FRIDAY VEGETARIAN AND SIDE

Vegetarian option and side

Lentil and Carrot Balls in Rainbow Tomato Sauce with Crunchy Rainbow Slaw

A vegetarian option and a side to serve with the Friday main.

SIDE
Prep 25 minutes

Ingredients and shop codes

Vegetarian option, 20 portions

900 g Green or brown lentils in water, drained

300 g Carrots, grated
810548 Fresh Carrots (1x1kg)

200 g Onions, very finely diced
810596 Fresh White Onions (1x1kg) or 101991 Greens Diced Onions, frozen (4x2.5kg)

200 g Rolled oats
Closest: 200314 Country Range Oat Flakes (4x3kg)

200 g Mature vegetarian cheddar, grated
Closest: 001517 Country Range Grated Mature Cheddar (10x1kg)

3 Eggs
202937 5 Dozen Medium Eggs, Free Range

3 g Dried thyme
203655 Country Range Dried Thyme (4x220g)

Side, serves 100

4 kg Carrots, grated
810548 Fresh Carrots (1x1kg)

3 kg White cabbage, finely shredded
810594 Fresh White Cabbage (each)

2 kg Eating apples, grated
810563 Fresh Granny Smith Apples (1x1kg)

1 kg Natural yoghurt
001539 Natural Yogurt 3% (1x2kg)

100 ml Lemon juice
203527 Country Range Lemon Juice (12x500ml)

Shop notes

- **Rolled oats:** Check if the grade suits.
- **Mature vegetarian cheddar:** Check the label to confirm it is suitable for vegetarians.

Method

Vegetarian option: Lentil and Carrot Balls in Rainbow Tomato Sauce

1. Roughly mash the lentils and mix with all the other ingredients. Shape into 30 g balls and chill for 20 minutes to firm up.
2. Bake on separate, labelled trays at 200°C (fan 180°C) for 18 to 20 minutes until golden. Core temperature 75°C or above.
3. Warm through in a portion of the sauce (make sure the sauce you use is vegetable-based, as written) and serve with pasta. Use separate utensils.

Side: Crunchy Rainbow Slaw

1. Mix the carrots, cabbage and apples with the lemon juice (this stops the apples browning).
2. Fold through the yoghurt just before service.
3. Keep chilled at below 8°C until served, and use within 24 hours.

Chef's tips

- Keep dressing on the side for children who prefer it plain. Grate in the morning, dress at service. Chop cabbage very finely for little mouths.

Nutrition note (side)

about 1 portion of vegetables per serving, plus a little fruit.

Allergens

Vegetarian option: Contains: Eggs, Cereals containing gluten, Milk. **Check the label (varies by brand):** Celery, Sulphites, Soya. No tree nuts or peanuts in this recipe (nut-free menu). **Side: Contains:** Milk. **Check the label (varies by brand):** Soya, Sulphites. No tree nuts or peanuts in this recipe (nut-free menu).

Nut-free menu: no nuts or peanuts in any recipe. Check labels on every batch for allergens, gluten-free and vegetarian status. Menus should be checked against the school's own policies and local authority guidance. Product codes are shopping suggestions; prices and stock show on shop.brookstreetfoods.co.uk once you are signed in.