

TRENDS  
ON  
PLATE

# Your Crowd Pleasers

South African Soul Food



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# Pull In the Crowds

## with South African Soul Food

The people have spoken! Here's the deal: South Africans love their food, so why not give your customers what they want with appealing comfort dishes that have a South African twist?

The most consumed foods in South Africa include Bobotie, Biltong and Droëwors, Biryani, Bunny Chow and Chakalaka.\* And what do these dishes have in common?

They're **aromatic**, **colourful**, and **flavour-rich comfort foods** your customers are looking for, and we have the solutions to help you deliver popular classics that pull in the crowds!

Our base ingredients offer **versatility**, **consistency** and quality, which in turn **keeps your costs low**, expands your menu for less, and improves your profits.

With just two versatile pantry staples, we'll show you how to deliver **consistently delicious South African classics** for LESS and keep the crowds coming back and staying for MORE!

Ready to chow down on South African Soul Food?

Meet Your Crowd Pleasers.

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# Butter Chicken & Prawn Curry with Peanut butter

Serves  
6

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## Ingredients

### Chicken marinade:

- 200 ml Plain yoghurt
- 10 g Ginger, grated
- 8 g Garlic, crushed
- 6 g **Robertsons Paprika**
- 1.1 kg Chicken breast, cubed

### Curry Sauce:

- 80 ml Oil, Sunflower
- 400 g Onions, diced
- 10 g **Robertsons Medium Rajah**
- 30 g **Knorr Professional Peri-Peri Marinade**
- 6 g Mustard seeds
- 2 g Cumin, ground
- 2 g Coriander, ground
- 250 ml **Knorr Professional Tomato Pronto**
- 10 g **Knorr Aromat Original**
- 250 ml Water
- 12 g Sugar
- 480 g Prawns, peeled and deveined
- 50 g Peanut butter
- 300 ml Cream

## Method

### Chicken marinade:

1. Mix the yoghurt, ginger, garlic, **Robertsons Paprika** to the chicken and marinate for 30 min.

### Curry Sauce:

2. In a pot, heat the oil and fry the onions until soft.
3. Add the **Robertsons Medium Rajah curry powder**, **Knorr Professional Peri-Peri Marinade**, mustard seeds, ground cumin, ground coriander and cook for a few minutes.
4. Add the **Knorr Professional Tomato Pronto**, **Knorr Aromat Original** and sugar into the pot and cook for 5 min.
5. Add the marinated chicken and water to the pot and cook on medium heat, stir occasionally until chicken is cooked through and sauce thickens, about 20 to 30 min.
6. Add in the cleaned prawn tails.
7. Add the cream and peanut butter, and cook for a few minutes.
8. Garnish with freshly chopped coriander.



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## Chef's Tip

Serve with fragrant basmati rice, raita and sambals.



# Cauliflower Bolognese

Serves  
4

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## Ingredients

- 250 g Tagliatelle or any pasta (cooked per packaging instructions)
- 50 g Olive oil
- 50 g Onions, finely chopped
- 10 g Garlic, crushed
- 250 g Cauliflower, grated
- 250 g Button mushrooms, finely chopped
- 50 g Red lentils
- 10 g **Robertsons Barbecue Spice**
- 500 g **Knorr Professional Tomato Pronto**
- 200 ml Water, cold
- 4 g Italian Parsley, roughly chopped
- 10 g **Robertsons Veggie Seasoning**

## Method

1. Heat the oil in a pan, add the onion, 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 Professional 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, toss through the rest and serve with your favourite cooked pasta.



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## Chef's Tip

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



# Mussels, Mild Curry Hollandaise Sauce with Tagliatelle Pasta

Serves  
4

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## Ingredients

### Pasta:

200 g Tagliatelle pasta  
(cooked per packaging instructions)

### Mussels in Mild Curry:

50 g Butter  
15 g Garlic, crushed  
10 Curry leaves  
10 g **Robertsons Veggie Seasoning**  
15 g **Robertsons Rajah Medium**  
2 g **Robertsons Peri-Peri Spice**  
250 ml **Knorr Professional Tomato Pronto**  
5 g Sugar  
5 g **Knorr Professional Chicken Stock Granules**  
1 L **Knorr Professional Hollandaise Sauce**  
1.6 kg Mussels, fresh

