

Red Lentil and Sautéed Spring Veggie Bowl

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree	PF round 3	VG, NF, SF	12	11.26
				OZ

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	2 tbsp	0 lb 0.96 OZ	0%	0 lb 0.96 OZ	Oil, Canola	For Fritters: In a bowl, combine potatoes, onions and garlic and mash until fully combined. Add remaining ingredients combine well. Portion 2oz patties.
	1 1/2 cup	0 lb 6.67 OZ	9%	0 lb 7.37 OZ	Onions, Yellow, small dice	
	2 tbsp	0 lb 1.06 OZ	12%	0 lb 1.20 OZ	Garlic, cloves, peeled, minced	
	3 cup	1 lb 2.00 OZ	22%	1 lb 7.05 OZ	Potato, Russet, peeled, shredded <i>Cooked</i>	
	3 cup	1 lb 4.31 OZ	0%	1 lb 4.31 OZ	Beans, Lentils, cooked	
	1/4 cup	0 lb 0.70 OZ	0%	0 lb 0.70 OZ	Crumbs, Panko Bread	
	1/4 cup	0 lb 1.15 OZ	0%	0 lb 1.15 OZ	Flour, All-Purpose	
	2 tbsp	0 lb 0.23 OZ	60%	0 lb 0.56 OZ	Parsley, Italian, fresh, chopped	
	2 tbsp	0 lb 0.24 OZ	0%	0 lb 0.24 OZ	Seasoning, Italian	
	2 tsp	0 lb 0.19 OZ	0%	0 lb 0.19 OZ	Salt, Kosher	
	2 tsp	0 lb 0.17 OZ	0%	0 lb 0.17 OZ	Pepper, Black, table grind	



Fritter ingredients combined.



Portion fritters.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 tbsp	0 lb 0.96 OZ	0%	0 lb 0.96 OZ	Oil, Canola	In a skillet or flat top, heat oil over medium-high heat. Add fritters and cook for 3-5 minutes on each side until deeply golden brown. Fritters can be stored in hotel pans in hot well until ready for service.



Cook Fritters.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1/2 cup	0 lb 3.92 OZ	0%	0 lb 3.92 OZ	Oil, Olive	For Couscous: In a small bowl, combine all ingredients in step 3, except couscous and whisk until combined. Toss with couscous and hold in hotel pans in hot well until ready for service.
	1/4 cup	0 lb 2.07 OZ	58%	0 lb 4.89 OZ	Limes, juice	
	1 tbsp	0 lb 0.53 OZ	12%	0 lb 0.60 OZ	Garlic, cloves, peeled, minced	
	1 tsp	0 lb 0.18 OZ	0%	0 lb 0.18 OZ	Mustard, Dijon	
	1/2 tsp	0 lb 0.05 OZ	0%	0 lb 0.05 OZ	Salt, Kosher	
	1/2 tsp	0 lb 0.04 OZ	0%	0 lb 0.04 OZ	Coriander Seed, ground	
	1/4 tsp	0 lb 0.02 OZ	0%	0 lb 0.02 OZ	Pepper, Black, ground	
	6 cup	2 lb 1.24 OZ	0%	2 lb 1.24 OZ	Couscous, Israeli (Pearl), cooked	



Vinaigrette for couscous.



Couscous tossed.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	3 tbsp	0 lb 1.44 oz	0%	0 lb 1.44 oz	Oil, Canola	For Spring Veggies: In a skillet or flat top, heat oil over medium-high heat. Add remaining ingredients in step 4 and cook 15 minutes until beginning to caramelize. Spring Veggies can be held in hotel pans in hot well until ready for service.
	4 cup	0 lb 9.44 oz	40%	0 lb 15.73 oz	Kale, Green, chopped	
	2 cup	0 lb 7.60 oz	6%	0 lb 8.10 oz	Squash, Zucchini, sliced	
	2 cup	0 lb 7.80 oz	5%	0 lb 8.21 oz	Squash, Yellow, sliced	
	1 cup	0 lb 5.13 oz	5%	0 lb 5.40 oz	Tomatoes, Cherry, small	
	2 tsp	0 lb 0.19 oz	0%	0 lb 0.19 oz	Salt, Kosher	



