



**VEGETARIAN  
EXPRESS**



## Courgette and Sage Fritto Misto

### Ingredients

- 100g tempura batter mix
- 60g gluten free plain flour
- 100g yellow courgette
- 100g green courgette
- 10g sage leaves
- 60g plant based garlic mayonnaise
- 200ml soda water

### Method | SERVES 4

- Whisk the batter mix into ice cold soda water until smooth.
- Pick the sage leaves and cut the courgettes into batons.
- Dredge the courgettes and sage in the gluten free flour then dip in the batter.
- Deep fry at 175°C for 3-4 minutes until golden and courgettes have cooked through.
- Arrange as shown.

### Typical Nutritional Values

	per 100g	serving 150g
<b>Energy</b>	913kJ 219kcal	1369kJ 328kcal
<b>Fat</b>	13.0g	19.5g
of which Saturated	1.0g	1.5g
<b>Carbohydrate</b>	22.0g	33.0g
of which Sugars	1.0g	1.5g
<b>Fibre</b>	0.9g	1.4g
<b>Protein</b>	3.4g	5.1g
<b>Salt</b>	0.24g	0.36g

**Suitable for:** Vegan,  
Nut free, Dairy free

**Allergens:** Cereal Gluten

### Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using seafood & egg mayonnaise.

<b>CO<sub>2</sub> saving (g)</b>	<b>Land use saving (m<sup>2</sup>)</b>	<b>Water use saving (L)</b>
<b>103</b>	<b>6</b>	<b>614</b>

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.