

## Burnt Broccoli Caesar



### Dish Description / Methods:

1. Prepare the dressing as per sub recipe. Preheat the oven to 220°C (or as hot as it will go). Prepare broccoli into medium sized florets and dress with 10ml of oil. Use the stalks as well but cut into smaller pieces and split and place into a suitable size roasting tray.
2. Wash and drain your chickpeas. Remove stalk from the kale and roughly chop. Squeeze the juice from both lemons onto the kale and squeeze with hands (you want to start breaking down the raw kale with the lemon juice). Toast cashew nuts in a suitable size dry frying pan until golden.
3. Place the broccoli into the preheated oven for 5 minutes until tender and charred. Remove and set aside to cool.
4. Reduce oven temperature to 200°C. Coat the chickpeas with remaining oil, 5g of garlic powder and 5g of cayenne pepper (per 10 portions). Roast in the oven for 20 minutes until golden and crispy.

### Sub Recipe

1. Assemble the salad by combining kale, broccoli, cashew nuts. Place this into serving dish and garnish with chickpea 'cROUTONS'.

### Allergens:

Peanuts (may contain), Tree Nuts

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

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## Supply Chain

### Ingredients

Supplier	Supplier Code	Commodity	Unit Weight	Unit Measurement	Quantity Used (10 Portions)
Bidfood MTD	9398	BB - BROCCOLI LOOSE	2000	Grams	650
Bidfood MTD	76776	CABBAGE CURLY KALE...	6000	Grams	150
Bidfood MTD	19578	WHOLE CASHEW NUTS	15000	Grams	100
Bidfood MTD	98544	CHICKPEAS IN WATER	2700	Grams	100
Bidfood MTD	70380	EVERYDAY FAVOURITES CAYENNE PEPPER	3000	Grams	5
Bidfood MTD	70361	EVERYDAY FAVOURITES GARLIC POWDER	16000	Grams	5
Bidfood MTD	13686	PURE OLIVE OIL P.E.T.	5	ML	20
Bidfood MTD	98770	Bb - Lemon Medium.	2000	Each	2

### Nutrition per portion (110g):

	Kcal	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
<b>Total</b>	129	11.9	3.3	7	1.2	5	3.2	0.1
<b>%RNI</b>	6%	5%	4%	1%	6%	10%	11%	1%

**Quality statement:** The details in this document are accurate at the time of production on 14 December 2022 . Products may change over time and updates can be found on our website at [www.supplychain.nhs.uk/categories/food](http://www.supplychain.nhs.uk/categories/food) Please do check the latest issue of your supplier's technical information and labelling on products to confirm these details, for example allergens.

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