Sauté spring veggies.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	3/4 cup	0 lb 6.88 oz	0%	0 lb 6.88 oz	Beans, Cannellini, canned, drained, rinsed	For Tzatziki Sauce: Combine all ingredients in step 5, except cucumber, in food processor and process until smooth. Fold in cucumber until combined. Tzatziki can be held in sealed container in cooler until ready for service.
	1 tbsp	0 lb 0.52 oz	59%	0 lb 1.26 oz	Lemons, juice	
	1 1/2 tsp	0 lb 0.25 oz	0%	0 lb 0.25 oz	Vinegar, Apple Cider	
	1 tsp	0 lb 0.11 oz	0%	0 lb 0.11 oz	Garlic, powder	
	1/2 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Dill Weed, dried	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz	Salt, Kosher	
	1 cup	0 lb 5.00 oz	5%	0 lb 5.26 oz	Cucumber, with peel <i>shredded</i>	



Process Tzatziki.



Fold cucumber into Tzatziki.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6						For Service: Portion 1/2 cup couscous in a bowl, top with 2 fritters, 1/2 cup veggies and 2 tablespoons tzatziki.

RECIPE IMAGES



Red Lentil and Sautéed Spring Veggie Bowl

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 7.11 oz	0 %	8 lb 7.11 oz	0 %	8 lb 7.11 OZ
Size of portion	11.26 oz		11.26 oz		11.26 oz

ADDITIONAL INFO

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MEMO

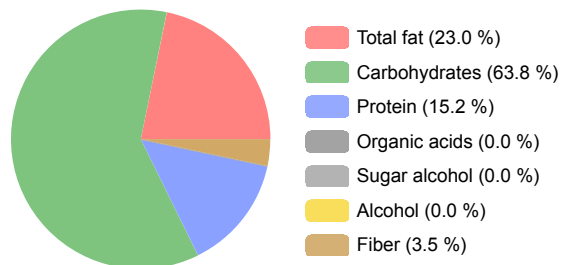
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy	727.53 kcal	36 %	Salt	1.21 g		
				3,043.96 kJ		Salt	0.38 %		
Total fat	18.90 g	24 %	22.98 %			Sodium	489.40 mg	21 %	Vitamins
Saturated	2.16 g	11 %	2.63 %			Phosphorus	388.64 mg	31 %	Vitamin A
Monounsaturated	12.02 g		14.60 %			Potassium	1,061.14 mg	23 %	Vitamin D
Polyunsaturated	3.93 g		4.77 %			Iron	5.80 mg	32 %	Thiamine
Trans fatty acids	0.03 g		0.04 %			Calcium	115.42 mg	9 %	Riboflavin
Cholesterol	0.00 mg	0 %				Zinc	3.04 mg	28 %	Niacin
Linolenic acid	2.95 g		3.59 %			Magnesium	106.38 mg	25 %	Vitamin B6
Alpha-linolenic acid	726.10 mg		0.88 %			Iodine	0.00 µg	0 %	Vitamin B12
Total Carbohydrate	114.20 g	42 %	63.78 %			Selenium	2.82 µg	5 %	Folate
Sugars total	3.61 g	7 %				Copper	1.03 mg	114 %	Vitamin C
Added sugar	0.00 g	0 %	0.00 %						Vitamin E
Lactose	0.00 g								Vitamin K
Fiber	13.42 g	48 %	3.53 %						Others
Organic acids	0.00 g		0.00 %						Water
Sugar alcohol	0.00 g		0.00 %						153.28 g
Starch	31.77 g		17.74 %						
Protein	27.13 g	54 %	15.15 %						
Alcohol	0.00 g	0.00 %	0.00 %						

PERCENTAGE OF ENERGY



CO2



0.05 kg

Comparable values

Snacks	0.96 kg
Main courses	1.34 kg
Desserts	0.61 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.