.9 g	4%
Fibre	3.3 g	13%	6.6 g	26%
Protein	16 g	32%	32 g	64%
Salt	0.93 g	16%	1.9 g	32%
HFSS Rating	0 points			

CONTAINS:

- WHEAT
- CELERY
- SOYA

MAY CONTAIN:

- HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS
- PEANUTS

Recipe Ingredients ...	Quantity:	Description:
10469 Cooking Onions.. - BRAKES	100g	0x Each
350094 Brakes Sunflower Oil.. - BRAKES	30g	0x Each
450694 Carrots.. - BRAKES	100g	0.1x Each
16823 - 16823 Prime Meats British Diced Skinless Turkey Thigh.. - BRAKES	600g	0.26x Each
3205 Brakes Choice Garden Peas.. - BRAKES	60g	0.1x Each
113308 Malay Curry Paste.. - BRAKES	100g	0.1x Each
548 - 548 Brakes Red Lentils.. - BRAKES	600g	0.2x Each
1 Tap Water (for VC recipes).. - BRAKES	600g	0.6x Each
88989 Bisto Vegetable Bouillon Paste.. - BRAKES	40g	0x Each
85106 Kingfisher Oriental Light Coconut Milk 400ml.. - BRAKES	400ml	1x Each
4198 - 4198 La Boulangerie Chota Naan (24 May 2023).. - BRAKES	400g	10x Each



Prep

Peel & Dice Carrots & Onions

Method

In a large Pan heat oil on a medium heat

Add chopped onion and carrot cook until soft

Then add turkey and cook for a further 3-4 minute's to seal meat

Add curry paste and stir well before adding Lentils and cook a 2-3 minutes

Add Vegetable stock and water

Turn the heat down to low and simmer until lentils are cooked

For the last 10 minutes of cooking add peas

To finish add coconut milk and heat through (do not boil as this make curry split)

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 405G SERVING	%RI
Energy(KJ)	560 kJ	7%	2268 kJ	27%
Energy(kcal)	133 kcal	7%	540 kcal	27%
Fat	5 g	7%	20 g	29%
<i>of which saturates</i>	2 g	10%	8.1 g	41%
Carbohydrate	11 g	4%	44 g	17%
<i>of which sugars</i>	2.6 g	3%	11 g	12%
Fibre	1.5 g	6%	6.2 g	25%
Protein	11 g	22%	43 g	86%
Salt	0.78 g	13%	3.2 g	53%
HFSS Rating	-1	points		

CONTAINS:

MAY CONTAIN:

Recipe Ingredients ...	Quantity:	Description:
125080 - 125080 Megas Yeeros Chicken Yeeros.. - BRAKES	1.2kg	1.2x Each
57409 - 57409 Brakes 8" White Khobez Bread.. - BRAKES	600g	10x Each
10282 - 10282 White Cabbage.. - BRAKES	500g	0.24x Each
10214 - 10214 Red Cabbage.. - BRAKES	400g	0.2x Each
10230 - 10230 Cucumber.. - BRAKES	350g	0.88x Each
10364 - 10364 Red Cherry Tomatoes.. - BRAKES	400g	1.6x Each
129212 - 129212 Sysco Beetroot Tzatsiki.. - BRAKES	300g	0.3x Each
11214 - 11214 Sysco Classic Tzatsiki.. - BRAKES	300g	0.3x Each



Prep

Defrost Bread

Thinly slice Both Cabbage

Halve cherry tomatoes

Slice cucumber in to baton

Method

Heat Yeeros according to instructions on packaging

Serve

HOMEMADE STEAK & PULLED MUSHROOM PIE

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	753 kJ	9%	3070 kJ	37%
Energy(kcal)	181 kcal	9%	737 kcal	37%
Fat	12 g	17%	48 g	69%
of which saturates	5.2 g	26%	21 g	105%
Carbohydrate	11 g	4%	44 g	17%
of which sugars	2.5 g	3%	10 g	11%
Fibre	1.9 g	8%	7.6 g	30%
Protein	6.9 g	14%	28 g	56%
Salt	1.6 g	27%	6.4 g	107%
HFSS Rating	11	points		

CONTAINS:

- WHEAT
- SOYA
- SULPHITES

MAY CONTAIN:

