

# 123BCH Bechamel sauce (T)(B)(C)

Bechamel sauce

 1.75 Servings

## Ingredients

- 147.76 g DAI Milk Semi Skimmed 1
- 19.6 g DAI Butter Salted Dairy
- 19.6 g GRO Flour Plain 114951 Brakes
- 0.18 g GRO Bay Leaves

*\* Indicates sub-recipe*

## Preparation

- 1 Prepare and cook in line with Sodexo Food Safety policy
- 2 In a saucepan heat the milk and bay leaves.
- 3 In a saucepan melt butter, stir in flour and cook for 2 minutes.
- 4 Add milk stirring all the time so lumps do not form.
- 5 Simmer for 10 minutes.
- 6 Pass through a fine sieve.
- 7 Check for taste and flavour before serving.

## Mise en place

- 1 Weigh all ingredients

## Nutrition facts

Per serving

Sugar	Low	Fat	Med	Sat	High	Salt	Low
0.93g		2.23g		1.41g		0.07g	


## Allergens

This recipe contains

Milk or Milk Products, Wheat, Cereals that Contain Gluten, Gluten or Gluten Products

# 123BCH Beef Lasagne Mandala (T)(C)

Beef Lasagne Mandala

 1 Serving

## Ingredients

- 1 serving 123BCH Bolognaise Mandala(T)(B)(C) \*
- 40 g GRO Lasagne
- 10 g CHE Cheddar Mature Block White Chilled (Grams)
- 0.5 serving 123BCH Bechamel sauce (T)(B)(C) \*

*\* Indicates sub-recipe*

## Preparation

- 1 Prepare and cook in line with Sodexo Food Safety policy
- 2 In an oven proof dish spoon in a little of the béchamel sauce, followed by a layer of meat sauce, top with lasagne pasta & repeat 3 times finishing with a layer of pasta & béchamel sauce
- 3 Top with cheese
- 4 Place into a hot oven 170c - Cook until golden, cheese bubbling & required core temperature is reached
- 5 Portion into a suitable serving dish - Serve as required
- 6 Check for taste and flavour before serving

## Mise en place

- 1 Follow batch recipes

## Nutrition facts

Per serving

Sugar	Low	Fat	Med	Sat	Med	Salt	Low
7.72g		11.94g		4.64g		0.4g	


## Allergens

This recipe contains

Milk or Milk Products, Wheat, Barley, Cereals that Contain Gluten, Gluten or Gluten Products, Eggs / Egg Derivatives

# 123BCH Bolognaise Mandala (T)(C)

Bolognaise Mandala

 1 Serving

## Ingredients

- 1 serving 123BCH Bolognaise Mandala(T)(B)(C) \*

*\* Indicates sub-recipe*

## Preparation

- 1 Prepare and Cook in Line with Sodexo Food Safety Policy
- 2 In a suitable sized hot saucepan, add oil - Add beef, onion, carrot, oregano & garlic - Brown - Ensure no lumps are present
- 3 Add tomato puree - Cook out
- 4 Add chopped tomatoes & water - Bring to a simmer & slowly cook until meat is tender, sauce is required consistency & required core temperature is reached.
- 5 Place into a suitable serving dish
- 6 Check for taste and flavour before serving

## Mise en place

- 1 Peel & small dice onion Peel & small dice carrot

## Nutrition facts

Per serving

Sugar	Low	Fat	Low	Sat	Low	Salt	Low
5.64g		6.74g		1.64g		0.19g	


## Allergens

This recipe contains

Barley, Cereals that Contain Gluten, Eggs / Egg Derivatives

# 123BCH Bolognaise Mandala(T)(B)(C)

Bolognaise Mandala

 2 Servings

## Ingredients

- 10 ml GRO Oil Rapeseed GBR
- 60 g M&P Beef Mince Lean 95VL
- 30 g TPP Quorn Mince FRZ
- 40 g VEG Red Onions
- 40 g VEG Carrots
- 1 g GRO - Oregano Dry 1
- 20 g GRO Garlic Puree 1
- 6 g GRO Tomato Paste GBR
- 160 g GRO Chopped Tomatoes in Juice
- 100 ml Water ()

