Vegetarian Hot Breakfast Pot

NHS Supply Chain

Dish Description / Methods:

1. Peel the mushrooms, halve the tomatoes and grill or roast in the oven. Once cooked cool down
2. Deep fry potatoes until cooked and chill down
3. Put 100g beans at the bottom of the pot
4. Add the mushrooms, tomato and potatoes
5. Finish with a poached egg and garnish with black pepper
6. Refrigerate until required
7. Add label for +1 day of production
8. Cook for 45-60seconds on domestic microwave (900watt) with the lid on. Stir and leave to stand for 1 minute

Allergens:
Gluten, Eggs

This is a sample recipe. In the full version of the recipe pack costs and other calculations are included.

Vegetarian Hot Breakfast Pot

Ingredients

Supplier	Supplier Code	Commodity	Quantity Used (10 Portions)	Unit Measurement
NOT ON MTD	-	Heinz No Added Sugar Baked Beans	1000	Grams
Bidfood MTD	75488	Mushroom large flat	250	Grams
Bidfood MTD	49496	Poached Eggs	10	Eggs
Bidfood MTD	75596	Round Tomatoes	300	Grams
NOT ON MTD	-	Seasoned Crispy Cubes	250	Grams
Bidfood MTD	-	Vegetable oil	12.5	Grams
Bidfood MTD	50396	Cracked black peppercorns	0.5	Grams

Nutrition per portion (135g):

	Kcal	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
Total	188	18g	2.9g	6.4g	1.3g	13g	5g	1g
%RNI	9%	7%	3%	9%	7%	26%	20%	17%

Quality statement: The details in this document are accurate at the time of production. Nutritional information and allergens are based on products available on the NHS Supply Chain: Food frameworks, and so may differ if you use alternative products to those in the recipe. Please check the labelling on products to confirm details such as allergens. NHS Supply Chain: Food is not responsible for any changes made to the recipes that might generate changes to allergens and nutritional information for example.

This is a sample recipe. In the full version of the recipe pack costs and other calculations are included.