- PEANUTS
- EGGS
- SESAME

Recipe Ingredients ...	Quantity:	Description:
136284 - 136284 Halal Diced Beef 95vl Chuck UK.. - BRAKES	900g	0.9x Each
350094 - 350094 Brakes Sunflower Oil.. - BRAKES	90g	0.05x Each
114951 - 114951 Brakes Plain Flour.. - BRAKES	100g	0.07x Each
10324 (19 Oct 2023) - 10324 Large Onions (19 Oct 2023).. - BRAKES	400g	20x Average Portion
134644 - 134644 Cooks & Co Garlic Puree.. - BRAKES	40g	0.4x Each
135893 - 135893 Fable Pulled Mushrooms.. - BRAKES	400g	4x Each
29710 - 29710 Essential Cuisine Beef Stock Mix.. - BRAKES	160g	10x Each
1 - 1 Tap Water (for VC recipes).. - BRAKES	1.3kg	1.3x Each
135509 - 135509 Henderson's Spicy Table Sauce.. - BRAKES	60g	0.57x Each
4303 - 4303 Brakes Essentials Puff Pastry Sheets (24 May 2023).. - BRAKES	625g	1x Each



Prep

Peel & Chop onions

Make stock and keep warm

Defrost pastry

Method

Place mushroom in large bowl and cover with beef stock , allow to soften before draining and ensure you keep beef stock

Allow mushrooms to cool before shredding with two forks

Place beef in dish and toss it in flour.

Heat the oil in frying pan and over a high heat fry meat till well browned all over. Do this in 2 batches to avoid 'steaming' meat add extra tbsp of oil if pan is dry.

Place beef in pie dish/tray

Add oil to pan and cook the onions and garlic over a medium heat for 5-10 mins until golden and soft then mix with beef in casserole dish. Deglaze pan with hendersons and bring to boil whilst stirring and lifting any residue from the pan.

Pour sauce over the beef add stock, Bring to boil on top of stove then cover with lid and cook in oven for 1.5 hours.

Remove from oven and allow to cool before placing pastry on top

Crimp edges with fingers or fork, brush with beaten egg to glaze. Bake in oven for 30 mins until pie is golden brown and filling is piping hot.

KOREAN MEATBALLS & KIMCHI FRIED RICE

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 356G SERVING	%RI
Energy(KJ)	790 kJ	9%	2814 kJ	34%
Energy(kcal)	189 kcal	9%	673 kcal	34%
Fat	10 g	14%	36 g	51%
<i>of which saturates</i>	2.1 g	11%	7.6 g	38%
Carbohydrate	18 g	7%	63 g	24%
<i>of which sugars</i>	4.5 g	5%	16 g	18%
Fibre	1.7 g	7%	6 g	24%
Protein	6.1 g	12%	22 g	44%
Salt	0.91 g	15%	3.2 g	53%
HFSS Rating	5	points		

CONTAINS:



WHEAT



FISH



CRUSTACEANS



SOYA

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
350094 Brakes Sunflower Oil.. - BRAKES	150g	0.1x Each
124059 Lion Korean BBQ Sauce 1 Litre.. - BRAKES	400g	0.4x Each
1 Tap Water (for VC recipes).. - BRAKES	200g	0.2x Each
135055 Beyond Meat Meatballs.. - BRAKES	1kg	10x Each
146083 - 146083 Ajumma Republic Kimchi.. - BRAKES	400g	2.4x Each
10473 (19 Oct 2023) - 10473 Spring Onions Bunch (19 Oct 2023).. - BRAKES	100g	Each
33601 - 33601 Sysco Classic Mild Chilli Powder (22 Jul 2023).. - BRAKES	50g	0.1x Each
114212 - 114212 Chillies Red.. - BRAKES	60g	0.24x Each
3797 - 3797 Brakes Long Grain Rice.. - BRAKES	1.2kg	0.6x Each

BACK TO
MENU

Prep

Thinly slice spring onions

Defrost rice and vegan balls

Method

Mix Together BBQ sauce and water and mix well

Cook rice according to instructions on packaging

Add balls to BBQ sauce and coat well, place on to ovenable tray and re-heat in oven @ 200oc for 10-13 minute's in a large pan or wok heat oil over a medium heat, then add rice and stir fry for 5-6 minute's

