

Recipe Detail

anthonyliddy

Menu: DRAW23 WK2 **Diners Republic Autumn/Winter Menu 2023**
Recipe: DRAW23 WK2 Mon-MBangers & Mash, Peas & Gravy
Unit: 037 **Silentnight Beds**
Sub Group: MID9 **Educat High/College**
Group: Recipes **Recipes**

Yield: 10 Ptn
Total Cost: 5.9728
Unit Cost: 0.5973

Ingredient	Description	Amount	Cost	Section	Supplier
4586 806/48	POTATO WASHED WHITE x 25KG	750g	0.0000		
34587 805/1	Phase Dawn Packet Margarine	25g	0.1130		Bidfood
5035 806/48	MILK SEMI SKIMMED x 2L	30ml	0.0000		
70279 805/1	Chef William Ground Black Pepper	2g	0.0381		
82829 805/1	Everyday Favourites Economy Peas	500	1.1900		Bidfood
107641 805/	CUMBERLAND SAUSAGE 8s 4.45KG	1kg	4.4449		Peters Foods
03013 805/1	Everyday Favourites Fine Gravy Granules	35g	0.1868		Bidfood
161810 805/	HALAL CHICK SAUS 8s 4.54KG	1kg	0.0000		

Method:

Prep...

- Peel & cut the potatoes into even sized pieces
- Tray up the sausages onto a lined baking tray
- Slice the onions

Production...

- Place the potatoes in a suitable pan, cover with water & bring to a boil, turn down & simmer until the potatoes are tender and start to fall, or you could steam the potatoes until the same point
- Drain the potatoes of excess liquid, then add the baking fat, milk & pepper & mash the potatoes until required consistency has been achieved, keep warm
- Soften the onions in a little butter
- Make the gravy as per the recipe instruction
- Serve the mash first, then the sausages and drizzle over the gravy

Nutritional Category: None

Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydrate (g)	NME Sugar (g)
>518.9	580.4	31.4	8.4	47.2	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>3.6	25.8	>1.1	>0.7	>24.6	(54.6)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>17.5	>66.9	1.9	3.0	>0.5	>277.6
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>522.8	>24.2	>47.5	>3.0	(3.2)	>27.9
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>382.4	(0.8)	>16.2	>0.1	?	>0.3
VitB12 (µg)	FibreAOAC (g)				
>0.0	5.7				

Recipe Detail

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Information Tags

Additives

Contains Artificial Colours | Artificial Flavourings | Artificial Preservatives**No Data** Artificial Anti-Oxidants | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Milk | Soya | Sulphur Dioxide and Sulphites**May Contain** Celery | Eggs | Mustard**Does Not Contain** Crustaceans | Fish | Lupin | Molluscs | Nuts | Peanuts | Sesame

Information

Yes 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat**Does Not Contain** Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

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Menu: DRAW23 WK2 **Diners Republic Autumn/Winter Menu 2023**
Recipe: DRAW23 WK2 Mon-V Texas Chilli Tacos with cheese
Unit: 037 **Silentnight Beds**
Sub Group: MID9 **Educat High/College**
Group: Recipes **Recipes**
Yield: 10 Ptn
Total Cost: 3.0350
Unit Cost: 0.3035

Ingredient	Description	Amount	Cost	Section	Supplier
03350 805/1	Red Kidney Beans(6 x 800g)	200g	0.3883		Bidfood
4402 806/48	ONION COOKING x 1KG	160g	0.0000		
04505 805/1	Culine Sliced Mixed Peppers	200g	0.4200		Bidfood
03435 805/1	Everyday Fav Extended Life Vegetable Oil	10ml	0.0337		Bidfood
30268 805/1	Triple Loin Garlic Puree	10g	0.1516		Bidfood
30158 805/1	Cumin Powder	15g	0.0000		
TAP WATEF	Tap water	600ml	0.0000		
05634 805/1	Tomato Paste	75g	0.3568		Bidfood
33033 805/1	Cirio Chopped Tomatoes	500g	0.0000		
75640 805/1	Old El Paso Taco Shells	10	0.1066		Bidfood
115647 805/	MILD GRATED CHEESE	200g	1.5780		Peters Foods
4301 806/48	COURGETTE GREEN x 1KG	200g	0.0000		
14294 805/1	Quorn Meat Free Beef Style Mince 1kg 50%	500g	0.0000		

Method:

Method...