*\* Indicates sub-recipe*

## Preparation

- 1 Prepare and Cook in Line with Sodexo Food Safety Policy
- 2 In a suitable sized hot saucepan, add oil - Add beef, quorn, onion, carrot, oregano & garlic - Brown - Ensure no lumps are present
- 3 Add tomato puree - Cook out
- 4 Add chopped tomatoes & water - Bring to a simmer & slowly cook until meat is tender, sauce is required consistency & required core temperature is reached.
- 5 Place into a suitable serving dish
- 6 Check for taste and flavour before serving

## Mise en place

- 1 Peel & small dice onion Peel & small dice carrot

## Nutrition facts

Per serving

Sugar	Low	Fat	Low	Sat	Low	Salt	Low
5.64g		6.74g		1.64g		0.19g	

## Allergens

This recipe contains

Barley, Cereals that Contain Gluten, Eggs / Egg Derivatives



# 123BCH Chicken & Vegetable Casserole Mandala (C)

Chicken & Vegetable Casserole Mandala

 1 Serving

## Ingredients

- 3 ml GRO Oil Rapeseed GBR
- 40 g M&P Chicken Thigh Diced GBR
- 30 g VEG Onion Diced
- 60 g VEG Macedoine FRZ
- 5 g GRO Tomato Paste GBR
- 1.5 g GRO Worcester Sauce (18332)
- 2 serving 123BCH Gravy(T)(B)(C) \*
- 1 serving 123BCH Vegetable Stock (bouillon)(T)(B)(C) \*
- 5 g GRO Lentils Green

\* Indicates sub-recipe

## Preparation

- 1 Prepare and cook in line with Sodexo food safety policy,
- 2 In a suitable sized hot sauce pan - Add oil - Add chicken & onions - Sear until caramelised - Add tomato purée, lentils & stock - Mix - Add gravy - Cover & slow cook until meat is tender
- 3 Add Worcestershire sauce & vegetables - Cook until required core temperature is reached and correct sauce consistency achieved
- 4 Place into a suitable serving dish - Serve as required
- 5 Check for taste and flavour before serving.

## Mise en place

- 1 Make batch recipes.

## Nutrition facts

Per serving

Sugar	Low	Fat	Low	Sat	Low	Salt	Med
6.5g		3.58g		0.65g		1.49g	

## Allergens

This recipe contains

Fish or Fish Products, Barley, Cereals that Contain Gluten, Gluten or Gluten Products

# 123BCH Chicken Tikka Masala Mandala (T)(C)

Chicken Tikka Masala Mandala

 1 Serving

## Ingredients

- 3 ml GRO Oil Rapeseed GBR
- 40 g M&P Chicken Thigh Diced GBR
- 20 g VEG Red Onions
- 5 g GRO Lentils Red Split Dried
- 15 g GRO Tikka Paste2
- 0.5 g GRO Garlic Puree 1
- 3 g GRO Tomato Paste GBR
- 75 g GRO Chopped Tomatoes in Juice
- 80 ml Water ()
- 20 g DAI Yoghurt Natural Low Fat 1
- 1 g VEG Coriander Catering

*\* Indicates sub-recipe*

## Preparation

- 1 Prepare and cook in line with Sodexo Food Safety policy
- 2 In a suitable sized hot saucepan, add oil - Add chicken & sear until golden brown -Add onion & garlic - Sweat down - Add Tikka paste & tomato paste - Cook until aromatic
- 3 Add chopped tomatoes & water - Cook until required sauce consistency is achieved & required core temperature is achieved. Add lentils
- 4 Finish by stirring in yoghurt & chopped coriander
- 5 Place into a suitable serving dish - Serve as required
- 6 Check for taste and flavour before serving