Add kimchi to pan and cook for a further 2-3 minute's ensuring its hot

Serve meatball on top of the rice & kimchi

Garnish with spring onions & chillies

PORTOBELLO MUSHROOM SHAKSHUKA

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 393G SERVING	%RI
Energy(Kj)	257 kJ	3%	1007 kJ	12%
Energy(kcal)	62 kcal	3%	242 kcal	12%
Fat	3.7 g	5%	15 g	21%
<i>of which saturates</i>	0.7 g	4%	2.9 g	15%
Carbohydrate	3.3 g	1%	13 g	5%
<i>of which sugars</i>	2.6 g	3%	10 g	11%
Fibre	1 g	4%	4 g	16%
Protein	3.2 g	6%	13 g	26%
Salt	0.2 g	3%	0.77 g	13%
HFSS Rating	-4 points			

CONTAINS:



EGGS



SULPHITES

MAY CONTAIN:



WHEAT

Recipe Ingredients ...	Quantity:	Description:
10545 - 10545 Portobello Mushrooms.. - BRAKES	500g	0.33x Each
350094 - 350094 Brakes Sunflower Oil.. - BRAKES	45g	0.02x Each
33889 - 33889 Font Oliva Olive Oil.. - BRAKES	40g	0.02x Each
10469 - 10469 Cooking Onions.. - BRAKES	500g	0.2x Each
450078 - 450078 Pointed Red Peppers.. - BRAKES	250g	1.61x Each
13008 - 13008 Yellow Peppers.. - BRAKES	250g	0.05x Each
13120 - 13120 Peeled Garlic.. - BRAKES	30g	10x Average Portion
34002 - 34002 Sysco Classic Ground Cumin.. - BRAKES	30g	0.07x Each
114212 - 114212 Chillies Red.. - BRAKES	50g	0.2x Each
6437 - 6437 Brakes Chopped Tomatoes in Tomato Juice.. - BRAKES	1.6kg	0.64x Each
100545 - 100545 Brakes Red Wine Vinegar (24 May 2023).. - BRAKES	50ml	0.01x Each
16392 - 16392 Brakes 18 British Free Range Fresh Medium Eggs.. - BRAKES	560g	10.08x Each
450449 - 450449 Fresh Coriander.. - BRAKES	20g	0.02x Each

BACK TO
MENU

Prep

Peel and finely dice onions

De-seed and finely dice peppers

Crush Garlic

Finely slice Chillies

Method

Remove the stems from the portabellas and chop them into half-inch pieces

Spray Mushrooms with olive oil and season with salt and pepper. Place the mushrooms gill side up on the sheet pan and roast for 20 minutes or until tender. Remove and turn the oven down to 350°F.

While the mushrooms are roasting, prepare the shakshuka sauce. In a deep pan, heat the olive oil and add the onions. Saute until translucent. Add the peppers, chopped mushroom stems, and garlic, lower the heat to medium and cook for 5 minutes.

Add the spices, tomatoes, vinegar and salt. Adjust the heat to low, and simmer for 10 minutes until it has the consistency of a light pasta sauce. If the sauce is too thick, adjust by adding some water. Adjust the seasoning to taste with additional Aleppo pepper flakes, sugar and salt

Remove ½ the tomato-pepper sauce from the pan into a bowl. Arrange the mushrooms on the sauce, gill side up. Add the remaining sauce in each of the mushrooms. Crack one egg on to each mushroom

Place in a 350°F oven until the eggs are set and the sauce is bubbling, approximately 20 minutes.