- Dice the onions & the peppers then roast in a 200c until just tender and slightly charred, cool.
- Drain the tinned beans.
- In a suitable sized pan, heat the vegetable oil to a medium heat, add the veggie mince, garlic, cumin & dice courgette to the pan and colour slightly.
- Add the tomato paste & chopped tomatoes, bring to the boil, turn down the heat & simmer for approx 20min.
- Add the mixed beans & roasted vegetables, and adjust the seasoning, cook for another 10mins.
- Serve the chilli in the taco shells with cheese sprinkled on top..

Nutritional Category: None

Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
>481.8	191.5	8.7	4.1	11.1	(2.2)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>6.6	13.9	>1.1	>0.4	>25.7	(246.7)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>37.4	>38.4	0.2	4.9	>0.1	>446.6
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTotall Sug (g)	Iodine (µg)	Magnesium (mg)
>183.0	>13.4	>10.0	>4.1	>0.4	>24.5
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>421.1	(0.3)	>0.1	>0.0	?	>0.1
VitB12 (µg)					
>0.0					

Recipe Detail

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FibreAOAC (g)

>6.6

Information Tags**Additives****Contains** Artificial Anti-Oxidants**No Data** Artificial Colours | Artificial Flavourings | Artificial Preservatives | Artificial Sweeteners**Allergens****Contains** Eggs | Milk**May Contain** Cereals containing Gluten**Does Not Contain** Celery | Crustaceans | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites**Information****Yes** 5 a Day**Other Allergens****No Data** Flavour Enhancers | Yeast**Other Contents****No Data** GM Material**Sub-Allergens****Contains** Barley**May Contain** Oats | Rye | Wheat**Does Not Contain** Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Walnuts**Suitability****Not Suitable** Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet**Suitability Tags****Not Suitable** High Calorie | Low Sodium**Coeliac****Unknown** Coeliac Diet (UK)

Recipe Detail

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Menu:	DRAW23 WK2	Diners Republic Autumn/Winter Menu 2023
Recipe:	DRAW23 WK2 Tue-M Beef Lasagne & Garlic bread	
Unit:	037	Silentnight Beds
Sub Group:	MID9	Educat High/College
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	9.9457	
Unit Cost:	0.9946	

Ingredient	Description	Amount	Cost	Section	Supplier
4402 806/48	ONION COOKING x 1KG	200g	0.0000		
149 802/72	Minced Beef	600g	5.7960		British Premium Meats
30268 805/1	Triple Loin Garlic Puree	25g	0.3789		Bidfood
70393 805/1	Chef William Italian Seasoning	2g	0.0269		Bidfood
05634 805/1	Tomato Paste	150g	0.7136		Bidfood
33033 805/1	Cirio Chopped Tomatoes	700g	0.0000		
04192 805/1	Everyday Favourites Vegetable Bouillon Mi	10g	0.0981		Bidfood
03424 805/1	Everyday Favourites Milk Powder Alternativ	50g	0.0000		
34587 805/1	Phase Dawn Packet Margarine	40g	0.1808		Bidfood
34079 805/1	Everyday Favourites Plain Flour	40g	0.0515		Bidfood
25138 805/1	Colmans Double Superfine Mustard Powde	5g	0.0773		
115647 805/	MILD GRATED CHEESE	200g	1.5780		Peters Foods
57239 805/1	Italian Lasagne Sheets	300g	0.8160		Bidfood
90546	Garlic Bread side	1	0.2288		n/a
TAP WATEF	Tap water	400ml	0.0000		

Method:

Meat Sauce...

- Dice the onions & grate the carrots
- Seal off the beef mince in a hot pan until browned (do this in batches so not to BOIL the beef), drain away any excess fat from the beef.
- Add back into the pan the onion, carrot & garlic, cooked this for 5mins to soften the onions, then add back the beef, cook for a further 5mins.
- Stir in the tomato purre, tomato base sauce, chopped tomatoes, veg stock & herbs, mix well & simmer for approx 1hr/1hr 15min, adding more water if starting to thicken too much.

Cheese Sauce...

- Mix the milk powder and water together
- Warm the milk
- In a suitable sized pan, on a medium heat, melt the fat & add the flour, mixing to form a roux.
- slowly add the the warmed milk, stirring as you go to avoid lumps forming.
- Add the mustard & the 2/3's of the cheddar cheese, again stirring well to avoid lumps
- Taste & adjust the seasoning & thickness if required

To Assemble...

