



RECIPE:

Quick Tomato Soup

SERVES: 10

INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
03435	Ambient	Everyday Favourites Extended Life Vegetable Oil - Polybottle	30ml	4x5ltr
75585	Chilled	Onion	400g	1 x 1kg
75591	Chilled	Carrot	400g	1 x 1kg
75395	Chilled	Ware potatoes	400g	1 x 2.5kg
70350	Ambient	Everyday Favourites Basil	6g	6x150g*
17576	Ambient	Everyday Favourites Chopped Tomatoes	4kg	6x2.5kg
04192	Ambient	Everyday Favourites Vegetable Bouillon Mix	4 litres	1x2kg
80262	Ambient	Tate & Lyle Caster Sugar Drum	2g	1x3kg

Prep time: 10 mins

Time to cook: 25 mins

Method:

To prepare before:

- Chop all vegetables into small slices and various shapes

For making the soup:

- Heat the oil in a very large pan
- Sauté the onions for 2 minutes, then add the carrots, potato and the dried basil
- Cook for a minute
- Add the tomatoes and stock. Bring to boil and then turn down and simmer for approximately 20 minutes, until the vegetables are tender
- Check the seasoning and add a quarter of a teaspoon of sugar to balance the acidity
- Serve as a chunky rustic soup, or blend

FLEXING CHOPPED TOMATOES



RECIPE:

Tomato, Mozzarella and Olive Paella

SERVES: 10

INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
13644	Ambient	Pure Olive Oil Tin	80ml	4x5ltr*
75585	Chilled	Onions	600g	1 x 1kg
46574	Ambient	Everyday Favourites Garlic Puree	60g	6x1kg*
30342	Ambient	Everyday Favourites Italian Risotto Rice	675g	10x1kg
09228	Ambient	White Wine	300ml	6 x 75cl
05636	Ambient	Tomato Purée	90g	12x400g
17576	Ambient	Everyday Favourites Chopped Tomatoes	1.2kg	6x2.5kg
04192	Ambient	Everyday Favourites Vegetable Bouillon Mix	1.2 ltrs	1x2kg
75667	Chilled	Fresh oregano	30g	1 x 100g
70375	Ambient	Everyday Favourites Paprika	20g	6x500g*
89270	Ambient	Kalos Pitted Kalamata Olives	300g	1x2.5kg
02965	Chilled	Galbani Mozzarella Balls	300g	12x125g*
75140	Chilled	Lemon	2	1 x 6

Prep time: 20 mins

Time to cook: 35 mins

Method:

- Finely dice the onions and sauté in a pan with the olive oil for 2 minutes
- Add the garlic purée and rice, then coat the rice in the oil well and cook for 5 minutes. Stir well so the contents do not colour
- Add the white wine and allow to reduce by half. Then add tomato puree, tinned tomatoes and the hot stock along with the oregano
- Bring to the boil then lower to simmer for 15 minutes, stirring occasionally
- After 15 minutes, add the olives and cook gently for a further 10 minutes until the rice is tender. Add more stock if it becomes too dry
- Season with black pepper and a little salt. Rip the mozzarella cheese on top and drizzle with the lemon juice
- Place under a hot grill to melt the cheese
- Serve with a fresh green salad

FLEXING CHOPPED TOMATOES



RECIPE:

Roasted Cauliflower Lentil Dhal

SERVES: 10

INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
75451	Chilled	Fresh cauliflower	1.4kg	1 x 1
03435	Ambient	Everyday Favourites Extended Life Vegetable Oil - Polybottle	60ml	4x5ltr
75585	Chilled	Onion	300g	1 x 1kg
46574	Ambient	Everyday Favourites Garlic Puree	35g	6x1kg*
37918	Ambient	Mustard seed	10g	6 x 800g
84740	Ambient	World of Spice Cumin Seeds	10g	6x400g
10027	Ambient	Knorr Professional Ginger Puree	25g	2x750g*
17576	Ambient	Everyday Favourites Chopped Tomatoes	1.2kg	6x2.5kg
56614	Ambient	Red Lentils	750g	4x3kg*
75256	Chilled	Coriander	30g	1 x 100g

Prep time: - 20 mins

Time to cook: - 45 minutes

Method:

For cooking:

- Break the cauliflower into large florets, toss in half of the oil and place in a large baking tin. Roast at 200C for 20 minutes
- In a large pan sauté the onions in the remaining oil for 5 minutes. Add the garlic purée, mustard seeds, cumin seeds and ginger, then cook for 3 minutes to release the oils from the seeds
- Add the tinned tomatoes, red lentils and 1200ml of tepid water
- Bring to the boil, reduce the heat to simmer, stir well and cook for 20 minutes until the lentils are tender and the dhal is thickened

For finishing the dish:

- Season well and gently stir in the roasted cauliflower and add the chopped coriander leaves
- Serve with flatbreads and yoghurt