

Looks Like



Ingredients

Ingredient	Quantity	Unit
Katerveg Meat Free Vegan Mince 1x1kg	600.00	g
Brakes Extended Life Rapeseed Oil	7.50	ml
Cooks Garlic Puree 1x1.2kg	5.00	g
Brakes Paprika Pepper 1x500g	1.00	g
Brakes Ground Cumin	1.00	g
Caterers Pride Tomato Paste 1x800g	10.00	g
Knorr Gluten Free Rich Vegetable Paste Bouillon 1kg	40.00	g
La Boulangerie Fully Baked Folded Flatbreads	10.00	Each
ONIONS SPANISH	150.00	g
PEPPER MIXED	150.00	g
ICEBERG	0.25	Each
RED ONIONS	100.00	g
Water	540.00	ml

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	Y
EGGS	N
MILK	N
MUSTARD	N
LUPIN	N
ADDED SULPHUR DIOXIDE	N
WHEAT	Y
BARLEY	N
RYE	N
SPELT	N
KAMUT	N
OATS	N

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