- In a suitable baking dish, spread 1/3 of the meat sauce over the bottom, then 1/3 lasagne sheets, and 1/3 of the cheese sauce over the lasagne sheets
- Then repeat, the 2nd 1/3 of meat sauce, 2nd 1/3 of lasagne & the 2nd 1/3 of the cheese sauce
- Then to finish, the last 1/3 of meat sauce, the last 1/3 of lasagne & the last 1/3 of cheese over the top. Sprinkle over the remaining grated cheddar cheese evenly.

Bake in a 180c oven for approx 45min until cooked through to 75c & golden brown on top

Recipe Detail

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Nutritional Category: None

Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
>1501.3	429.3	20.4	9.7	37.1	(4.3)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>2.9	23.1	>1.1	>0.7	>54.6	(301.3)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>11.5	>24.6	>0.3	9.6	>0.5	>1473.9
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTotals Sug (g)	Iodine (µg)	Magnesium (mg)
>422.8	>22.9	>35.6	>8.6	>0.6	>16.8
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>434.3	(0.2)	>0.1	>0.1	?	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	>1.7				

Information Tags

Additives

Contains Artificial Colours | Artificial Flavourings | Artificial Preservatives

No Data Artificial Anti-Oxidants | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Milk | Mustard

No Data Celery | Crustaceans | Eggs | Fish | Lupin | Molluscs | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

Yes 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat

No Data Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	DRAW23 WK2	Diners Republic Autumn/Winter Menu 2023
Recipe:	DRAW23 WK2 Tue-V	Roast vegetable, Pesto Spaghetti with Garlic bread
Unit:	037	Silentnight Beds
Sub Group:	MID9	Educat High/College
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	5.7467	
Unit Cost:	0.5747	

Ingredient	Description	Amount	Cost	Section	Supplier
4420 806/48	ONION RED x 10KG	300g	0.0000		
04505 805/1	Culine Sliced Mixed Peppers	400g	0.8400		Bidfood
4301 806/48	COURGETTE GREEN x 1KG	300g	0.0000		
04729 805/1	Everyday Favourites Green Pesto(6 x 950g	75g	0.8139		Bidfood
03435 805/1	Everyday Fav Extended Life Vegetable Oil	30ml	0.1011		Bidfood
70483 805/1	Everyday Favourites Spaghetti	1000g	2.5733		Bidfood
DR Garlic Br	Diners Republic - garlic bread	10	1.1910		n/a
30268 805/1	Triple Loin Garlic Puree	15g	0.2274		Bidfood

Method:

- Cook the spaghetti in boiling salted water
- Roughly dice the vegetables and place into a bowl
- Add 3/4 of the oil, garlic and season
- Line a baking tray and roast the vegetable in the oven for 10 mins on 180.c
- Drain the the spaghetti well, place in a bowl, add the remaining oil, pesto and roasted vegetables and mix well
- serve with garlic bread

Nutritional Category: None**Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
2393.0	571.6	12.9	>2.6	95.8	(0.1)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
5.4	16.1	>2.3	>1.7	>134.2	(171.1)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>59.9	>46.7	0.2	8.2	0.5	>2331.2
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>556.8	>15.3	95.6	8.1	>0.8	>50.9
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>328.1	(0.5)	>72.0	>17.1	?	>0.1
VitB12 (µg)	FibreAOAC (g)				
>0.0	5.5				

Information Tags**Additives****Contains** Artificial Anti-Oxidants | Artificial Flavourings**No Data** Artificial Colours | Artificial Preservatives | Artificial Sweeteners

Recipe Detail

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Allergens

Contains Cereals containing Gluten | Milk**May Contain** Soya**Does Not Contain** Celery | Crustaceans | Eggs | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Sulphur Dioxide and Sulphites

Information

Yes 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat**Does Not Contain** Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu: DRAW23 WK2 Diners Republic Autumn/Winter Menu 2023
Recipe: DRAW23 WK2 Wed-MSmokey pulled pork Burrito
Unit: 037 Silentnight Beds
Sub Group: MID9 Educat High/College
Group: Recipes Recipes
Yield: 10 Ptn
Total Cost: 9.6744
Unit Cost: 0.9674