## Mise en place

- 1 Peel & medium onion
- 2 Chop coriander
- 3 Simmer lentils with sauce until cooked, approx. 10-15 minutes. Stir regularly

## Nutrition facts

Per serving

Sugar	Low	Fat	Low	Sat	Low	Salt	Low
6.15g		4.45g		0.71g		0.51g	

## Allergens


This recipe contains

Milk or Milk Products



# 123BCH Cottage Pie Mandala (T)(C)

Cottage Pie Mandala

 1 Serving

## Ingredients

- 3 ml GRO Oil Rapeseed GBR
- 45 g M&P Beef Mince Lean 95VL
- 20 g VEG Red Onions
- 20 g VEG Carrots
- 0.5 g GRO Garlic Puree 1
- 0.5 g GRO Thyme Rubbed
- 3 g GRO Tomato Paste GBR
- 50 ml Water ()
- 0.5 serving 123BCH Gravy(T)(B)(C) \*
- 0.5 serving 123BCH Mashed Potato (T)(C)(B) \*
- 15 g TPP Quorn Mince FRZ

\* Indicates sub-recipe

## Preparation

- 1 Prepare and Cook in line with Sodexo Food Safety policy
- 2 In a suitable sized hot saucepan, add oil - Add onion, carrot, mince, garlic & thyme - Brown mince - Ensure no lumps form
- 3 Add tomato paste, water & gravy - Mix & bring to a simmer - Slowly cook until meat is tender & sauce is correct consistency - remove from heat
- 4 Place mince in a suitable ovenproof dish - Pipe mash on top
- 5 Place in a hot oven 160c - Cook until golden brown & required core temperature is reached - Serve as required
- 6 Check for taste and flavour before serving

## Mise en place

- 1 Make batch recipe
- 2 Peel & small dice onion - Peel & small dice carrot

## Nutrition facts

Per serving

Sugar	Low	Fat	Med	Sat	Low	Salt	Low
4.21g		8.76g		3.45g		0.38g	

## Allergens

This recipe contains

Milk or Milk Products, Barley, Cereals that Contain Gluten, Eggs / Egg Derivatives, Sulphur Dioxide/Sulphites

# 123BCH Gravy(T)(B)(C)

Gravy

 7.25 Servings

## Ingredients

- 27.55 g GRO Gravy Granules Meat 80 Litres
- 362.5 ml Water ()

*\* Indicates sub-recipe*

## Preparation

- 1 Prepare and cook in line with Sodexo Food Safety policy
- 2 Follow cooking instructions as per manufacturer's instructions on packaging
- 3 Place into a suitable serving dish - Use as required
- 4 Check for taste and flavour before serving

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## Nutrition facts

Per serving

Sugar	Low	Fat	Low	Sat	Low	Salt	Med
0.46g		0.15g		0.1g		0.38g	

# 123BCH Macaroni Cheese Mandala (T)(C)

Macaroni Cheese Mandala

 1 Serving

## Ingredients

- 45 g PAS Pasta Macaroni Straight Classic
- 0.75 serving 123BCH Bechamel sauce (T)(B)(C) \*
- 15 g CHE Cheese Italian Hard Grated
- 15 g VEG - Cauliflower Av800g GBR

*\* Indicates sub-recipe*

## Preparation

- 1 Prepare and cook in line with Sodexo Food Safety policy
- 2 Steam cauliflower and blend into bechamel sauce until smooth - Add 50% of the Italian cheese to hot bechamel - Mix together until combined
- 3 In a suitable mixing container - Add pasta & cheese sauce - Mix - Place into a suitable ovenproof serving dish - Top with remaining cheese
- 4 Place into a hot oven 170c - Cook until golden brown, bubbling & required core temperature is reached - Portion into a suitable serving dish - Serve as required
- 5 Check for taste and flavour before serving
- 6

