



PLAN. PREP. PROFIT.

**CUT WASTE AND
BOOST TASTE**



**Unilever
Food
Solutions**



Low-waste menus maximise ingredients to minimise waste (and costs).

Reduce waste, cut costs, and boost your bottom line with low-waste menus that use every ingredient to its fullest! Plan ahead, cross-use your pantry, and turn your kitchen into a profit powerhouse where nothing is wasted and every dish shines!

REDUCE COSTS

Save money and boost profits by using every part of your ingredients to create cost-effective dishes.



INNOVATE YOUR MENU

Cross-utilise your ingredients to add creative, appealing options to your menu and delight customers.



PLAN, PREP, PROFIT

Plan and repurpose your ingredients to reduce over-purchasing and increase profitability.



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Email Chef Heidi today!
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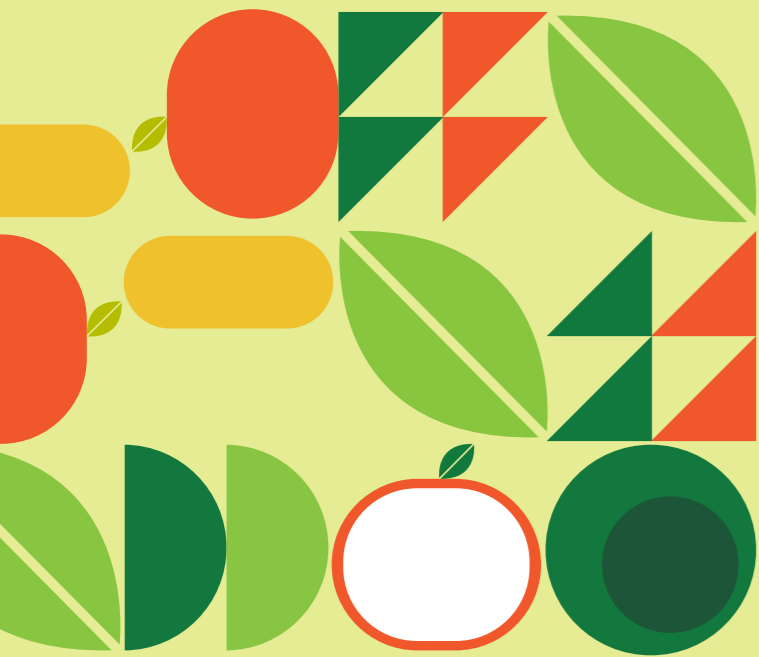


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OUR TOP TIPS!



01

Maximise Ingredient Use to Minimise Waste

Build your menu around available ingredients and use them to the fullest.

Top Tip: Roast beets for versatile use in salads, rissoles, or cakes. Repurpose beet greens in salads or sautéed dishes.



02

Extend Your Ingredient Life

Keep your ingredients fresher for longer so you can repurpose them.

Top Tip: Keep salad ingredients and dressings separate to maintain freshness. Use leafy greens as salad bases or additions to tarts, wraps, and sandwiches.



03

Same Ingredient, New Ways

Use surplus ingredients to craft specials that catch your customers' eyes.

Top Tip: Use the same vegetables for minestrone and lamb stew to reduce waste and diversify your menu.



04

Get Creative with Excess Ingredients

Turn yesterday's dishes into today's menu stars!

Top Tip: Turn surplus stir-fry vegetables into rice paper or spring rolls. Chicken can be repurposed into stir-fries with ready-made sauces for a quick and tasty meal.



05

Plan Your Pantry Carefully

Keep tabs on stock levels to prevent over-buying and reduce spoilage.

Top Tip: Choose dried herbs instead of fresh ones for their longer shelf life and consistent flavour.



**1 KG SEASONS
± 77 KG OF
VEGETABLES.**

- Chunky texture adds visual appeal to multiple dishes such as sandwiches, salads and pizzas.
- Made with real bell pepper, garlic, chilli and herbs for great flavour.

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Top Tip:

Maximise butternut squash by cubing the flesh, turning skins into crisps, and seeds into seed powder mixed with **Robertsons Veggie Seasoning**. Use the cubes in quiches, tarts or frittata.



**1 TUB SEASONS
100 KG OF CHIPS.**

- Adds a golden colour to your chips.
- The perfect chip seasoning with paprika and mild chilli.
- No artificial flavours or colours.

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Top Tip:

Repurpose Fish & Chips into a wrap. Season chips while they're hot with **Robertsons Chip & Potato Seasoning** for maximum flavour and no waste.





Top Tip:

Maximise flavour and enhance visual appeal of vegetables, steaks, stews, pastas, dips, sandwiches and more with the smoky taste and vibrant colour of **Robertsons Paprika**.



100% PURE SPICE.

- Trusted Robertsons quality in every selected herb, spice & blend.
- Adds a hint of smokiness to dishes.
- Delivers a rich, intense colour.
- Non-irradiated, no preservatives, no artificial colourants and free from GMOs.

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Top Tip:

Repurpose curry into various dishes using **Robertsons Rajah Medium** for consistent flavour, easy costing, and recipe standardisation.



ADDS GREAT COLOUR FOR VISUAL APPEAL.