To serve, season each egg with a little salt and Aleppo pepper. Sprinkle with herbs over the dish, along with a drizzle of olive oil. Serve piping hot

SALMON & GREEN COCONUT MASALA

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 291G SERVING	%RI
Energy(Kj)	892 kJ	11%	2591 kJ	31%
Energy(kcal)	213 kcal	11%	618 kcal	31%
Fat	9.2 g	13%	27 g	39%
of which saturates	5.3 g	27%	15 g	75%
Carbohydrate	25 g	10%	71 g	27%
of which sugars	2.4 g	3%	6.9 g	8%
Fibre	1.5 g	6%	4.5 g	18%
Protein	7.2 g	14%	21 g	42%
Salt	0.12 g	2%	0.35 g	6%
HFSS Rating	2 points			

CONTAINS:

MILK FISH

MAY CONTAIN:

ALMONDS, CASHEWS PEANUTS MUSTARD

Recipe Ingredients ...	Quantity:	Description:
13120 - 13120 Peeled Garlic.. - BRAKES	60g	20x Average Portion
113881 - 113881 Herb Bunched Flat Leaf Parsley.. - BRAKES	25g	0.25x Each
450498 - 450498 Fresh Mint.. - BRAKES	26g	0.03x Each
114211 - 114211 Chillies Jalapeno.. - BRAKES	30g	0.02x Each
33586 - 33586 Sysco Classic Ground Turmeric.. - BRAKES	60g	0.12x Each
7676 - 7676 Tilda Easy Cook Basmati Rice 5kg.. - BRAKES	750g	0.15x Each
460150 - 460150 M&J Seafood Salmon Fillet Portions (24 May 2023).. - BRAKES	600g	2.79x Each
127121 - 127121 Brakes Coconut Milk.. - BRAKES	400ml	1x Each
126739 - 126739 KTC 100% Pure Coconut Cooking Oil 1L (23 Mar 2023).. - BRAKES	80g	0.08x Each
113875 - 113875 Herb Bunched Dill.. - BRAKES	20g	5x Average Portion
10428 - 10428 Baby Leaf Spinach.. - BRAKES	80g	0.32x Each
114212 - 114212 Chillies Red.. - BRAKES	75g	0.3x Each
10469 - 10469 Cooking Onions.. - BRAKES	500g	0.2x Each
85656 - 85656 Knorr Professional Patak's Tikka Masala Concentrated Sauce 1.1L.. - BRAKES	200g	0.18x Each



Prep

Grind Cloves & cardamom to a powder

Peel & Chop onions

Method

Season the salmon. In a wide shallow dish, mix the masala paste with the coconut cream, 1 tsp of the coconut oil and ½ the dill. Add the Salmon, cover it with the marinade, cover and chill

Preheat the oven to 200°C, gas mark 6. Add the remaining oil to a deep dish and sauté onions until soft . Mix in the garlic rice, salt and turmeric and stir well

Pour in 600ml freshly boiled water, then drop in the spinach cubes evenly. cover with baking parchment over the top to prevent any steam escaping, then cover with the lid and bake for 30 minutes. Remove the lid and parchment, stir the spinach and rice together, then pop the salmon fillets on top (reserve any leftover marinade for later). Reseal, cover and bake for 15 minutes more.

Take the pan out of the oven and leave to rest, without lifting the lid, for 10 minutes. Check the salmon is opaque and flakes easily with a fork and the rice is tender. While it rests, bring the leftover marinade to the boil in a small saucepan, then simmer for 4-5 minutes, stirring occasionally, until oil rises to the top. Mix in the remaining dill and season to taste. Serve the salmon and rice topped with sliced red chillies

SLOW COOKED FABLE MUSHROOM RAGU

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 636G SERVING	%RI
Energy(KJ)	931 kJ	11%	5921 kJ	70%
Energy(kcal)	223 kcal	11%	1418 kcal	71%
Fat	11 g	16%	70 g	100%
of which saturates	7.8 g	39%	49 g	245%
Carbohydrate	21 g	8%	133 g	51%
of which sugars	6.2 g	7%	40 g	44%
Fibre	6 g	24%	38 g	152%
Protein	7.2 g	14%	46 g	92%
Salt	1.1 g	18%	7.3 g	122%
HFSS Rating	10	points		

CONTAINS:

- WHEAT
- CELERY
- SOYA
- SULPHITES

MAY CONTAIN:

