





Recipe Details

Recipe Name : **B-Oat-battered Kippers**
Recipe Category:
Author : **Jack Monroe**
Created : **February 16, 2015**
Last Updated : **February 16, 2015**
Portions : **2**


Weight (Per Portion)

One portion of this dish weighs approximately 582.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Beetroot	2 Medium	
Potato, average, raw	500 Gram	
Flour, 00, plain	2 Tablespoon	 Gluten
Milk, whole	100 Millilitre	 Milk
Oil, olive	2 Tablespoon	
Parsley, raw	1 Tablespoon	
Lemons, whole,	1 Unit	

Recipe Alerts

Special Dietary Requirements Suitability:	 Vegetarian
Allergen Warnings:	 Gluten  Milk

Recipe Method

1.

