



LOADED SKINS

Recipe Book



BRITISH POTATOES



Loaded with
FIRECRACKER PEPPERS

SERVES 4



1. Heat the oven to 220oC, Fan 200oC, Gas 7. Cut the peppers into 3cm chunks and place in a large roasting tin, add the onion, garlic, olive oil, chilli, a good pinch of salt and pepper, then toss together until everything is coated in oil. Roast for 20 minutes or until lightly charred around the edges.
2. Remove the garlic cloves, place on a board and work to a puree with the blade of a knife. Stir into the passata then return to the oven for a further 10 minutes. Adjust the season to taste.
3. To serve: cook potato quarters according to instructions - allow 4-5 per person - and portion into heatproof dishes. Top with a portion of firecracker peppers, then scatter 20g grated mozzarella over each. Reheat in the oven until piping hot and the cheese has melted. Sprinkle with coriander or chives and serve with a side of soured cream.

INGREDIENTS:

- 2 each red, yellow, and orange peppers, de-seeded
- 1 large red onion, chopped
- 4 cloves garlic, peeled
- 3 tbsp olive oil
- 1 tsp crushed chilli flakes
- Sea salt flakes and ground pepper
- 250ml passata sauce
- 16-20 Aviko 1/4 potato skins
- 80g grated mozzarella cheese
- To serve: soured cream, chopped chives or coriander



Loaded with
SUPERFOOD GREENS

SERVES 4



1. Combine spring onion whites, avocado, sour cream, lime juice, coriander, garlic and salt in a food processor and blend the mixture on high until smooth, roughly 30 seconds. Transfer to a bowl, cover and refrigerate whilst preparing the potato skins.
2. Prepare the Aviko Baked Potato Skins following the on pack instructions. Either fry or oven cook (rub with oil).
3. Steam the broccoli for about 3-4 minutes until crisp-tender. Drain the broccoli and set aside to cool. When cooled, toss the broccoli and grated cheese evenly among the potato skins.
4. Return potato skins to oven until cheese is melted, about 5 minutes. Spoon 1 tbsp of the avocado cream on top of broccoli-filled potatoes, then top with scallion greens.

INGREDIENTS:

- 20 Aviko ¼ Potato Skins
- Some oil for rubbing the potato skins
- 225 g of broccoli florets, coarsely chopped
- 85 g of grated cheddar

Avocado cream:

- 2 garlic cloves
- 40 g of coriander leaves
- 4 tbsp of lime juice
- 4 tbsp of sour cream
- 2 medium avocado
- 4 spring onions, thinly sliced, greens reserved
- 1/2 tsp of salt





Loaded with
CURRIED CHICKPEA & SPINACH

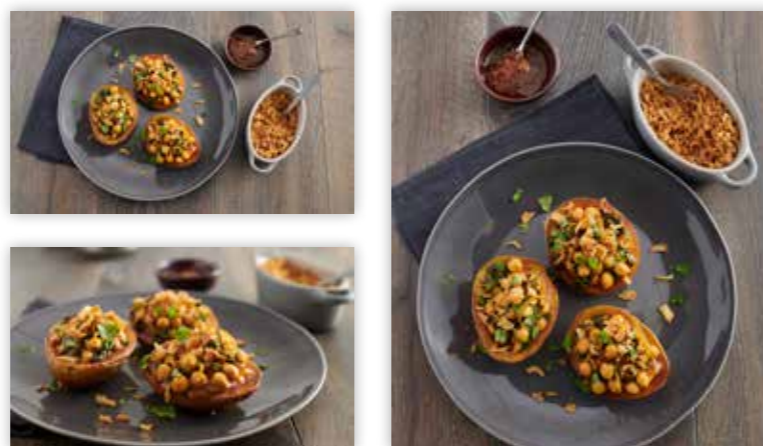
 SERVES 4

 **GLUTEN FREE**
 **VEGAN FRIENDLY**

1. Heat oil in a medium pan, add onions and sauté for 6 minutes until soft and golden. Add the ginger, garlic and curry paste and cook for 1 minute.
2. Add the stock and chick peas and season well. Bring to the boil, then simmer uncovered for 15 minutes or until thickened.
3. Add the spinach leaves and stir well until wilted. Add the mango chutney then add lemon juice and seasoning to taste.
4. Cook the potatoes according to pack instructions. Spoon the mixture into half potato skins - allow 3 per person - finish with crispy onions and chopped fresh coriander.

