



MENU MASTERS



The perfect blend of **flavour** and **versatility**



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MENU MASTERS

The perfect blend of **flavour** and **versatility**

A FUTURE-FIT MENU STARTS WITH TOP-QUALITY INGREDIENTS. FROM START TO FINISH, MASTER YOUR DELI MENU WITH PANTRY ESSENTIALS THAT DELIVER FLAVOUR, VERSATILITY, AND CONSISTENCY.

With our **Menu Masters**, meet your customers' needs by serving a variety of quality, consistent dishes they will love! Reduce food wastage with easy-to-follow recipes and upskill your staff with FREE training resources.



MEET OUR BRANDS



A savoury brand since 1838, Knorr Professional's sustainable choices inspire cooking with natural and healthy ingredients that are better for you and our planet.

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Established in 1924, Robertsons brings a world of extraordinary flavour to your kitchen with the finest and purest herbs and spices that season the natural way.

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The World's No.1 Mayonnaise Brand* has delivered consistent taste, quality and versatility for over 100 years with product options that are 100% vegan and vegetarian.

*Source: Euromonitor International Limited; Packaged Foods 2020 edition, retail value sales, umbrella brand name classification (includes all Hellmann's and Best Foods brand sales) 2019 data.

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Your partner in desserts since 1978, Carte D'Or offers high-quality, convenient desserts and sauces that are versatile and easy to make.

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CHICKEN MAYO CHIP ROLL

INGREDIENTS



METHOD

1. Shred the chicken. Mix the shredded chicken with the **Hellmann's Tangy Mayonnaise** and **Robertsons Chicken Spice**. Set aside.
2. Fry the chips and season with **Robertsons Chip & Potato Seasoning**. Set aside.
3. To assemble: Cut the rolls in half, take the bottom half of the roll and place the lettuce on top, then 80 g of chicken mayo, followed by the top end of the roll. Place in a takeaway container and serve alongside a 100 g portion of seasoned fried chips. Close, label and serve as a grab-and-go option.

CHEF'S TIPS

- Replace the chips with sweet potato fries or add a punch to the chicken mayo by adding some chopped chili or pickled Jalapeno.
- Prepare the chicken mayonnaise beforehand to make the assemble time easier and quicker.

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**ADDS A
GOLDEN COLOUR
TO YOUR CHIPS.**

- 1 Tub seasons 100 kg of chips.
- The perfect chip seasoning with paprika and mild chilli.
- No artificial flavours or colours.

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YUMMY CHICKEN GATSBY

INGREDIENTS



METHOD

1. Cut the chicken into thin strips. Mix together **Robertson's Medium Rajah**, **Knorr Aromat Original** and ground cumin to coat the chicken. Heat oil in pan and fry chicken until cooked.
2. Finely chop the coriander, combine with **Hellmann's Tangy Mayonnaise** and set aside.
3. Prep the salad: cut the tomatoes, cucumber and onion into cubes, wash and roughly chop the lettuce. Combine together.
4. Deep fry the chips until crispy and put them on a roller towel to drain any excess oil. Sprinkle with **Robertson's Chip & Potato Seasoning**.
5. Add the chicken dressing to the fried chicken and mix together. Cut each French loaf into 5 equal portions, then cut open but not all the way through. Layer a spoonful of the salad mixture on the roll, followed by a spoonful of chicken mix, followed by deep fried chips and a squeeze of **Knorr Professional Sweet Chilli Sauce**. Wrap in greaseproof paper and package in a sandwich container.

CHEF'S TIP

- For a veggie Gatsby, use roasted vegetables instead of chicken. Use quarter loaves instead of French loaves. Protein Tip: replace the chicken with beef strips.

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SPINACH, ONION & POTATOES

INGREDIENTS



30 ml
Sunflower oil



675 g
Onions



660 g
Potatoes



665 g
Spinach



100 g
Butter/
Margarine



15 g
Robertsons
Veggie Seasoning



10 g
Knorr Aromat
Original



2 g
Fresh parsley

METHOD

1. Peel and cut onions to 20 x 25 mm cubes. In a pot, heat oil and sauté onions for 10 min until caramelised.
2. Peel and cut potatoes to 20 x 25 mm cubes. Steam in a combi oven for 10 min or until soft. (If there is no combi steamer, place 2 L of water in a pot and boil. Add the potatoes and boil for 10 min. Drain off water.)
3. Wash, drain and destalk the spinach. Steam in a combi oven for 4 min. Cool, squeeze out excess water and shred into 20 x 30 mm strips.
4. In a pot, melt butter and add onions, **Robertsons Veggie Seasoning** and **Knorr Original Aromat**. Add potato and spinach and cook for further 8 min.
5. Place in an insert and garnish with finely chopped parsley.

