

Veg Katsu Burger



Dish Description / Methods:

1. Put 80ml of rice vinegar into a bowl with 30g of sugar and whisk thoroughly. Leave to stand and dissolve.
2. Finely slice 200g of cabbage and julienne 200g of carrot both preferably on a mandolin or on a robot coupe.
3. Whisk the vinegar ensuring the sugar is dissolved then pour on to the vegetables.
4. Add 2g of chilli flakes and leave to pickle for a minimum of 1 hour Ensure that you stir the pickle occasionally allowing the liquor to coat evenly whilst it is pickling.
5. Mix vegan mayo with five spice and madras powder

Veg Burger

1. Defrost the buns.
2. Cook the Veggie Burger as per manufacturing instructions ensure the core temperature has reached (75°C ENG)
3. Prep the baby gem by cutting off the root and pulling off the leaves then wash thoroughly.
4. Lightly toast the bun.

Allergens:

Celery (May Contain), Gluten, Milk (May Contain), Mustard (May Contain) Sesame Seeds, Soybean, Sulphites

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

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Ingredients

Supplier	Supplier Code	Commodity	Unit Measurement	Quantity Used (10 Portions)
Bidfood MTD	45430	Frys Crumbed Vegan Schnitzel	EACH	10
Bidfood MTD	30741	AMERICANA GOURMET BURGER BUN	EACH	10
Bidfood MTD	74897	LITTLE GEM LETTUCE	Each	2
	NOT ON MTD	Rice Vinegar	MI	80
Bidfood MTD	75331	CARROTS HYDRO-COOL	Grams	200
Bidfood MTD	20014	CABBAGE WHITE 600-800G HEADS	Grams	200
Bidfood MTD	70384	EVERYDAY FAVOURITES CRUSHED CHILLIES	Grams	2
Bidfood MTD	38824	TATE and LYLE CASTER SUGAR	Grams	30
Bidfood MTD	70437	SESAME OIL	MI	5
Bidfood MTD	70395	EVERYDAY FAVOURITES MADRAS CURRY POWDER	MI	3
Bidfood MTD	70374	EVERYDAY FAVOURITES CHINESE FIVE SPICE	Gm	1
Bidfood MTD	11544	Vegan Mayo	ml	20

Nutrition per portion (270g):

	Kcal	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
Total	624	76.8	17.2	25.6	6.0	18.4	12.3	3.6
%RNI	31%	30%	19%	37%	30%	37%	41%	61%

Quality statement: The details in this document are accurate at the time of production on 28 January 2021. Products may change over time and updates can be found on our website at 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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