Ingredient	Description	Amount	Cost	Section	Supplier
FPR01 812/	Pulled Pork	500g	5.6630		Theo's Food Company L
07059 805/1	Ev Favourites Wheat Flour Tortilla 25cm 10	10	1.5500		Bidfood
22637 805/1	Tilda Brown N White Rice	250g	0.6605		
03350 805/1	Red Kidney Beans(6 x 800g)	200g	0.3883		Bidfood
115647 805/	MILD GRATED CHEESE	150g	1.1835		Peters Foods
2002 806/48	TOMATO x 1KG	200g	0.0000		
2327 806/48	HERB CORIANDER x 100G	20g	0.0000		
4411 806/48	ONION LARGE x 5KG BOX	200g	0.0000		
04703 805/1	Everyday Favourites Barbecue Sauce	100ml	0.2291		Bidfood

Method:

FOR HALAL UNITS - SWITCH TO CHICKEN - THEO'S CC010801H

Pre Prep...

- Peel & small dice the onion, Small dice the tomato & Finely chop the coriander, mix these all together.
- Defrost the tortilla's
- Open, Drain & lightly crush the kidney beans

Preparation...

- Cook the pork in a 180c oven or steam ensuring the pork is wrapped, stirring occasionally to stop it sticking together until cooked through to 75c. Keep hot.
- Cook the rice until tender, drain any excess liquid away & keep hot.
- Cook the kidney beans in a pan or steamer until cooked through to 75c. Keep hot
- Lay out the tortilla & divide the kidney beans between the tortillas & spread around the middle
- Next lay on the cooked rice, followed by the cooked pork and a drizzle of the BBQ sauce
- Next sprinkle over the grated cheddar & finally the diced onion/tomato/coriander mix
- Fold in the sides of the tortilla, then the bottom up & over to create a tight parcel
- Wrap the parcel in either parchment or foil & flash back through the oven for 5-10mins

Nutritional Category: None**Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydrate (g)	NME Sugar (g)
>1842.5	493.1	19.8	>8.3	57.0	(5.1)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>3.1	21.3	>1.4	>0.5	>70.9	(4.4)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>1.3	>13.4	0.5	8.0	>1.1	>1841.2
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>492.8	>21.2	57.0	8.0	?	>19.8
Potassium (mg)	>182.4	Selenium (µg)	?	ThiaminB1 (mg)	>0.1

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RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)	VitB12 (µg)	FibreAOAC (g)
>0.0	?	>0.0	>0.0	4.1

Information Tags

Additives

Contains Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Preservatives**No Data** Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Milk**Does Not Contain** Celery | Crustaceans | Eggs | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

Yes 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat**Does Not Contain** Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

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Menu: DRAW23 WK2 Diners Republic Autumn/Winter Menu 2023
Recipe: DRAW23 WK2 Wed-V Sweet Potato & Spinach Biryani
Unit: 037 Silentnight Beds
Sub Group: MID9 Educat High/College
Group: Recipes Recipes
Yield: 10 Ptn
Total Cost: 6.2533
Unit Cost: 0.6253

Ingredient	Description	Amount	Cost	Section	Supplier
22637 805/1	Tilda Brown N White Rice	400g	1.0568		
4661 806/48	SWEET POTATO x 1KG	500g	0.0000		
4402 806/48	ONION COOKING x 1KG	250g	0.0000		
4151 806/48	CARROTS x 1KG	400g	0.0000		
70525 805/1	Everyday Favourites Leaf Spinach(10 x 1kç	100g	0.1400		Bidfood
30271 805/1	Triple Lion Garlic Puree	15ml	0.0956		Bidfood
52245 805/1	Ground Ginger	5g	0.0629		Bidfood
40056 805/1	Knor Paste Tandoori Pet	20g	0.2652		Bidfood
70299 805/1	Everyday Favourites Ground Turmeric	5g	0.0472		Bidfood
70369 805/1	Everyday Favourites Garam Masala	5g	0.0970		Bidfood
04192 805/1	Everyday Favourites Vegetable Bouillon Mi	10g	0.0981		Bidfood
2327 806/48	HERB CORIANDER x 100G	25g	0.0000		
5921 806/48	EGGS FREE RANGE MEDIUM x 5 DOZ	4	0.0000		
1050 806/48	LIMES x 5	1	0.0000		
04345 805/1	Everyday Favourites Tikka Masala Cooking	500ml	2.3430		Bidfood
42832 805/1	Diced Paneer Cheese	200g	2.0476		

Method:

PREP

- Peel sweet potato
- Peel carrot
- Peel onion

METHOD

Par Boil Diced Sweet Potato, Drain & Marinate with Tandoori Seasoning, Set aside.

