Beetroot carrot and chickpea roll

NZBK-110 · Sandwiches And Filled Rolls · 12 rolls

INGREDIENTS

12 soft wholemeal rolls

490 g drained canned chickpeas

220 g drained sliced beetroot

170 g grated carrot

35 mL lemon juice

35 mL olive oil

2 g ground cumin



Illustrative serving; not a photographed kitchen test.

PREPARATION

1. Rinse chickpeas and crush with lemon, oil and cumin.

2. Drain beetroot well.

3. Split rolls, add the chickpea spread, carrot and beetroot, then package and refrigerate promptly.

ALLERGEN CHECK

Wheat. Check rolls and beetroot for additives.

PRODUCTION NOTES

Quantities are metric; yields are provisional test batches. Temperatures refer to a preheated conventional oven. Confirm fan settings using your oven.

Record usable yield, actual bake time, portion weights, ingredient suppliers and wastage during test batches.

Follow the bakery’s food control plan for cooked fillings, cooling, hot holding, chilled products, shelf-life and display decisions. Use chilled ready-to-eat sandwich fillings; assemble in small lots and record holding times.

Check each ingredient label, substitutions and cross-contact controls before selling or supplying products. Allergen notes are starting points.

Tally ingredient, packaging and labour costs per batch. Divide by saleable yield and apply the business’s overhead and margin assumptions.

Recipe: https://menunio.com/bakery/recipes/nzbk-110-beetroot-carrot-and-chickpea-roll