



Turkish Flatbread

Looks Like



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

Method:

1. Heat the oil in a large pan and fry the white onion and garlic for about 5 mins until soft.
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.

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
LUPIN	N
ADDED SULPHUR DIOXIDE	N
WHEAT	Y
BARLEY	N
RYE	N
SPELT	N
KAMUT	MC
OATS	N

Y : YES
N : NO
M/C : MAY CONTAIN
U : UNCLASSIFIED (BY MANUFACTURER/PROVIDER)