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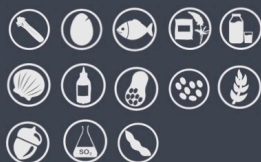
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## LAMB KOFTA, FLAT BREAD AND CINNAMON TZATZIKI

### Ingredients

- **1KG WELSH PGI LAMB MINCE**
- **50g Essential Cuisine Persian Seasoning**
- **5g garlic powder**
- **5g onion granules**
- **16g Essential Cuisine Lamb Stock Mix**

### Method

Preheat an oven to 180c.

In a mixer bowl add the mince lamb, Essential Cuisine Persian Seasoning,

Essential Cuisine Lamb Stock Mix, garlic powder, onion granules & beat for

5 minutes to break down the meat. Place in a suitable baking dish, making sure to push it down.

Bake for 40 minutes, then turn over, cover & bake for another 40 minutes.

Press with a weighted tray and serve

### Cinnamon tzatziki

#### Ingredients

- **50g Greek yoghurt**
- **1/2 a cucumber**
- **20g Fresh parsley**
- **20g Fresh mint**
- **1/2 a lime**
- **1 clove of garlic**
- **1 tbsp of olive oil**
- **10g of ground cinnamon**
- **Salt and pepper**

### Method

Place in your greek yogurt, approx half.

Add the diced cucumber

add lime juice, cinnamon, clove of garlic, parsley and fresh mint.

Mix well, pour in a couple of drizzles or olive oil, salt and pepper to guidelines.

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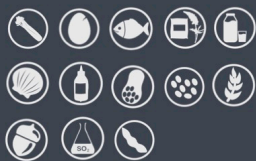
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## **BEEF BURRITO**

### **Ingredients**

- **500G BRONGAIN WELSH BEEF MINCE**
- 2 tbsp sunflower oil
- 1 onion, finely chopped
- 4 garlic cloves, very finely chopped
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 small pinch of cayenne pepper
- 1 tsp dried oregano
- pinch of golden caster sugar
- 1 tbsp wine vinegar or cider vinegar
- 400g can chopped tomatoes
- 400g can black beans or kidney beans, with the can water
- 8 flour or corn tortillas
- 500g cooked rice,
- Serve with a selection of sliced avocado or guacamole, chopped tomatoes, soured cream, shredded lettuce, sliced red onion, grated cheddar, sliced red chilli and lime halves, to serve

### **Method**

Heat the oil in a large pan – a casserole is ideal. Fry the onions for 8 mins, then add the garlic, spices and oregano and cook for 1 min. Crumble over the mince and sizzle for 5 mins, stirring, until browned. Stir in the sugar and leave for a minute, then splash in the vinegar and pour in the tomatoes.

Simmer for 5 mins then tip in the beans and the water from the can. Season, stir and simmer everything for 20 mins until the beef is in a thick gravy. The sauce can be prepared up to 2 days ahead, chilled and reheated with a splash of water

To make the burritos, heat the tortillas following pack instructions. Stack some rice and beef sauce along each tortilla and scatter over your choice of topping. Fold over the ends and roll up to seal. Secure by wrapping with foil.

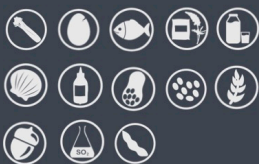
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## **STEAMED BAO BUN WITH RED TRACTOR BREADED CHICKEN AND A NUT FREE SATAY SAUCE**

### **Breaded Chicken Breast Red Tractor 80g**

Cook from frozen on a lined baking tray. Bake for 20-25 minutes (Gas 4/180 C/350 F). As ovens vary, time and temperature may need adjusting. To ensure product is fully cooked, check product is a minimum of 75 C (or to national standards). If storing in a hot cupboard, keep covered to prevent drying out.

### **Kuro Bao Hirata Bun**

From Frozen unless otherwise stated

Microwave: 1700W-2000W. (1900W):

Place two buns on a non-metallic plate and cover with cling film. Cook at full power for 27 seconds.

Oven: Steam Oven: Evenly space the buns with 5 cm gaps onto wire trays. Steam on full power for 8 minutes.

Hob: Steam from frozen for 10 minutes over rapidly boiling water.

Steam from defrost for 5 minutes over rapidly boiling water.

Defrosted shelf life 24 hours refrigerated.

### **Peanut free Satay Style Seasoning Mix**

400ml coconut milk

### **32g Street Food Chef Satay Style Seasoning**

15g cornflour – mixed with a little water

### **Method**

Place the Street Food Chef Satay Style Seasoning and coconut milk into a medium sized pan.

Bring the Satay mixture to the boil, then simmer for five minutes.

Then mix in the cornflour and cook out for a further 5 minutes.

Your sweet and spicy satay sauce is ready.

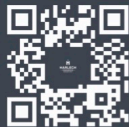
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## **MANGO AND PASSIONFRUIT MOUSSE**

### Ingredients

300g mango puree (leonce blanc)

200g passionfruit puree (boiron ambient)

50g pro espumma cold Sosa

Hillbo marbled chocolate pencils

### Method

Mix together with a blender until completely emulsified

Pour into a whipper gun

Add 2 charges

Shake well and serve

Shown in the video was a Pidy 4 cm trendy sweet pastry case

There are many other options in size, shape, savoury and chocolate as a great base to a easy dessert

Further Sosa support can be given also,  
please email [stephen.griffiths@harlech.co.uk](mailto:stephen.griffiths@harlech.co.uk)  
Or call me on 07464677326