CHEF'S TIPS

- Replace the potatoes with sweet potato. Remember presentation is important so sprinkle with **Robertsons Veggie Seasoning** for more veggie appeal.

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ADDS A
CHUNKY TEXTURE
& VISUAL APPEAL.

- 1 Kg seasons ±77 kg of vegetables.
- Made with real bell pepper, garlic, chilli and herbs for great flavour.

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TANGY VEG FLORET SALAD

INGREDIENTS



486 g
Broccoli

500 g
Cauliflower

180 g
Celery

100 g
Sunflower seeds

150 g
Snow peas
(frozen)



60 g
Cheddar
cheese

120 g
Red onion

100 g
Cranberries

300 g
**Hellmann's
Tangy Mayonnaise**

60 g
Sugar

3 g
**Robertsons
Veggie Seasoning**

METHOD

1. To prep: cut the broccoli into small florets, cut the cauliflower into small florets, finely slice the celery, thaw the frozen peas, grate the cheddar cheese, finely slice the red onions, toast the sunflower seeds.
2. To cook: in a large bowl, mix together the broccoli, cauliflower, celery, red onions, peas and cranberries. Whisk together the **Hellmann's Tangy Mayonnaise**, cheddar cheese, sugar and **Robertsons Veggie Seasoning**.
3. To serve: add the sunflower seeds and toss well.

CHEF'S TIPS

- Adding quinoa to the salad will make it Future 50 Food aligned.
- Adding pasta will convert it into a versatile pasta salad.

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**ADDS A
CHUNKY TEXTURE
& VISUAL APPEAL.**

- 1 Kg seasons \pm 77 kg of vegetables.
- Made with real bell pepper, garlic, chilli and herbs for great flavour.

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STIFF PAP

INGREDIENTS



800 ml
Water



20 g
**Knorr Aromat
Original**



500 g
Maize meal/pap

METHOD

1. Bring the water and **Knorr Aromat Original** to a rapid boil.
2. Reduce the heat and add the maize meal/pap. Stir together, put the lid on and allow to cook on a low simmer for 8 min.
3. Mash the maize meal against the sides of the pot to get rid of any lumps for about 2 min.
4. Make sure that it's on a very low heat and allow to simmer with the lid on for 10-15 min.
5. Remove from the heat ready to portion and serve.

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CONSISTENT QUALITY & SOUTH AFRICAN FLAVOUR.

- Trusted brand with strong South African heritage.
- Versatile – can be used in multiple applications.
- A balanced flavour that enhances savoury taste.
- Original recipe that delivers consistent taste and quality every time.

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FRIED CABBAGE

INGREDIENTS



80 ml
Sunflower oil



600 g
Onions



2 kg
Coleslaw mix



30 g
**Robertson's
Veggie Seasoning**



30 g
**Knorr Aromat
Original**



2 g
Fresh parsley

METHOD

1. Slice the onions julienne. In a large pot, heat the oil and sauté the onions until soft. Add the coleslaw mix. Cook for approx. 5 min.
2. Add the **Robertson's Veggie Seasoning** and **Knorr Original Aromat**, cook for further 5 min.
3. Place into inserts, garnish with finely chopped parsley and serve.

CHEF'S TIPS

- Use red cabbage and for some extra heat add some sliced chilli to the mix.

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CHICKEN NECK STEW RECIPE

INGREDIENTS



300 g
Onion



50 g
Oil



20 g
**Robertsons
Medium Rajah**



40 g
**Robertsons
Chicken Spice**



2 kg
Chicken necks



500 ml
Water



500 g
**Knorr Professional
Tomato Pronto**



500 g
Diced Vegetables
(Frozen)

METHOD

1. Finely chop the onion. Clean and prepare the chicken necks. Heat the oil in a pan and add the onions, **Robertsons Medium Rajah** curry powder, **Robertsons Chicken Spice** and the chicken necks and fry for 10 min.
2. Add the water and **Knorr Professional Tomato Pronto** and cook for 20 min. Add the frozen vegetables and cook for another 5 min.
3. Remove from the heat and serve.

CHEF'S TIPS

- Save time by pre-portioning all the recipe ingredients.
- Add some potato cubes at the step where the water is added.

