

Brought to you by:

re:refresh^{360°}

VALUE MEALS

*to drive
your profitability*

SERVE CONSISTENT
AND AFFORDABLE DISHES
WITH RECIPES UNDER
R35!



Unilever
Food
Solutions

Support. Inspire. Progress.

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for this icon!*

IT WILL SHOW YOU WHERE
YOU CAN CLICK AND LINK
TO ADDITIONAL INFO.



VALUE MEALS

*to drive
your profitability*

Now is the time when profit is key!

We have the solutions to help you deliver **quality, consistent, affordable** dishes that are light on your diners' pockets and keep your food costs low.

AFFORDABLE DISHES

that are low on costs and high on profits

It doesn't matter who your customer is; we have the **solutions for every budget!**

With just a few pantry staples, we'll show you how to **use the correct quantity**, achieve the **best flavour**, and **boost your profits** with consistent dishes that are easy to make.

- **Improve profits** with fewer ingredients that deliver more flavour for less
- **Reduce costs** with simplified recipes
- **Save on prep time** and **wastage** by preparing in bulk



It's time to **boost your margins** on each dish and increase profits with versatile solutions that deliver the most flavour with the least product contribution.



ADD MORE VALUE

with versatile products

MEET YOUR COST-SAVING PANTRY STAPLES THAT DELIVER MORE FLAVOUR FOR LESS!

Plan your menu for success with versatile, consistent, and wastage-reducing ingredients.



MAKES 27 L

- Use as a soup or thickener in your dishes.
- Bain-marie stable.

BUY NOW



COATS 500 PIECES

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

BUY NOW



WITH 20% TURMERIC

- The perfect blend of coriander, turmeric, cumin, methee and chillies.
- Adds great colour for visual appeal.
- Consistent mouth-watering taste and aroma.

BUY NOW



SMALL AMOUNT, BIG DIFFERENCE!

- Trusted Robertsons quality in every selected herb, spice & blend.
- Adds superior and intense flavour to any dish.
- Non-irradiated and GMO Free.

BUY NOW



SEASONS ±77 KGS

- Adds visual appeal to multiple dishes such as sandwiches, salads and pizzas.
- Delivers a perfect blend of herbs, spices, garlic, chilli and dehydrated vegetables.

BUY NOW



ALL-PURPOSE SOUTH AFRICAN FLAVOUR

- Versatile - can be used in multiple applications.
- A balanced flavour that enhances savoury taste.

BUY NOW

TOMATO AND BEAN SOUP

Did you know:

Kale or spinach can make your dish more nutritious.

RECIPE YIELD: 3.2 L

PREPARATION TIME: 5-8 MIN

COOKING TIME: 10-15 MIN

SUGGESTED SERVING SIZE: 250 ML



PRICE PER PORTION
FOR TOMATO AND
BEAN SOUP

R13.05*

MINIMUM
GROSS PROFIT

35%*

Ingredients:



Method:

1. Dilute the **Knorr Professional Chicken Stock Granules** in the boiling water and set aside.
2. In a pot, heat the oil and sauté the onion until soft, then add the garlic and cook for 1 minute.
3. Add the stock, chilli flakes, **Knorr Professional Tomato Pronto** and the pasta shells, cook till al dente.
4. Add red kidney beans and cook for 3 minutes and finish off with chopped parsley before serving.

*Guideline only. Will differ between regions.

CAULIFLOWER BOLLIE

Did you know:

You can also replace the pasta with a gluten free pasta which then makes the dish both gluten and vegan friendly.

RECIPE YIELD: 1.22 KG

PREPARATION TIME: 20 MIN

COOKING TIME: 45 MIN

SUGGESTED SERVING SIZE: 200 G
(EXCLUDING PASTA)



PRICE PER PORTION FOR
CAULIFLOWER BOLLIE
(EXCLUDING PASTA)

R22.36* | MINIMUM
GROSS PROFIT **35%***

Ingredients:



Method:

1. Heat the oil in a pan, add the garlic, cauliflower, mushrooms and fry for 8 min.
2. Add the red lentils, **Robertsons Barbecue Spice** and stir through for 1 min. Add the **Knorr Tomato Pronto** and water, reduce the heat and allow to simmer for 30 min, stirring occasionally (until the lentils are soft).
3. Reserve some of the parsley for garnish and toss through the rest and serve with your favourite cooked pasta.