- PEANUTS
- EGGS
- MUSTARD
- SESAME

Recipe Ingredients ...	Quantity:	Description:
10469 - 10469 Cooking Onions.. - BRAKES	600g	0.24x Each
134644 - 134644 Cooks & Co Garlic Puree.. - BRAKES	50g	0.5x Each
135893 - 135893 Fable Pulled Mushrooms.. - BRAKES	2.5kg	25x Each
33889 - 33889 Font Oliva Olive Oil.. - BRAKES	120g	0.06x Each
29708 - 29708 Essential Cuisine Vegetable Stock Mix.. - BRAKES	80g	5x Each
136734 - 136734 Caterers Pride Tomato Paste.. - BRAKES	60g	0.6x Each
115043 - 115043 Maggi Rich & Rustic Tomato Sauce 800g.. - BRAKES	1.6kg	2x Each
25690 - 25690 Brakes Dry Red Cooking Wine.. - BRAKES	250g	0.03x Each
33588 - 33588 Sysco Classic Bay Leaves (24 Jul 2023).. - BRAKES	4g	4x Each
100535 - 100535 Brakes Pure Canadian Maple Syrup.. - BRAKES	200g	0.32x Each
85120 - 85120 Chef William Cooking Salt.. - BRAKES	5g	
33579 - 33579 Sysco Classic Ground Black Pepper (22 Jul 2023).. - BRAKES	3g	0.01x Each
126716 - 126716 De Cecco Rigatoni 1kg.. - BRAKES	800g	0.8x Each
136360 - 136360 Marigold Engevita Protein & Fibre Yeast Flakes.. - BRAKES	35g	0.35x Each
127211 - 127211 Violife Prosociano Wedge 150g.. - BRAKES	40g	0.27x Each
35006 - 35006 Sysco Classic Basil (24 Jul 2023).. - BRAKES	10g	0.07x Each



Prep

Peel & Chop onions

Method

In a medium pot boil water with the vegetable stock. Add in Fable meat to help soften and break it down for the ragu sauce. Heat up a larger pot with olive oil and add chopped onion and crushed garlic. Fry until the onion is just translucent, not brown.

With a fork, shred apart the Fable meat in the stock and add the remaining sauce ingredients including the stock into the pot with onion and garlic. Simmer this on a low heat for 30 minutes.

The sauce will reduce and begin thickening, if too thin, simmer for another 15 minutes.

Boil pasta and add 1 tsp of salt into the water. Cook until al dente. Put aside ½ cup of the pasta water and add it into the meaty sauce once it has reached a good thickness. Add in the herbs, pepper and vegan parmesan or nutritional yeast.

Mix in cooked pasta with ragu sauce.

To complete the dish sprinkle more parmesan to finish

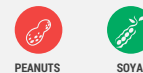
THOKE SALAD

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 369G SERVING	%RI
Energy(Kj)	393 kJ	5%	1449 kJ	17%
Energy(kcal)	93 kcal	5%	345 kcal	17%
Fat	2.8 g	4%	10 g	14%
<i>of which saturates</i>	0.5 g	3%	1.7 g	9%
Carbohydrate	10 g	4%	38 g	15%
<i>of which sugars</i>	5.2 g	6%	19 g	21%
Fibre	2.1 g	8%	7.7 g	31%
Protein	5.6 g	11%	21 g	42%
Salt	0.3 g	5%	1.1 g	18%
HFSS Rating	-4	points		

CONTAINS:



MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
CASHEWS,
WALNUTS,
BRAZIL NUTS,
PISTACHIOS

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
114221 - 114221 Mangoes.. - BRAKES	400g	1x Each
450694 - 450694 Carrots.. - BRAKES	450g	0.23x Each
124173 - 124173 White Cabbage CLASS II.. - BRAKES	250g	0.03x Each
132404 - 132404 Royal Crown Chick Peas in Water.. - BRAKES	500g	0.2x Each
10478 - 10478 Limes.. - BRAKES	140g	2x Each
450449 - 450449 Fresh Coriander.. - BRAKES	40g	0.04x Each
450498 - 450498 Fresh Mint.. - BRAKES	30g	0.03x Each
5825 - 5825 Sun Valley Roasted and Salted Peanuts 1kg.. - BRAKES	100g	0.1x Each
136733 - 136733 Cheeky Gluten Free Crispy Fried Onions.. - BRAKES	100g	1x Each
100243 - 100243 The Juice Orange Juice.. - BRAKES	200ml	0.2x Each
114844 - 114844 Geeta's Premium Mango Chutney Medium 1.5kg.. - BRAKES	90g	0.06x Each
13133 - 13133 Lemon Grass.. - BRAKES	50g	0.5x Each
77855 - 77855 Prime Meats Skinless Chicken Breast Fillets.. - BRAKES	500g	2x Each
122949 - 122949 Essential Cuisine Asian Aromatic Base.. - BRAKES	40g	1x Each
1 - 1 Tap Water (for VC recipes).. - BRAKES	500g	0.5x Each
455914 (19 Oct 2023) - 455914 Curly Kale (19 Oct 2023).. - BRAKES	300g	0.15x Each