Steam Rice with Turmeric & Veg Bouillon, Drain

Stir Fry , Diced Onion, Grated Carrot, Garlic, Ginger, Salt & Garam Masala.

Add Par Cooked Sweet Potato & Cook

Break Eggs, Stir in ½ Chopped Coriander & Make Omelettes, Chop for Garnish

Blitz Lime Zest & Juice with Remaining Coriander for Pesto Dressing

Heat Tikka Sauce

Serve Fried Rice, Topped with Chopped Omelette, & Lime Pesto, and toasted paneer cheese as a garnish with the Tikka Sauce at the Side.

Nutritional Category: None**Nutritional Content Per @MyTX STANDARDSIZE (Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
>1335.7	>319.0	>9.2	>4.1	>48.8	(1.1)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>4.7	>9.9	>1.0	>0.3	>56.4	(658.0)
Vitamin C (mg)	>11.3				

Recipe Detail

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	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
	>24.1	>0.4	>9.4	>1.1	>1256.3
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>300.1	>9.3	>46.4	>9.2	>2.1	>18.3
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>302.1	(0.9)	>0.1	>0.1	?	(0.1)
VitB12 (µg)	FibreAOAC (g)				
>0.0	>4.4				

Information Tags

Additives

Contains Artificial Colours | Artificial Preservatives**No Data** Artificial Anti-Oxidants | Artificial Flavourings | Artificial Sweeteners

Allergens

Contains Eggs | Milk**May Contain** Mustard | Nuts | Peanuts**Does Not Contain** Celery | Cereals containing Gluten | Crustaceans | Fish | Lupin | Molluscs | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

Yes 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

May Contain Almonds | Cashew Nuts**Does Not Contain** Barley | Brazil Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts | Wheat

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu: DRAW23 WK2 **Diners Republic Autumn/Winter Menu 2023**
Recipe: DRAW23 WK2 Thur-MAuthentic Chicken Korma with rice
Unit: 037 **Silentnight Beds**
Sub Group: MID9 **Educat High/College**
Group: Recipes **Recipes**
Yield: 10 Ptn
Total Cost: 10.4749
Unit Cost: 1.0475

Ingredient	Description	Amount	Cost	Section	Supplier
CC020301S	Diced Chicken Thigh - Tikka 'Nat Col'	600g	4.7013		Theo's Food Company L
4402 806/48	ONION COOKING x 1KG	500g	0.0000		
2327 806/48	HERB CORIANDER x 100G	20g	0.0000		
22637 805/1	Tilda Brown N White Rice	500g	1.3210		
70299 805/1	Everyday Favourites Ground Turmeric	20g	0.1887		Bidfood
30158 805/1	Cumin Powder	5g	0.0000		
70375 805/1	Everyday Favourites Paprika	5g	0.0515		Bidfood
33033 805/1	Cirio Chopped Tomatoes	400g	0.0000		
03435 805/1	Everyday Fav Extended Life Vegetable Oil	100ml	0.3370		Bidfood
45760 805/1	Light Coconut Milk	150ml	0.3688		Bidfood
34587 805/1	Phase Dawn Packet Margarine	50g	0.2260		Bidfood
04183 805/1	Everyday Favourites Chicken Bouillon Mix	100g	0.7740		Bidfood
30268 805/1	Triple Loin Garlic Puree	50g	0.7579		Bidfood
TAP WATEF	Tap water	1L	0.0000		
52245 805/1	Ground Ginger	10g	0.1258		Bidfood
57982 805/1	Tate & Lyle Demerara Sugar	50g	0.0000		
40064 805/1	Knor Paste Korma Pet	100g	1.6230		Bidfood

Method:

RICE

Method...

Cook Poppadums as per instructions.

- Wash Rice and place in sauce pan with twice the amount of water.
- Bring to Boil or Steam and take off when Rice is tender (Water should have been absorbed).

CHICKEN KORMA

Method...

- Dice the Onions medium.
- Large Sauce Pan, heat the oil and add the spices & garlic, cook the spices gently on a low heat until into a paste, do not allow to catch bottom of the pan.
- Add the Onion and stir well into the paste, sweat the onions rite down until completely soft remembering not to let catch.
- Cube the butter and add it to the onion mixture, continue to sweat the onions lubricating them with the now melting butter.
- Prepare stock as per packaging instructions using approx 500ml water. Add stock to onion mixture and continue to cook out on low heat for approx 20 mins.
- Add chopped tomatoes and cook out further, add the sugar.
- Take mixture of heat, season as necessary.