- One spoon, big aroma!
- The perfect blend of coriander, turmeric, cumin, methee and chillies.
- Consistent mouth-watering taste and aroma.
- Made with 20% turmeric.
- Non-irradiated, no preservatives, no added MSG, no artificial colourants and free from GMOs.
- Long shelf life.

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Top Tip:

Use **Hellmann's Tangy Mayonnaise** for longer-lasting bound salads like coleslaw in wraps and sandwiches. It is also heat-stable for burger toppings/ bases.



*visit www.ufs.com for more details.

Top Tip:

Enrich pastas, pizzas, soups, and more with **Knorr Professional Tomato Pronto**. It is freeze-thaw stable and doubles to 4 L without needing tomato paste.



95% REAL ITALIAN TOMATOES.

- More than 30 tomatoes in each can.
- 24 hours from vine to can for optimum freshness.
- Concentrated product to save prep time, no reducing required.
- Versatile Italian ingredient that works in pizzas, pastas, soups and sauces.



BEST IN BINDING.*

- Bound salads can be prepared in advance.
- Salads remain visually appealing for longer due to less water separation.
- Made with natural colourants.
- Made with pea protein.

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MADE WITH 99% REAL POTATOES.

- Lump free* mash in 5 minutes – in 3 quick and easy steps!
- Reduce wastage – only make what's needed.
- Vegan friendly when made with water.
- Bain-marie stable.
- Gluten-free.

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Top Tip:

1. Quickly prepare no-waste cheesy butternut mash with **Knorr Professional Mash Flakes** for quality and convenience, even during load shedding.
2. Bulk up guacamole with **Knorr Professional Mash Flakes** to enhance dishes like corn riblets. Use as filling in samosas or spring rolls and to thicken soups or stews.



*when made according to on-pack instructions.



COATS 500 CHICKEN DRUMSTICKS.

- No egg or milk wash needed.
- One breeding solution for a variety of applications.
- Crispy, tasty fried chicken with added Robertsons Spice blend.

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Top Tip:

1. Reuse **Knorr Professional Chicken Breeding** up to three times for a consistent, egg-free coating on chicken, veggies, and more.
2. Recycle Macaroni & Cheese into Mac & Cheese balls by adding leftover veggies and coating the mixture with **Knorr Professional Chicken Breeding** for extra flavour and texture.
3. Coat surplus chicken with **Knorr Professional Chicken Breeding** to create tasty chicken strips, perfect in salads, wraps, sandwiches, and platters.





Top Tip:

Season or marinate chicken leg quarters with **Knorr Professional Barbecue Marinade** for versatility. Shred quarters to use in chicken lasagna, wraps, sandwiches, pizza toppings, and pulled chicken burgers for diverse dish creation.



1 KG MARINATES UP TO 15 KG OF MEAT.

- Ready-to-use sauce that adds a delicious burst of flavour.
- Versatile – use it as a marinade for chicken, steak, pork, red meat or vegetables.

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Top Tip:

Marinate repurposed chicken in **Knorr Professional Peri-Peri Marinade** to maximise flavour. Shred and reuse in lasagne, wraps, sandwiches, pizza, and burgers for varied dishes.



1 KG MARINATES UP TO 15 KG OF MEAT.

- Maximum flavour, juiciness, and tenderisation in as little as 15 min.
- Made with real chilli for an authentic balance of spicy flavour.
- Tasty and succulent results time after time.
- Contains natural tenderises.
- Consistent, quality ingredients.

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Knorr
PROFESSIONAL



Knorr
PROFESSIONAL



**1 KG MAKES 50 L
OF STOCK.**

- Made with real chicken.
- Versatile – can be used in rubs, stocks, soups, stews and seasonings.
- Enhances the flavour and colour of your dish without oversalting it.
- No added MSG.

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Top Tip:

Use **Knorr Professional Chicken Stock Granules** instead of flour for dusting chicken, as a pre-browning base, and flavour enhancer. Extend chicken stew with cost-effective vegetables, potatoes, or beans. Repurpose the stew into a flavourful pie.



**1 KG MAKES 50 L
OF STOCK.**

- Made with real beef.
- Versatile base for wet dishes and sauces.
- More flavour without oversalting.
- No added MSG.

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Top Tip:

Use **Knorr Professional Beef Stock Granules** for added meaty flavour and Knorr Professional Brown Sauce to enrich and thicken your stew.





Top Tip:

Enhance corn on the cob or corn riblets with **Knorr Aromat Original** for a flavourful twist.



SOUTH AFRICAN FLAVOUR THAT MAKES FOOD TASTE BETTER.

- Versatile – can be used in multiple applications.
- A balanced flavour that enhances savoury taste.
- Less salt, more flavour.*

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*vs normal table salt.

UFS ACADEMY

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Unilever Food Solutions is a business built by Chefs, so we know what you face every day in the kitchen. Our team of industry professionals is here to help make your life a little easier.

To learn more about wastage and low waste menus, register on UFS Academy and complete courses on waste management, cost management & purchasing stock, and operational efficiency.

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We spend our lives in Chefs' whites. Always on task, rarely home. We experiment, we create, we generate happiness on a plate. Our passion is strong, our love sincere. Being a Chef is not a job. It's a calling. One that shouldn't come at a cost.

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TALK OPENLY

EXCITE PASSION

ACT AS ONE

MAKE TIME

SAY "GOOD JOB"



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Khuluma ChatBot and Live Chat



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