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**ADDS SUPERIOR
& INTENSE
FLAVOUR TO CHICKEN.**

- 1 Kg seasons 100 kg of chicken.
- Less salt, more flavour.*
- Non-irradiated, no preservatives, no added MSG, no artificial colourants and free from GMOs.

*vs normal table salt.

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DELICIOUS ROAST CHICKEN PIECES

INGREDIENTS



METHOD

1. Pre-heat the oven to 160 °C. Combine marinade ingredients.
2. Pour the marinade over the chicken and mix together well. Marinate in the refrigerator for 15 min. Place the marinated chicken in a roasting dish and roast for 35-40 min or until the chicken is cooked.
3. Remove from the oven and serve.

CHEF'S TIPS

- The marinade mixture can also be used on fish, lamb, pork or beef.
- Use a yellow cutting board when preparing/cleaning your chicken.

MENU MASTER



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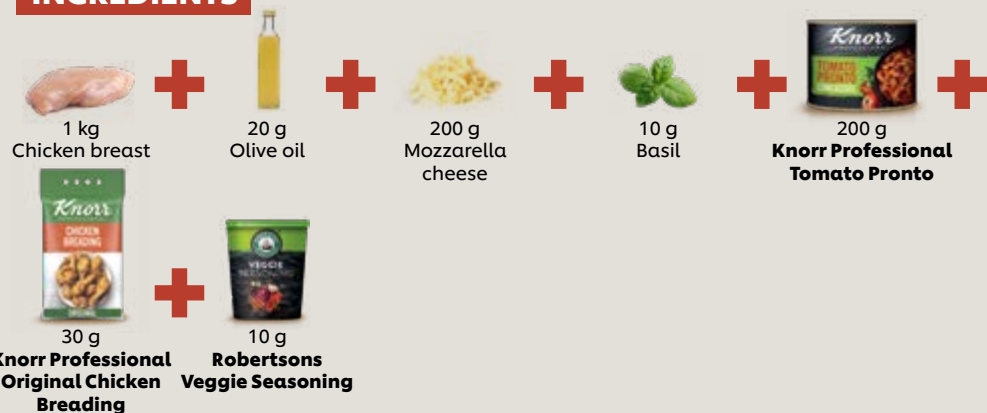
*vs normal table salt.

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BASIL & TOMATO CRUSTED CHICKEN

INGREDIENTS



METHOD

1. Wash, pat dry and score the chicken breast using a sharp knife. Pre-heat the oven to 160 °C. Lightly drizzle a roasting dish with half the olive oil to lightly coat the base of the dish and arrange the chicken breasts in the roasting dish.
2. Grate the cheese. Finely chop the basil. Mix all the remaining ingredients together and press into the scored chicken, and drizzle the remaining olive oil over the chicken.
3. Bake for 30 min. Once cooked, remove from the oven and serve.

CHEF'S TIP

- Add some thyme to the basil or even use the topping to fill a gem squash, butternut or sweet potato. Hollow out if required, fill and bake at 160 °C for about 30 min.

HINT

- Grab-and-Go options are a great opportunity to create a more exciting variety of dishes for customers to choose from, and cross-functional selling of various dishes can assist in increased sales.



95% REAL
ITALIAN
TOMATOES.

- 24 hours from vine to can for optimum freshness.
- Versatile, works in pizzas, pastas, soups and sauces.
- Concentrated product to save prep time, no reducing required.

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TOMATO, ONION & BOEREWORS BREDIE

INGREDIENTS



METHOD

1. Pre-heat oven to 180 °C.
2. Place boerewors in a roasting tray and cook for 15 min. Cut the boerewors up into small pieces and set aside.
3. Heat the oil and add the onions, peppers, **Robertsons Veggie Seasoning** and **Robertsons Barbecue Spice** and fry for 1 minute. Add the **Knorr Professional Tomato Pronto**, red chilli and water to the onion mixture and allow to cook on a low simmer for 20 min. Add the boerewors to the tomato mix and cook for a further 5 min.
4. Remove from the heat and serve with savoury pap or samp and beans.

CHEF'S TIP

- Replace the boerewors with pork bangers, lamb knuckles or beef goulash.