Recipe Detail

anthonyliddy

- Using a large food processor or Hand Blender process the sauce until smooth.
- Add coconut milk and mix in well.

- Place Chicken on a oven tray and cook until 75c plus.
- Drain Chicken and add to Curry Sauce.
- Serve the curry & rice together with Poppadums.

Nutritional Category: None**Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
>2051.3	>491.8	>20.8	>4.0	>58.5	(7.3)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>4.0	>16.0	>1.8	>1.2	>42.4	(260.6)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>32.3	>21.6	>1.3	>11.4	>3.3	>1981.4
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>475.1	>15.4	>54.9	>8.8	>1.4	>13.7
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>242.8	(0.5)	>0.1	>0.0	?	>0.1
VitB12 (µg)	FibreAOAC (g)				
>0.0	>3.6				

Information Tags**Additives****Contains** Artificial Flavourings | Artificial Preservatives**No Data** Artificial Anti-Oxidants | Artificial Colours | Artificial Sweeteners**Allergens****Contains** Mustard**May Contain** Cereals containing Gluten | Nuts | Peanuts**Does Not Contain** Celery | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Sesame | Soya | Sulphur Dioxide and Sulphites**Information****Yes** 5 a Day**Other Allergens****No Data** Flavour Enhancers | Yeast**Other Contents****No Data** GM Material**Sub-Allergens****May Contain** Almonds | Barley | Cashew Nuts | Oats | Rye | Wheat**Does Not Contain** Brazil Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Walnuts**Suitability****Not Suitable** Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet**Suitability Tags****Not Suitable** High Calorie | Low Sodium

Recipe Detail

anthonyliddy

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu: DRAW23 WK2 **Diners Republic Autumn/Winter Menu 2023**
Recipe: DRAW23 WK2 Thu-V Tomato & Basil Penne Pasta Pot
Unit: 037 **Silentnight Beds**
Sub Group: MID9 **Educat High/College**
Group: Recipes **Recipes**
Yield: 15 Ptn
Total Cost: 9.6100
Unit Cost: 0.6407

Ingredient	Description	Amount	Cost	Section	Supplier
35845 812/3	Herby Tomato Sauce	1500	9.6100		
70490 812/3	Penne Pasta - Dry	1000g	0.0000		

Method:

Method...

- Reheat the TUGO 4ORK sauce slowly either in a bain marie or steamer until a core temp of above 80c is achieved.
- Cook the pasta in plenty of boiling, lightly salted water until just tender, drain.
- Portion the pasta between the pots evenly.
- Top the pasta with the heated sauce, dividing the sauce evenly over the pots.
- Place a lid on the pot & transfer to the heated service point for customer collection.

Nutritional Category: None**Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1285.4	307.0	4.2	0.7	57.3	?
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
?	8.4	?	?	?	?
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
?	?	0.3	7.4	0.7	1285.4
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTototal Sug (g)	Iodine (µg)	Magnesium (mg)
307.0	8.4	57.3	7.4	?	?
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
?	?	?	?	?	?
VitB12 (µg)	FibreAOAC (g)				
?	3.2				

Information Tags**Additives**

No Data Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Preservatives | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten

May Contain Soya

Does Not Contain Celery | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Recipe Detail

anthonyliddy

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat**Does Not Contain** Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	DRAW23 WK2	Diners Republic Autumn/Winter Menu 2023
Recipe:	DRAW23 WK2 Fri-M	Southern Fried Chicken Burger with Wedges
Unit:	037	Silentnight Beds
Sub Group:	MID9	Educat High/College
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	12.5978	
Unit Cost:	1.2598	

Ingredient	Description	Amount	Cost	Section	Supplier
FCP052 812	Breaded Chicken Fillets 125g (1kg)	1000g	10.3300		Theo's Food Company L
23791 805/1	Americana MK4.5 Unseeded Burger Bun	10	2.1167		Bidfood
4586 806/48	POTATO WASHED WHITE x 25KG	1000g	0.0000		
70389 805/1	Everyday Favourites Cajun Spice	10g	0.1174		Bidfood
03435 805/1	Everyday Fav Extended Life Vegetable Oil	10ml	0.0337		Bidfood

Method:

Prep...

