

**Dish Description / Methods:**

1. Prepare the Chipotle and Yoghurt Dressing as per sub recipe.
2. Drain and wash the beans removing as much excess water as possible. Place a suitable size pan over a medium-high heat and add the oil. Add the beans and fry until they begin to pop and become crispy. Remove and set aside to cool.
3. Finely shred the red cabbage (preferably using a mandolin) discarding the root. Wash and scrub the beetroot (no need to peel). Cut into matchsticks (julienne) preferably with mandolin. Once shredded, place into ice water and set aside.
4. Using a fork score the skin on cucumber to create a different texture/visual. Slice in half-length ways and remove the seeds using a teaspoon. Slice the cucumber on the angle very thinly. Quarter the cherry tomatoes peel your carrots into ribbons and again keep in ice cold water. Peel, stone and slice the avocado.
5. Drain the beets and carrots and combine all ingredients in a suitable size mixing bowl. Dress with the prepared dressing.
6. Finish with a garnish of the coriander.

Allergens:

Allergen free

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

Ingredients

Supplier	Supplier Code	Commodity	Unit Weight	Unit Measurement	Quantity Used (10 Portions)
Bidfood MTD	98481	Bb - Beetroot Raw	2000	Grams	150
Bidfood MTD	20013	CABBAGE RED 600-800G HEADS	10000	Grams	175
Bidfood MTD	75331	CARROTS HYDRO-COOL	12500	ml	150
Bidfood MTD	75467	AVOCADO	16	ml	2
Bidfood MTD	75256	BB - CORIANDER	100	Grams	15
Bidfood MTD	75325	RED CHERRY TOMATOES	2250	Grams	75
Bidfood MTD	75625	YELLOW CHERRY TOMATOES	250	Each	75
Bidfood MTD	3444	EVDAY FAV EXTENDED LIFE VEGETABLE OIL - TIN	20000	Bunch	20
Bidfood MTD	75508	BB - CUCUMBER 35-40MM	1	Each	0.5
Bidfood MTD	50236	EVERYDAY FAVOURITES RED KIDNEY BEANS	1500	Grams	150

Nutrition per portion (160g):

	Kcal	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
Total	105	8.8	3.4	6.7	0.8	2.9	3.5	0.2
%RNI	5%	3%	4%	10%	4%	6%	12%	3%

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 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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Chipotle Yoghurt Dressing Sub recipe

Supply Chain

Ingredients

Supplier	Supplier Code	Commodity	Unit Weight	Unit Measurement	Quantity Used (10 Portions)
Bidfood MTD	72433	Bb -limes Prepack 12	12	Each	1.5
Bidfood MTD	82015	Organic Coconut milk Yoghurt alternative	5000	Grams	150
Bidfood MTD	75256	BB - CORIANDER	100	Grams	10
Bidfood MTD	13686	PURE OLIVE OIL P.E.T.	16000	ML	10
Bidfood MTD	32524	TABASCO CHIPOTLE SAUCE	720	ML	50

Nutrition per portion(22g):

	Kcal	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
Total	32.8	2.1	1.3	2.4	1.0	0.8	0.3	0.3
%RNI	2%	1%	1%	3%	5%	2%	1%	5%

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