## Method

### Mussels in Mild Curry:

1. Melt the butter and fry off the garlic, curry leaves and **Robertsons Veggie Seasoning**.
2. Add the **Robertsons Rajah Medium** and **Robertson Peri-Peri Spice** and fry for 1 min.
3. Add the **Knorr Professional Tomato Pronto** and sugar, **Knorr Professional Chicken Stock Granules** and cook for 6 min.
4. Add the **Knorr Professional Hollandaise Sauce** and fresh mussels and place the lid on the pot and allow to simmer for 5 min. Remove from the heat and set aside.

### To serve:

5. Place the twists of pasta on a plate or bowl, then the mussels with sauce and finish with a squeeze of lime.



## Chef's Tip

Sprinkle with coriander micro herbs, deep fried basil leaves and crumbled blue cheese.



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# Gluten-Free Chicken and Mushroom Pizza

## Ingredients

### Pizza Base:

- 600 g Brown rice
- 180 g **Knorr Professional Mash Flakes**
- Boiling water

### Toppings:

- 30 g Butter
- 60 g Onions, finely chopped
- 500 g Chicken breast, small cubed
- 100 g Red pepper, thinly sliced
- 200 g Mushroom, thinly sliced
- 5 g **Robertsons Origanum**
- 15 g **Robertsons Veggie Seasoning**
- 300 g **Knorr Professional Tomato Pronto**
- 300 g Mozzarella, grated

## Method

### Pizza Base:

1. Pre-heat oven to 190 °C.
2. Prepare base by cooking rice until it starts to break down (approx. 45 min). Strain and transfer to a food processor. Start on medium speed then turn up to high until rice breaks down further.
3. Gradually start to add the **Knorr Professional Mash Flakes** and mix further until the mixture forms a dough. If needed, add boiling water gradually.
4. Sprinkle **Knorr Professional Mash Flakes** (as a substitute for flour) on a surface and roll out thinly into a circle of about 22 cm. Spray a baking tray and bake for about 15 min.

### Toppings:

5. Heat butter and sauté onions, add the chicken, peppers, mushrooms and the spices and fry until chicken is fully cooked.
6. Spread the **Knorr Professional Tomato Pronto** on the base followed by the cheese, then the toppings and bake until the cheese is melted.



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Serves  
6

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## Chef's Tip

Roll out bases once the dough is made. If dough is stored in the fridge overnight, it becomes quite difficult to roll.



# Oodles of Zoodles topped with Chicken Meatballs

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Serves  
10

## Ingredients

60 g	Garlic, crushed
16 g	Parsley, fresh, chopped
100 g	Parmesan cheese, grated
2	Eggs, beaten
1 kg	Chicken mince
80 g	Breadcrumbs
20 g	<b>Robertsons Chicken Spice</b>
100 g	Butter
100 g	Onions, finely chopped
1 kg	<b>Knorr Professional Tomato Pronto</b>
50 g	<b>Robertsons Veggie Seasoning</b>
10 g	Basil leaves, chopped
3 kg	Baby marrow/courgettes "Zucchini" noodles
200 g	Mozzarella cheese, grated
10 ml	Oil, Sunflower

## Method

1. In a bowl, combine 10 g of garlic, parsley, parmesan cheese, eggs, chicken mince, breadcrumbs and **Robertsons Chicken Spice**. Form into 55 g meatballs.
2. Fry the meatballs on all sides until brown, ± 6 min.
3. In a large pan, heat 30 g of butter, add the onions and 10 g of garlic, and cook until translucent.
4. Add the **Knorr Professional Tomato Pronto** and 15 g of **Robertsons Veggie Seasoning** and chopped basil. Bring to the boil and simmer for 10 min.
5. Add in the cooked meatballs and cook for a further 5 min.
6. In a pan, heat 70 g of butter over medium-high heat. Add 40 g of garlic and the zucchini, and cook until just tender, ± 3 min.
7. Season with 35 g of **Robertsons Veggie Seasoning**.
8. Sprinkle the cheese on top of the meatballs and brown under a salamander. Garnish with basil leaves.