## Mise en place

- 1 Follow batch recipe & keep hot
- 2 Grate Italian hard cheese
- 3 Cook pasta & drain

## Nutrition facts

Per serving

Sugar	Low	Fat	Med	Sat	Med	Salt	Low
2.58g		6.97g		4.36g		0.25g	


## Allergens

This recipe contains

Milk or Milk Products, Wheat, Cereals that Contain Gluten, Gluten or Gluten Products

# 123BCH Mashed Potato (T)(C)(B)

Mashed Potato

 1.2 Servings

## Ingredients

- 144 g POT Potatoes Whole Peeled
- 17.62 g DAI Milk Semi Skimmed 1
- 6 g DAI Butter Salted Dairy

*\* Indicates sub-recipe*

## Preparation

- 1 Prepare and Cook in line with Sodexo Food Safety policy
- 2 In a suitable sized saucepan - Add potatoes - Cover with water - Bring to the boil
- 3 Once potatoes are tender - Drain - Allow to steam dry
- 4 Mash potato - Fold in warm milk
- 5 Place in a suitable serving dish
- 6 Check for Taste and Flavour before serving

## Mise en place

- 1 Cut potato into even sized pieces - Place milk & buttery into a suitable sized saucepan - Warm until buttery is melted - Keep warm

## Nutrition facts

Per serving

Sugar	Low	Fat	Med	Sat	Med	Salt	Low
1.65g		3.91g		2.49g		0.11g	


## Allergens

This recipe contains

Milk or Milk Products, Sulphur Dioxide/Sulphites

# 123BCH Ratatouille (T)(B)(C)

Ratatouille

 1 Serving

## Ingredients

- 3 ml GRO Oil Rapeseed GBR
- 75 g GRO Chopped Tomatoes in Juice
- 20 g VEG Aubergines Catering
- 20 g VEG Courgette
- 20 g VEG Red Onions
- 25 g VEG Peppers Mixed Catering Brakes
- 1 g GRO Garlic Puree 1
- 2 g SAL Basil Premium Large Bunch
- 10 g GRO Tomato Paste GBR

*\* Indicates sub-recipe*

## Preparation

- 1 Prepare and cook in line with Sodexo Food Safety policy
- 2 In a suitable sized hot saucepan, add oil - Add all vegetables & garlic - Roast until vegetable start to soften
- 3 Add chopped tomatoes & tomato paste - Bring to a simmer - Cook until required sauce consistency - Finish with basil
- 4 Place into a suitable serving dish - Serve as required
- 5 Check for taste and flavour before serving

## Mise en place

- 1 Wash & medium dice aubergine
- 2 Wash & medium dice courgette
- 3 Peel & medium dice onion
- 4 Wash, deseed & medium dice pepper
- 5 Wash & shred basil


## Nutrition facts

Per serving

Sugar	Low	Fat	Low	Sat	Low	Salt	Low
6.53g		2.39g		0.23g		0.09g	

# 123BCH Shepherd's Pie Mandala (T)(C)

Shepherd's Pie Mandala

 1 Serving

## Ingredients

- 2 ml GRO Oil Rapeseed GBR
- 35 g M&P Lamb Mince 20% Fat
- 20 g VEG Red Onions
- 20 g VEG Carrots
- 0.5 g GRO Garlic Puree 1
- 0.25 g VEG Herb Rosemary Fresh
- 55 g GRO Tomato Paste GBR
- 0.75 serving 123BCH Gravy(T)(B)(C) \*
- 35 ml Water ()
- 0.7 serving 123BCH Mashed Potato (T)(C)(B) \*
- 15 g TPP Quorn Mince FRZ

