

MINDFUL *Proteins*

Diversify your menu with the **MINDFUL PROTEINS** trend. It's about making choices that are better for your diners and the planet while keeping your costs low and your flavour high.



Chef Dereck Nair
**RED QUINOA CRUSTED
PUMPKIN TARTLET WITH
BEETROOT GINGER
POACHED PRAWNS
AND A CHILLI GARLIC
COCONUT SAUCE**

Deliver a fusion of flavours & textures with this red quinoa-crusted pumpkin tartlet, topped with beetroot-ginger poached prawns and drizzled in a spicy chilli garlic coconut sauce.

GET RECIPE



Chef Tebogo Ramatsui
**SMOKING HOT
BRINJAL,
TOMATO, QUINOA**

A delicious and vegan-friendly bowl of healthy goodness on a bed of quinoa, packed with protein and energy and tied together with Knorr Professional Tomato Pronto for an authentic Italian flavour your customers will love.

GET RECIPE



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