BACK TO
MENU

Prep

Peel & Slice Mango

Peel & grate Carrot

Thinly slice cabbage

Drain & Rinse Chickpea's

Zest & Juice Lime

Chop herbs

Finely chop lemongrass

Method

Roast chick peas in a hot oven

To make dressing mix together Asian Base, Lemongrass, lime , orange juice & mango chutney

Poach or steam Chicken and allow to cool

Place carrot & Cabbage in a large and toss with dressing place on serving dish

Slice chicken and place on top

Finish with the roasted chick peas, peanuts ,crispy onions , sliced mango & herbs

TOMATO AND BASIL RISOTTO WITH POACHED CHICKEN

EU Label values per 100g

Serves **10**

	PER 100G	%RI	PER 469G SERVING	%RI
Energy(Kj)	434 kJ	5%	2034 kJ	24%
Energy(kcal)	103 kcal	5%	483 kcal	24%
Fat	2.7 g	4%	12 g	17%
<i>of which saturates</i>	0.9 g	5%	4.3 g	22%
Carbohydrate	13 g	5%	61 g	23%
<i>of which sugars</i>	1.9 g	2%	9.1 g	10%
Fibre	0.7 g	3%	3.1 g	12%
Protein	6.4 g	13%	30 g	60%
Salt	0.39 g	7%	1.8 g	30%
HFSS Rating	-2 points			

CONTAINS:



MILK



CELERY

Recipe Ingredients ...	Quantity:	Description:
19839 - 19839 Brakes Chopped Tomatoes in Tomato Juice.. - BRAKES	800g	1x Each
29708 - 29708 Essential Cuisine Vegetable Stock Mix.. - BRAKES	40g	2.5x Each
1 - 1 Tap Water (for VC recipes).. - BRAKES	1kg	1x Each
33956 - 33956 Font Oliva Olive Oil.. - BRAKES	60g	0.01x Each
10469 - 10469 Cooking Onions.. - BRAKES	500g	0.2x Each
13120 - 13120 Peeled Garlic.. - BRAKES	35g	11.67x Average Portion
134280 - 134280 Gallo Arborio Risotto Rice (23 Mar 2023).. - BRAKES	650g	0.65x Each
10602 - 10602 Cherry Tomatoes on the Vine.. - BRAKES	700g	0.23x Each
117834 - 117834 Fresh Basil.. - BRAKES	12g	0.01x Each
71016 - 71016 Parmigiano Reggiano Wedges.. - BRAKES	150g	0.15x Each
16205 - 16205 Prime Meats Skinless Chicken Breast Fillets.. - BRAKES	740g	4x Each

BACK TO
MENU

Prep

Make up stock

Roughly chop basil

Peel & finely dice onions

Method

Place stock in shallow pan and bring to a simmer, place chicken in stock and cook for 10-12 minutes, remove chicken from stock and keep warm, keep stock

Tip the chopped tomatoes and half the stock into a food processor and pulse until smooth. Pour into a saucepan with the remaining stock, bring to a gentle simmer and keep over a low heat.

Place the butter and oil in the base of a large saucepan and heat gently until the butter has melted. Add the onion and gently cook for 6-8 mins until softened. Stir in the garlic and rosemary, then cook for 1 min more. Add the rice and cook, stirring, for 1 min.

Start adding the hot stock and tomato mixture about a quarter at a time. Let the risotto cook, stirring often, adding more stock as it is absorbed. After you have added half the stock, add the cherry tomatoes. After 20-25 mins, the rice should be creamy and tender, the cherry tomatoes softened and all of the stock should be used up

Cover and leave for 1 min, then stir in the basil. Serve sprinkled with Parmesan