\* Indicates sub-recipe

## Preparation

- 1 Prepare and Cook in line with Sodexo Food Safety policy
- 2 In a suitable sized hot saucepan, add oil - Add onion, carrot, mince, garlic & rosemary - Brown mince - Ensure no lumps form
- 3 Add tomato paste, water & gravy - Mix & bring to a simmer - Slowly cook until meat is tender & sauce is correct consistency - Remove from heat
- 4 Place mince in a suitable ovenproof dish - Top with mash potato & fork
- 5 Place in a hot oven 160c - Cook until golden brown & required core temperature is reached - Portion into a suitable serving dish - Serve as required
- 6 Check for taste and flavour before serving

## Mise en place

- 1 Follow batch recipe
- 2 Peel & medium dice onion - Peel & medium dice carrot

## Nutrition facts

Per serving

Sugar	Low	Fat	Med	Sat	Med	Salt	Low
12.24g		11.48g		5.28g		0.5g	

## Allergens


This recipe contains

Milk or Milk Products, Barley, Cereals that Contain Gluten, Eggs / Egg Derivatives, Sulphur Dioxide/Sulphites



# 123BCH Slow Braised Beef Stew Mandala (C)

Slow Braised Beef Stew Mandala

 1 Serving

## Ingredients

- 3 ml GRO Oil Rapeseed GBR
- 40 g M&P Beef Shin Diced (Grams)
- 30 g VEG Onion Diced
- 60 g VEG Macedoine FRZ
- 5 g GRO Tomato Paste GBR
- 1.5 g GRO Worcester Sauce (18332)
- 2 serving 123BCH Gravy(T)(B)(C) \*
- 1 serving 123BCH Vegetable Stock (bouillon)(T)(B)(C) \*
- 5 g GRO Lentils Green

\* Indicates sub-recipe

## Preparation

- 1 Prepare and cook in line with Sodexo food safety policy,
- 2 In a suitable sized hot sauce pan - Add oil - Add beef & onions - Sear until caramelised - Add tomato purée, lentils & stock - Mix - Add gravy - Cover & slow cook until meat is tender
- 3 Add Worcestershire sauce & vegetables - Cook until required core temperature is reached and correct sauce consistency achieved
- 4 Place into a suitable serving dish - Serve as required
- 5 Check for taste and flavour before serving.

## Mise en place

- 1 Make batch recipes.

## Nutrition facts

Per serving

Sugar	Low	Fat	Low	Sat	Low	Salt	Med
6.5g		5.02g		1.41g		1.46g	


## Allergens

This recipe contains

Fish or Fish Products, Barley, Cereals that Contain Gluten, Gluten or Gluten Products

# 123BCH Slow Braised Lamb Stew Mandala (C)

Slow Braised Lamb Stew Mandala

 1 Serving

## Ingredients

- 3 ml GRO Oil Rapeseed GBR
- 40 g M&P Lamb Diced Halal Brakes
- 30 g VEG Onion Diced
- 60 g VEG Macedoine FRZ
- 5 g GRO Tomato Paste GBR
- 1.5 g GRO Worcester Sauce (18332)
- 2 serving 123BCH Gravy(T)(B)(C) \*
- 1 serving 123BCH Vegetable Stock (bouillon)(T)(B)(C) \*
- 5 g GRO Lentils Green

\* Indicates sub-recipe

## Preparation

- 1 Prepare and cook in line with Sodexo food safety policy,
- 2 In a suitable sized hot sauce pan - Add oil - Add lamb & onions - Sear until caramelised - Add tomato purée, lentils & stock - Mix - Add gravy - Cover & slow cook until meat is tender
- 3 Add Worcestershire sauce & vegetables - Cook until required core temperature is reached and correct sauce consistency achieved
- 4 Place into a suitable serving dish - Serve as required
- 5 Check for taste and flavour before serving.

