



Recipe Ingredients ...	Quantity:	Description:
Pita Pit bread (Brown)	<b>60g</b>	1 petita
Beef, rump steak, grilled, lean only	<b>38g</b>	0.4x average 5oz
Carrots, old, raw	<b>15g</b>	0.5x baby carrot
Cheese, Emmental	<b>10g</b>	0.5x Average prepacked slice (sandwic
Lettuce, Cos, raw	<b>25g</b>	1x average leaf
Ballymaloe country tomato relish	<b>10g</b>	0.3x tablespoon

#### Ingredient List (QUID) ...

Pita Pit bread (Brown) (38%) ( **Wheat**), Beef (24.1%), Cos lettuce (15.8%), Carrots (9.5%), Ballymaloe country tomato relish (6.3%) ( **Mustard**), Emmental cheese (6.3%) ( **Milk**)