INGREDIENTS:

- 2 tbsp vegetable oil
- 1 large onion, sliced
- 5cm piece root ginger, peeled and grated
- 2 cloves garlic, crushed
- 2 tbsp madras curry paste
- 200ml vegetable stock
- 1 (400g) can chick peas, drained
- 150g baby spinach leaves, roughly chopped
- 1 tbsp mango chutney
- Squeeze of lemon juice
- Salt and pepper
- 12 Aviko 1/2 potato skins
- To serve: crispy onions and chopped coriander



SERVING SUGGESTIONS WITH MEAT



PULLED PORK SLOWLY COOKED IN A RICH BBQ SAUCE



SUMPTUOUS SWEET AND SAVOURY KOREAN BBQ PULLED CHICKEN



PULLED LEAN BEEF IN A SMOKY CHIPOTLE BBQ SAUCE

GROSS PROFIT CALCULATOR



77%
GROSS PROFIT

CURRIED CHICKPEA & SPINACH *Loaded Skins*

Perfect for lunch or main course

Ingredients	Cost	Litres/ KG	Cost per litre/KG	QTY Required Litres/Kg	Cost per 4 portions
2 tbsp vegetable oil	£24.99	20	£1.25	0.036	£0.04
1 large onion	£25.89	25	£1.04	0.113	£0.12
5cm piece root ginger	£2.49	0.3	£8.30	0.007	£0.06
2 cloves garlic	£4.29	0.5	£8.58	0.005	£0.04
2 tbsp madras curry paste	£10.49	2.2	£4.77	0.036	£0.17
200ml vegetable stock	£23.19	1	£0.47	0.2	£0.09
1 (400g) can chick peas	£6.79	3	£2.26	0.4	£0.91
150g baby spinach leaves	£3.19	0.25	£12.76	0.15	£1.91
1 tbsp mango chutney	£14.49	3	£4.83	0.018	£0.09
1/2 tsp lemon juice*	£16.09	6	£2.68	0.009	£0.02
Salt and pepper					£0.01
12 Aviko 1/2 potato skins	£39.00	10	£3.90	0.84	£3.28
Crispy onions	£23.39	10	£2.34	0.01	£0.02
Coriander	£13.19	1	£13.19	0.001	£0.01

Cost per 4 portions £6.78 **Cost per portion** £1.70 **Menu Selling Price inc VAT** £8.99

Source: List pricing from national wholesaler
Excludes any wholesaler discount

*Lemon juice from concentrate



66%
GROSS PROFIT

FIRECRACKER PEPPERS *Loaded Skins*

Perfect as a starter

Ingredients	Cost	Litres/ KG	Cost per litre/KG	QTY Required Litres/Kg	Cost per 4 portions
2 each red, yellow, and orange peppers*	£10.99	1 x 16	£0.69**	6 peppers	£1.98
1 large red onion, chopped	£14.09	10	£1.41	0.15	£0.21
4 cloves garlic, peeled	£4.29	0.5	£8.58	0.01	£0.09
3 tbsp olive oil	£19.99	5	£4.00	0.053	£0.21
1 tsp crushed chilli flakes	£8.19	0.4	£20.48	0.004	£0.08
Sea salt flakes	£3.29	0.25	£13.16	0.001	£0.01
Ground pepper	£9.49	0.5	£18.98	0.001	£0.02
250ml passata sauce	£9.09	6	£1.52	0.25	£0.38
20 Aviko 1/4 potato skins	£39.99	10.5	£3.81	0.7	£2.67
80g grated mozzarella cheese***	£20.49	2	£10.25	0.08	£0.82
Soured cream	£16.79	2	£8.40	0.03	£0.25
Chives	£2.79	0.1	£27.90	0.001	£0.03
Coriander	£13.19	1	£13.19	0.001	£0.01

Cost per 4 portions £6.76 **Cost per portion** £1.69 **Menu Selling Price inc VAT** £5.99

Source: List pricing from national wholesaler
Excludes any wholesaler discount

*Pepper pricing from national retailer
**Price is per pepper
***Mozzarella and cheddar blend



65%
GROSS PROFIT

SUPERFOOD GREENS *Loaded Skins*

Perfect as a starter

Ingredients	Cost	Litres/ KG	Cost per litre/KG	QTY Required Litres/Kg	Cost per 4 portions
20 Aviko Baked 1/4 Potato Skins	£39.99	10.5	£3.81	0.7	£2.67
4 tbsp oil	£24.99	20	£1.25	0.072	£0.09
225g of broccoli florets	£7.69	3	£2.56	0.225	£0.58
85g of grated cheddar	£8.14	5	£1.63	0.085	£0.14
Avocado cream					
2 garlic cloves	£4.29	0.5	£8.58	0.005	£0.04
40 g of coriander leaves	£13.19	1	£13.19	0.04	£0.53
4 tbsp of lime juice*	£16.09	3	£5.36	0.071	£0.38
4 tbsp of sour cream	£16.79	2	£8.40	0.071	£0.60
2 medium avocado			£0.80**	2**	£1.60
4 spring onions			£0.79***	4***	£0.40
1/2 tsp of salt	£2.49	3	£0.83	0.002	£0.002

Cost per 4 portions £7.02 **Cost per portion** £1.75 **Menu Selling Price inc VAT** £5.99

Source: List pricing from national wholesaler
Excludes any wholesaler discount

*Lime juice from concentrate
**Avocado pricing from national retailer and cost is per avocado
***Price for a bunch of 8 spring onions



BRITISH POTATOES



PRODUCT INFORMATION

Article	Description	Shelf-life	Case Configuration	Cases per Pallet	Cases per Layer
806680	¼ Skins	182 days @ -18 °C	5 x 2.1kg	70	10
806681	½ Skins	182 days @ -18 °C	4 x 2.5kg	80	10



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