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DELICIOUS CHICKEN FILLET CURRY

INGREDIENTS



METHOD

1. Cut the chicken breast into cubes. Finely chop the onions. Clean and slice carrots into rounds. De-seed and dice mixed peppers. Peel and cube the sweet potato. Chop all the coriander roughly. Boil water.
2. Heat the oil in a pot and add the onions, ginger and garlic, **Robertsons Medium Rajah**, chicken and **Knorr Aromat Original** and fry for 2 min. Add the carrots, peppers, **Knorr Tomato Pronto**, **Knorr Professional Chicken Stock Granules**, sweet potato, coriander, water, red lentils and allow to cook through for 20 minutes on a low to medium heat, stirring occasionally.
3. Pour into a serving dish and serve with pap or basmati rice.

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**ONE SPOON
BIG AROMA.**

- The perfect blend of coriander, turmeric, cumin, methee and chillies.
- Adds great colour for visual appeal.
- Non-irradiated, no preservatives, no added MSG, no artificial colourants and free from GMOs.

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SWEET AND SPICY PASTA SALAD

INGREDIENTS



METHOD

1. Cook pasta as per packaging instructions.
2. Drain the liquid and roughly chop the peaches.
3. Heat the oil in a pan and fry the onions, peppers and **Robertsons Medium Rajah** for 2 min. Add the peaches and cook for 1 min. Remove from the heat. Add the **Hellmann's Tangy Mayonnaise** and **Knorr Aromat Original** to the onion, mix and then add to the pasta and mix together until well combined. Allow to stand for 20 min before serving.

CHEF'S TIP

- Add some chopped coriander or fried bacon to add even more flavour.

MENU MASTER



ONE SPOON BIG AROMA.

- The perfect blend of coriander, turmeric, cumin, methee and chillies.
- Adds great colour for visual appeal.
- Non-irradiated, no preservatives, no added MSG, no artificial colourants and free from GMOs.

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GRILLED BEEF

SHORT RIB RECIPE YIELD: 500 g | SERVES: 4 x 125 g
PREP TIME: 5 min | COOK TIME: ± 15 min

INGREDIENTS



METHOD

1. Heat the butter in a pan until it softens and then add the **Robertsons Barbecue Spice**. Remove from heat.
2. Preheat the griddle pan.
3. Place the beef short rib on the griddle pan and allow to get a light brown colour on both sides.
4. Once it has colour, start brushing with the spiced butter while cooking to your desired doneness.

CHEF'S TIPS

- Ensure that the butter is not browned.
- Can substitute **Robertsons Barbecue Spice** with **Robertsons Steak & Chops Spice**.
- Serve with a side of pap and chakalaka.

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**1 KG SEASONS
100 KG
OF PROTEIN.**

- Expertly blended with a hint of heat to add smoky notes to complement multiple proteins.
- Non-irradiated, no preservatives, no added MSG, no artificial colourants and free from GMOs.

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STICKY CHICKEN WINGS

RECIPE YIELD: 981 kg | SERVES: 12
PREP TIME: 65 min | COOK TIME: ± 30 min

INGREDIENTS



METHOD

1. In a large bowl, whisk together the oil, **Robertsons Barbecue Spice**, **Robertsons Peri-Peri Spice**, honey, **Knorr Professional Soya Sauce** and **Fine Foods Tomato Sauce**.
2. Add the wings to the marinade and mix until well coated.
3. Refrigerate for an hour.
4. Preheat oven to 180°C.
5. Transfer the wings and their marinade to a roasting pan and cook in the preheated oven for 15-20 minutes or until they are cooked right through and the marinade on the skins is glossy and sticky.

CHEF'S TIP

- Pre-cooking chicken wings before placing them in the oven helps to prevent the skin from burning because they won't need to spend too much time in the oven. The skin will be glossy and sticky if you are using a sugar-based marinade.

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100 KG
OF PROTEIN.

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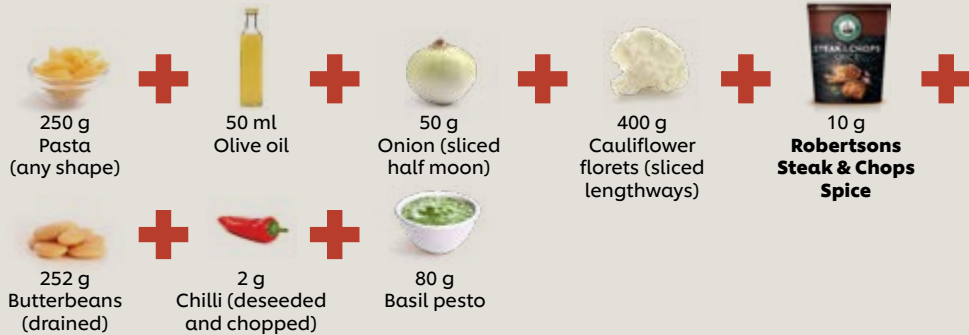
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CAULIFLOWER, PESTO, BEAN PASTA