## Mise en place

- 1 Make batch recipes.
- 2 Defrost lamb

## Nutrition facts

Per serving

Sugar	Low	Fat	Low	Sat	Low	Salt	Med
6.5g		7.38g		2.73g		1.39g	

## Allergens

This recipe contains

Fish or Fish Products, Barley, Cereals that Contain Gluten, Gluten or Gluten Products

# 123BCH Sweet & Sour Quorn (T)(C)

Sweet & Sour Quorn

 1 Serving

## Ingredients

- 3 ml GRO Oil Rapeseed GBR
- 60 g TPP Quorn Vegan Fillets
- 25 g VEG Red Onions
- 25 g VEG Peppers Mixed Catering Brakes
- 22 g VEG Carrots
- 10 ml Water ()
- 1 serving 123BCH Sweet & Sour Sauce (T)(B)(C) \*

\* Indicates sub-recipe

## Preparation

- 1 Prepare and cook in line with Sodexo Food Safety policy
- 2 In a suitable sized hot saucepan, add oil - Add Quorn - Roast until starting to colour
- 3 Add onion, peppers, carrots, water & sauce - Bring to a simmer
- 4 Cook until vegetables are tender, sauce is required consistency & required core temperature is reached
- 5 Place into a suitable serving dish - Serve as required
- 6 Check for taste and flavour before serving

## Mise en place

- 1 Follow batch recipe
- 2 Defrost Quorn - Cut into mouth sized pieces
- 3 Peel & medium dice onion
- 4 Peel & matchstick carrot
- 5 Wash, deseed & medium dice pepper

## Nutrition facts

Per serving

Sugar	Low	Fat	Low	Sat	Low	Salt	Med
8.04g		2.88g		0.45g		1.07g	

## Allergens


This recipe contains

Wheat, Cereals that Contain Gluten, Gluten or Gluten Products, Soya, Sulphur Dioxide/Sulphites



# 123BCH Sweet & Sour Sauce (T)(B)(C)

Sweet & Sour Sauce

 1 Serving

## Ingredients

- 35 g GRO Tomato Ketchup 1
- 22 ml GRO Vinegar White Wine
- 3 g GRO Soy Sauce
- 5 g GRO Sugar Dark Brown Soft Tate & Lyle
- 50 ml Water ()
- 3 g GRO Cornflour Brakes
- 2 ml Water ()

*\* Indicates sub-recipe*

## Preparation

- 1 Prepare and Cook in line with Sodexo Food Safety policy
- 2 In a suitable sized hot saucepan, add all ingredients apart from cornflour - Bring to a simmer - Simmer for 5mins
- 3 Pour in cornflour - Whisk until sauce thickens - Simmer for a further 5 mins
- 4 Pour into a suitable serving dish
- 5 Check for taste and flavour before serving

## Mise en place

- 1 Make corn flour slurry - In a suitable mixing container - Add corn flour & smallest amount of water - Mix to a slurry consistency

## Nutrition facts

Per serving

Sugar	Med	Fat	Low	Sat	Low	Salt	Med
3.98g		0g		0g		0.45g	


## Allergens

This recipe contains

Wheat, Cereals that Contain Gluten, Gluten or Gluten Products, Soya, Sulphur Dioxide/Sulphites

# 123BCH Vegetable Korma (T)(B)(C)

Vegetable Korma

 1 Serving

## Ingredients

- 3 ml GRO Oil Rapeseed GBR
- 35 g VEG Red Onions
- 60 g VEG - Cauliflower Av800g GBR
- 30 g POT Sweet Potatoes Brakes
- 30 g VEG Carrots
- 40 g GRO Chickpeas
- 15 g GRO Korma Paste 1
- 25 g VEG Spinach Baby Leaves Prepared
- 1 serving 123BCH Vegetable Stock (bouillon)(T)(B)(C) \*
- 0.5 g VEG Coriander Catering
- 10 g DAI Yoghurt Natural Low Fat 1

\* Indicates sub-recipe

## Preparation

- 1 Prepare and cook in line with Sodexo food safety policy.
- 2 In a suitable sized hot sauce pan - Add oil - Add onions, carrots & sweet potato - Sweat down - Stir in the korma curry paste - Cook until aromatic - Add stock & chickpeas - Bring to a simmer
- 3 Cook until vegetables are almost tender - Add cauliflower - Cook until vegetables are tender & required sauce consistency is achieved - Add spinach, coriander & yogurt
- 4 Ensure required core temperature is achieved - Place into a suitable serving dish - Serve as required
- 5 Check for taste and flavour before serving.

