



Recipe Ingredients ...	Quantity:	Description:	Cost:
Mackerel, flesh only, grilled	120g	1.5x medium fillet	0.00
Beetroot, boiled in unsalted water	150g	3.8x Average Portion	0.00
Curly kale, boiled in unsalted water	50g	0.4x cup, chopped	0.00
Teriyaki sauce (Leon)	30g	0x Recipe Total	0.00
Peanut sauce (Leon)	60g	0.1x Recipe Total	0.00
TOTAL COST:			0.00 RRP: 0.00

## Portions / Pack Sizes:

Portions / Pack Sizes:	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	410g	601	0.00	

## Ingredient List (QUID) ...

Beetroot (36.6%), Mackerel (29.3%) (**Fish**), Peanut sauce (Leon) (14.6%) [Water (43.4%), Unsalted **peanuts** (43.4%), Tamari (8.7%) (**Soya**), Tomato puree (4.4%)], Curly kale (12.2%), Teriyaki sauce (Leon) (7.3%) [Tamari (60%) (**Soya**), Maple syrup (15%), Water (14.4%), Corn flour (7.2%), Balsamic vinegar (2.7%), Garlic (0.37%), Ground ginger (0.23%)]

Also contains: **Peanuts, Soya**

*For allergens, see items in bold. (May also contain traces of Sulphites)*