SPICY CHICKEN BAKE

Did you know:

Why not halve the yoghurt and replace with cream to make the dish even creamier and full of flavour.

RECIPE YIELD: 3 KG

PREPARATION TIME: 15 MIN

COOKING TIME: 45 MIN

SUGGESTED SERVING SIZE: 230 G



PRICE PER PORTION
FOR SPICY
CHICKEN BAKE

R34.47*

MINIMUM
GROSS PROFIT

35%*

Ingredients:



Method:

1. Pre-heat the oven to 160 °C. Season the chicken with **Robertsons Savoury Rice** and set aside.
2. For the marinade: Mix all the ingredients together and toss the chicken pieces through the marinade. Place in a roasting dish, pour over the leftover marinade and bake for 45 min.
3. Remove from the oven and serve.

Chef's Tip: Halve the yoghurt amount and replace with cream to make the dish even creamier and full of flavour.

To serve:

Click on the images to get the recipe.



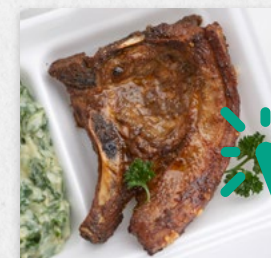
1000 g Green Beans
R39.18
Per portion

or



100 g Quinoa
R15.00
Per portion

*Why not try
another protein?
Check out
this recipe*



*Guideline only. Will differ between regions.

HAWAIIAN CHICKEN, BARLEY, LENTIL AND QUINOA SALAD

Did you know:

You can also replace the lentils and barley with pasta screws or even wholewheat couscous for a different option.

RECIPE YIELD: 2.445 KG

PREPARATION TIME: 20 MIN

COOKING TIME: 40 MIN

SUGGESTED SERVING SIZE: 300 G

**PRICE PER PORTION FOR
HAWAIIAN CHICKEN, BARELY,
LENTIL AND QUINOA SALAD**

R20.55*

**MINIUMUM
GROSS PROFIT**

35%*

Ingredients:

Barley and Quinoa:



Chicken mix:



Salad mix:



Method:

1. Cook the barley and quinoa in the water and salt until soft, ± 30 min. Rinse under cold water, drain and set aside until needed.
2. Mix all the chicken ingredients together. Heat a pan and fry the chicken until done. Remove from the pan and set aside to cool.
3. Mix together all the ingredients until combined.
4. To serve: Spoon the mixture into a poke bowl, garnish with rocket leaves, seal, label and serve.

*Guideline only. Will differ between regions.



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TODAY

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.

Let's stand together.

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fairkitchens.com

LIVING THE FAIRKITCHENS 'CODE OF CONDUCT'

TALK OPENLY

If we have something to say, we say it – and we make sure others do the same. We talk about our needs and frustrations. We ask for help.

EXCITE PASSION

We train, mentor and inspire the next generation to achieve greatness.

ACT AS ONE

We are Chefs first. No matter our creed, gender or ethnicity, we are here for the same purpose. We respect each other, support each other, we've got each other's backs. We're all for one, and one for all.

MAKE TIME

We make time for breaks. We take the time to take care of ourselves, to reduce stress, chat and laugh.

SAY "GOOD JOB"

We tell people when they've done a good job, because a pat on the back can inspire and motivate. It can make someone's day.



UFS ACADEMY

A must for all Chefs

The revolutionary new
UFS Academy App!

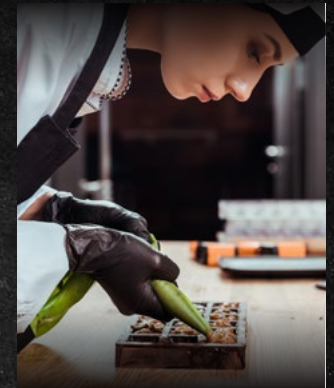
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