RECIPE YIELD: 1.144 kg | **SERVES:** 8
PREP TIME: 10 min | **COOK TIME:** 15 min

INGREDIENTS



METHOD

1. Cook the pasta as per pack instructions.
2. Heat the oil in a frying pan and fry the onions.
3. Add the cauliflower, **Robertsons Steak & Chops Spice** and fry for 5 min.
4. Add the butterbeans, chilli, pesto, and pasta and toss through.
5. Remove from the heat, serve garnished with parmesan cheese and fresh herbs.

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**ADDS INTENSE
FLAVOUR
TO YOUR DISH.**

- 1 kg seasons 100 kg of protein.
- Expertly blended especially for red meat dishes.
- Adds intense flavour to your protein.
- Non-irradiated, no preservatives, no artificial colourants and free from GMOs.

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MUSHROOM, SPINACH AND CHICKPEA

PASTA

RECIPE YIELD: 1.364 kg | **SERVES:** 8

PREP TIME: 10 min | **COOK TIME:** 15 min

INGREDIENTS



METHOD

1. Cook the pasta as per pack instructions.
2. Heat the oil add the mushrooms, **Robertsons Steak & Chops Spice** and **Robertsons Paprika** and fry for 2 min.
3. Add the baby spinach, chickpeas and pasta and toss together.
4. Remove from the heat and serve with grated parmesan cheese and garnish with fresh herbs.

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THREE BEAN SALAD

RECIPE YIELD: 1.550 kg | SERVES: 15
PREP TIME: 5 min | COOK TIME: 30 min

INGREDIENTS



410 g
Chickpeas
(drained and
rinsed)

410 g
Black-Eyed Peas
(drained and
rinsed)

410 g
Kidney beans
(drained and
rinsed)

150 g
Red pepper
(diced)

10 g
Fresh coriander
(torn)



30 ml
White wine
vinegar

15 ml
Honey

5 ml
**Robertsons
Paprika**

60 ml
Olive oil

METHOD

1. Add the chickpeas, black-eyed peas and kidney beans in a serving bowl and mix together.
2. Add the red pepper and coriander and stir to combine.
3. In a small bowl, whisk together the white wine vinegar, honey, **Robertsons Paprika** and olive oil. Season to taste with salt and pepper, then pour over the bean mixture and toss well.
4. Leave to sit for half an hour for the flavours to marry. Adjust the seasoning and serve.



100% PURE PAPRIKA

- Delivers a rich, intense colour.
- Adds a hint of smokiness to dishes.
- Non-irradiated, no preservatives, no artificial colourants and free from GMOs.

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ROASTED SWEET POTATO WEDGES

RECIPE YIELD: 1.096 kg | SERVES: 12
PREP TIME: 5 min | COOK TIME: 30 min

INGREDIENTS



METHOD

1. Combine olive oil, **Robertson Paprika**, **Robertsons Veggie Seasoning** and **Robertsons Garlic Salt** in a small bowl, then add to the sweet potato wedges and mix until all coated.
2. Bake on a baking tray for 25 min or until tender.



100% PURE PAPRIKA

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- Adds a hint of smokiness to dishes.
- Non-irradiated, no preservatives, no artificial colourants and free from GMOs.

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TIME

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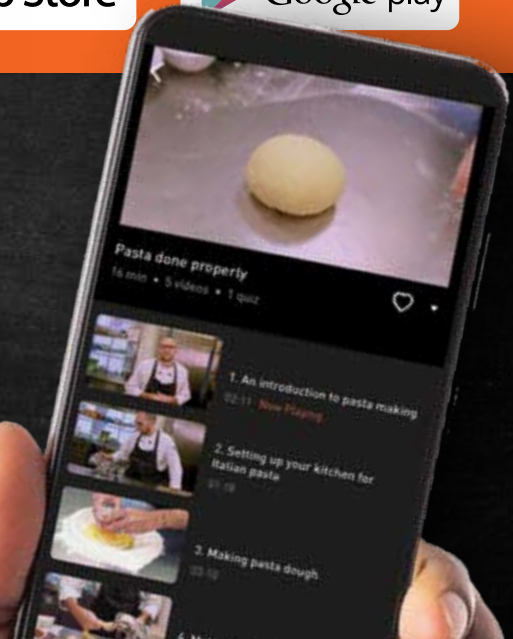
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