- Defrost the buns
- Tray the chicken mini fillets up onto a lined baking sheet
- Cut the potatoes into wedges

Production...

- Place the wedges into a bowl, drizzle with oil, season with Cajun. Place on parchment paper and roast in an oven for 30 mins at 180c
- Cook the chicken strips in a 180.c oven until cooked through and 75.c
- Place the cooked chicken fillets onto the bottom bun and place the top of the bun on top.
- Serve salsa on topside of bun or as a side.

Nutritional Category: None**Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
>1159.5	478.9	11.2	5.2	69.3	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>2.9	24.3	>1.5	>0.8	>13.4	(0.0)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>15.9	>66.2	>0.4	5.2	>1.0	>905.2
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTotal Sug (g)	Iodine (µg)	Magnesium (mg)
>418.2	>22.6	69.8	5.5	>2.4	>16.3
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>307.4	>0.8	>0.4	>0.1	?	>0.4
VitB12 (µg)	FibreAOAC (g)				
>0.0	>3.5				

Information Tags**Additives****Contains** Artificial Flavourings | Artificial Preservatives**No Data** Artificial Anti-Oxidants | Artificial Colours | Artificial Sweeteners

Recipe Detail

anthonyliddy

Allergens

Contains Cereals containing Gluten | Mustard**May Contain** Sesame**Does Not Contain** Celery | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Nuts | Peanuts | Soya | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat**Does Not Contain** Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu: DRAW23 WK2 **Diners Republic Autumn/Winter Menu 2023**
Recipe: DRAW23 WK2 Fri-V **Thai Sweet Chilli veggie 'chicken' noodles**
Unit: 037 **Silentnight Beds**
Sub Group: MID9 **Educat High/College**
Group: Recipes **Recipes**
Yield: 10 Ptn
Total Cost: 8.9296
Unit Cost: 0.8930

Ingredient	Description	Amount	Cost	Section	Supplier
03435 805/1	Everyday Fav Extended Life Vegetable Oil	25ml	0.0842		Bidfood
4421 806/48	RED ONION x 1KG	200g	0.0000		
4151 806/48	CARROTS x 1KG	200g	0.0000		
04505 805/1	Culine Sliced Mixed Peppers	200g	0.4200		Bidfood
4452 806/48	SPRING ONION x BUNCH	each	0.0000		
70374 805/1	Chef William Chinese Five Spice	5g	0.0958		Bidfood
08126 805/1	Everyday Favourites Egg Noodles	500g	2.3950		Bidfood
04742 805/1	Everyday Favourites Sweet Chilli Sauce	200ml	0.8740		Bidfood
95955 805/1	Vegan Strips Chicken Style	500g	5.0605		

Method:

Method...

- Dice the tofu, & prepare to be fried with the vegetables.
- Peel and thinly slice the red onion.
- Peel the carrot, then using a vegetable peeler, peel the carrot into ribbons, place into cold water until needed.
- Deseed the mixed peppers, then cut into thin strips.
- Slice the spring onions, wash well to remove any grit & drain well.
- Wash the beansprouts.
- In a suitable pan, heat the oil over a medium to high heat, add the tofu, red onion and carrots, stir fry for 5min.
- Add the remaining vegetables to the pan and continue to stir fry for a further 5mins until the vegetables are tender and heated through to 75c.
- Add the soaked noodles, stir to combine, then drizzle over the Sweet Chilli Sauce, and sprinkle with the spring onions.

Nutritional Category: None**Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1610.4	384.6	10.1	3.1	54.7	(9.3)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
7.1	17.5	1.5	1.1	36.0	(375.1)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
34.1	32.4	0.9	13.3	2.4	>1559.7
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>372.5	>17.2	54.4	12.9	>0.9	>29.4
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>333.4	(0.3)	>0.2	>0.1	?	>0.1
VitB12 (µg)	FibreAOAC (g)				
>0.0	7.0				

Recipe Detail

anthonyliddy

Information Tags

Additives

Contains Artificial Anti-Oxidants | Artificial Flavourings | Artificial Preservatives | Artificial Sweeteners**No Data** Artificial Colours

Allergens

Contains Cereals containing Gluten | Eggs | Soya**Does Not Contain** Celery | Crustaceans | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Sulphur Dioxide and Sulphites

Information

Yes 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat**Does Not Contain** Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)