

Recipe Ingredients ...	Quantity:	Description:	Cost:
Squash, butternut, baked	513g	2.5x cup cubes	0.00
Peppers, capsicum, red, raw	320g	2x medium pepper	0.00
Cauliflower, boiled in unsalted water	372g	3x cup	0.00
Broccoli, green, raw	285g	3x cup, chopped	0.00
Cabbage, white, raw	454g	0.5x head	0.00
Cumin seeds, whole or ground	2g	1x teaspoon	0.00
Paprika	6.8g	1x tablespoon	0.00
Tomatoes, cherry, raw	300g		0.00
Beans, chick peas, canned, re-heated, drained	500g	2.5x tablespoon	0.00
Cheese, Quark	400g	1.6x small tub	0.00

TOTAL COST: **0.00** RRP: **0.00**

Portions / Pack Sizes:

	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	315g	152	0.00	

Ingredient List (QUID) ...

Butternut squash (16.3%), Chickpeas (15.9%), White cabbage (14.4%), Quark (12.7%) (**Milk**), Cauliflower (11.8%), Red peppers (10.1%), Cherry tomatoes (9.5%), Broccoli (9%), Paprika (0.22%), Cumin seeds (0.06%)
For allergens, see items in bold.