

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 Bouillon Paste Vegetable	40.00	g
Brakes Extended Life Rapeseed Oil	7.50	ml
Sysco Classic Ground Cumin	1.00	g
Sysco Classic Paprika	1.00	g
Cooks Garlic Puree	5.00	g
Katerveg Meat Free Vegan Mince	600.00	g
La Boulangerie Bakehouse Fully Baked Folded Flatbreads	10.00	Each
Sysco Classic Tomato Paste	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
MC : MAY CONTAIN
0 : UNCLASSIFIED (BY MANUFACTURER/PROVIDER)