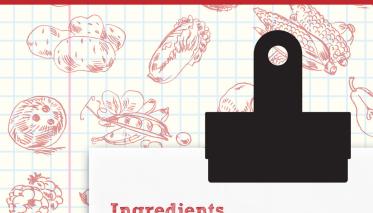


Turkish Flatbread



Ingredients

Ingredient	Quantity	Unit
Water	540.00	ml
ICEBERG	0.25	Each
ONIONS SPANISH	150.00	g
PEPPER MIXED	150.00	g
RED ONIONS	100.00	g
Brakes Vegetable Bouillon Paste 1x1kg	40.00	g
Sysco Cla Extra Life Rapeseed Oil 1x5ltr	7.50	ml
Sysco Classic Ground Cumin 1x400g	1.00	g
Sysco Classic Paprika Pepper 1x480g	1.00	g
Cooks Co Garlic Puree 1x1.2kg	5.00	g
Katerveg Meat Free Vegan Mince 1x1kg	600.00	g
LaBo Folded Flatbread 1x30	10.00	Each
Sysco Classic Tomato Paste 1x800g KC1	10.00	g

Preparation Notes

- 1. Heat the oil in a large pan and fry the white onion and garlic for about 5 mins until
- ${\tt 2.}$ Add the pepper, and spices and the Quorn mince and fry.
- 3. Stir in the tomato puree and vegetable stock gradually and cook gently for 15 $\,$ minutes or until most of the liquid has evaporated, stirring occasionally.
- 4. Check seasoning, divide the mixture between the flatbreads spreading to the edges then top with shredded lettuce and red onion.

Looks Like



Allergen Info

CEREAL GLUTEN	Y
CRUSTACEA	N
FISH	N
MOLLUSCS	N
PEANUTS	N
SESAME SEEDS	N
SOYBEAN	Y
TREE NUTS	N
CELERY / CELERIAC	N
EGGS	N
MILK	N
MUSTARD	N
LIPIN	N
ADDED SULPHUR DIOXIDE	N
WHEAT	Y
BARLEY	N
RYE	N
SPELT	N
KAMUT	M
OATS	N