## Mise en place

- 1 Make batch recipe
- 2 Peel & medium dice onions, carrots & sweet potatoes - Drain chickpeas
- 3 Wash & chop coriander - Defrost cauliflower - Wash & drain spinach

## Nutrition facts

Per serving

Sugar	Low	Fat	Low	Sat	Low	Salt	Low
10.22g		4.97g		1.26g		0.91g	


## Allergens

This recipe contains

Milk or Milk Products

# 123BCH Vegetable Korma (T)(C)

Vegetable Korma

 1 Serving

## Ingredients

- 1 serving 123BCH Vegetable Korma (T)(B)(C) \*

*\* Indicates sub-recipe*

## Preparation

- 1 Prepare and cook in line with Sodexo food safety policy.
- 2 Refer to batch recipe
- 3 Check for taste and flavour before serving.

## Nutrition facts

Per serving

Sugar	Low	Fat	Low	Sat	Low	Salt	Low
10.22g		4.97g		1.26g		0.91g	

## Allergens

This recipe contains

Milk or Milk Products



# 123BCH Vegetable Lasagne Mandala (T)(C)

Vegetable Lasagne Mandala

 1 Serving

## Ingredients

- 1 serving 123BCH Ratatouille (T)(B)(C) \*
- 10 g GRO Lentils Brown Brakes
- 0.5 serving 123BCH Bechamel sauce (T)(B)(C) \*
- 28.33 g VEG Spinach Leaf Portion Frozen D'Arta (Grams)
- 30 g GRO Lasagne
- 7.5 g CHE Cheddar Mature Block White Chilled (Grams)

*\* Indicates sub-recipe*

## Preparation

- 1 Prepare and cook in line with Sodexo Food Safety policy
- 2 Add spinach & lentils to ratatouille & stir in
- 3 In a suitable oven proof serving dish - Ladle a layer of vegetable mix over the base - Cover with lasagne sheets - Repeat layers - Finish top with lasagne sheets & béchamel sauce - Sprinkle cheese over
- 4 Place into a hot oven 170c - Bake until topping is golden brown & required core temperature is reached - Portion into a suitable serving dish - Serve as required
- 5 Check for taste and flavour before serving

## Mise en place

- 1 Follow batch recipes
- 2 Defrost spinach - Squeeze excess water - Chop
- 3 Simmer lentils with sauce until cooked, approx. 10-15 minutes. Stir regularly

## Nutrition facts

Per serving

Sugar	Low	Fat	Low	Sat	Low	Salt	Low
8.75g		6.99g		2.7g		0.36g	


## Allergens

This recipe contains

Milk or Milk Products, Wheat, Cereals that Contain Gluten, Gluten or Gluten Products

# 123BCH Vegetable Stock (bouillon)(T)(B)(C)

Vegetable Stock (bouillon)

 4 Servings

## Ingredients

- 4 g GRO Bouillon Vegetable Concentrated Prof Knorr
- 400 ml Water ()

*\* Indicates sub-recipe*

## Preparation

- 1 Prepare and cook in line with Sodexo Food Safety policy
- 2 Bring water to the boil - Whisk in bouillon powder until dissolved - Use as required
- 3 Check for taste and flavour before serving.

## Mise en place

- 1 Weigh all ingredients

## Nutrition facts

Per serving

Sugar	Low	Fat	Low	Sat	Low	Salt	Med
0.08g		0.03g		0.01g		0.59g	