



Cheesy Orkney Crab Thermidor Brioche Roll

with Chips, Pea Shoot and Baby Plum Tomato Salad

Premium Ingredient 30-35 Minutes • Mild Spice • 2 of your 5 a day

32



Potatoes



Lemon



Garlic Clove



Mature Cheddar Cheese



Sweetcorn



Chives



Baby Plum Tomatoes



Brioche Hot Dog Buns



Central American Style Spice Mix



Cream Cheese



Orkney Crab Meat



Pea Shoots

Pantry Items

Oil, Salt, Pepper, Sugar, Mayonnaise, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, fine grater, garlic press, grater, sieve, kitchen scissors, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Lemon**	1	1	1
Garlic Clove**	2	3	4
Mature Cheddar Cheese**	60g	90g	120g
7)			
Sweetcorn	160g	340g	340g
Chives**	1 bunch	1 bunch	1 bunch
Baby Plum Tomatoes	125g	190g	250g
Brioche Hot Dog Buns 7) 8)			
11) 13)	2	3	4
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Cream Cheese** 7)	50g	75g	100g
Orkney Crab Meat** 5)	100g	150g	200g
Pea Shoots**	40g	60g	80g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	635g	100g
Energy (kJ/kcal)	3602/861	567/136
Fat (g)	40.5	6.4
Sat. Fat (g)	17.0	2.7
Carbohydrate (g)	92.8	14.6
Sugars (g)	16.3	2.6
Protein (g)	31.6	5.0
Salt (g)	2.28	0.36

Nutrition for uncooked ingredients based on 2 person recipe.


Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

5) Crustaceans **7)** Milk **8)** Egg **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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Chop your Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel). Pop the chips onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two *baking trays if necessary*.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Bake your Thermidor

Stir the **cream cheese**, **crab**, **sugar** (see pantry for amount), **half the lemon zest** and **chives** through the **sweetcorn**. Season with **salt** and **pepper**.

Pop the **hot dog buns** onto a baking tray and fill with your **crab mix**, then top with the **Cheddar**.

Transfer to the middle shelf of your oven and bake until your **cheese** is golden and the filling is piping hot, 5-6 mins.



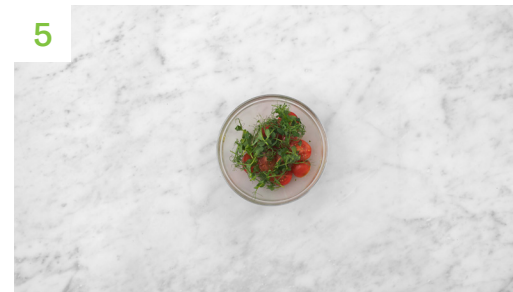
Time to Prep

In the meantime, zest and halve the **lemon**. Peel and grate the **garlic** (or use a garlic press).

Grate the **Cheddar**. Drain the **sweetcorn** in a sieve.

Finely chop the **chives** (use scissors if easier). Halve the **baby plum tomatoes**.

Slice the **buns** top down through the middle (but not all the way through).



Salad Time

Meanwhile, in a large bowl, combine the **baby plum tomatoes**, **sugar** and **olive oil for the dressing** (see pantry for both amounts) and a squeeze of **lemon juice**.

Just before you're ready to serve, toss the **pea shoots** through your **dressing**.



Get Frying

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **sweetcorn** and cook, 2-3 mins.

Stir through the **garlic** and **Central American style spice mix**. Fry for 1 min more.



Serve Up

Transfer your **crab thermidor rolls** to your plates and sprinkle over the remaining **chives**.

Serve with your **chips** and **salad** alongside.

Serve any remaining **lemon wedges** for squeezing over the **crab rolls** to finish.

Enjoy!