## Chef's Tip

Replace the chicken mince with beef mince for a meaty taste.



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# The Med

Serves  
6

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## Ingredients

- 6 Pizza bases
- 750 ml **Knorr Professional Tomato Pronto**
- 150 g Black olives, pitted and halved
- 300 g Feta cheese, crumbled
- 30 g Garlic, crushed
- 150 g Red onions, finely sliced
- 180 g Cherry tomatoes
- 7.5 g **Robertsons Veggie Seasoning**
- 7.5 g **Robertsons Barbecue Spice**
- 190 g Mozzarella
- 180 g Parma Ham
- 90 g Parmesan, shaved
- Origanum, for garnish

## Method

1. Pre-heat oven to 220 °C.
2. Spread the **Knorr Professional Tomato Pronto** on the pizza base.
3. Top with the olives, feta, garlic, onions, tomatoes, **Robertsons Veggie Seasoning** and **Robertsons Barbecue Spice**, and lastly the mozzarella.
4. Bake in a hot oven for 10 min.
5. Garnish with parma ham, parmesan shavings and fresh origanum leaves.



## Chef's Tip

Roast garlic cloves in the oven and spread on the pizza base for a more in-depth flavour.



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# Sweet and Spicy Chicken Livers

Serves  
10

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## Ingredients

- 1 kg Chicken livers, cleaned
- 100 g **Knorr Professional Peri-Peri Marinade**
- 300 g Water
- 20 g Oil
- 400 g Onions, finely chopped
- 20 g Garlic, crushed
- 200 g Mixed peppers, cubed
- 10 g **Robertsons Medium Rajah**
- 500 g **Knorr Professional Tomato Pronto**
- 5 g **Knorr Professional Aromat Original**
- 200 g **Knorr Professional Sweet Chilli Sauce**
- 30 g Coriander, fresh, chopped

## Method

1. Clean and wash the chicken livers.
2. Mix the **Knorr Professional Peri-Peri Marinade**, water and chicken livers and allow to marinate for 15 min.
3. Heat the oil in a pan and fry off the onions, garlic, peppers and **Robertsons Medium Rajah** for 2 min.
4. Add the **Knorr Professional Tomato Pronto**, **Knorr Professional Aromat Original** and **Knorr Sweet Chilli Sauce** and allow to simmer for 5 min on a low heat.
5. Add the marinated chicken livers and the liquid from the marinade to the tomato mixture, add half the chopper coriander and allow to simmer on medium heat for 20 min, tossing occasionally.
6. Garnish with the left over chopped coriander.



## Chef's Tip

Serve with toasted ciabatta for a starter or on pasta for a main course.



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# The Mexican Biltong Pizza

Serves  
6

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## Ingredients

10 g	Butter
400 g	Onions, thinly sliced
8 g	<b>Robertsons Veggie Seasoning</b>
60 g	Biltong dust
750 g	<b>Knorr Professional Tomato Pronto</b>
240 g	Biltong, sliced
90 g	Jalapeños, sliced
300 g	Mozzarella cheese, grated
2	Avocados, sliced
120 g	Nachos, crushed
6	Pizza bases

## Method

1. Pre-heat oven to 220 °C.
2. In a pan, over medium heat, melt the butter and caramelise the onions. When onions are nearly caramelised, add the **Robertsons Veggie Seasoning**.
3. Mix the biltong dust into the **Knorr Professional Tomato Pronto**.
4. To assemble the pizza: place the tomato mixture onto the pizza base, top with the caramelised onions, biltong, jalapeños and mozzarella. Bake in a hot oven for 10 min.
5. Garnish with fresh avocado and crushed nachos.



## Chef's Tip

Replace the biltong with crispy bacon to cut down cost.



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# Chicken Curry

Serves  
12

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## Ingredients

- 100 g Butter
- 300 g Onions, roughly chopped
- 1 g Star anise (2 pieces)
- 1 Cinnamon sticks, broken
- 5 g Coriander, whole
- 5 g Cumin seeds
- 6 Curry leaves
- 2 kg Chicken pieces, trimmed
- 10 g Garlic, crushed
- 10 g Ginger, crushed
- 30 g **Robertsons Medium Rajah**
- 2 g **Robertsons Cayenne Pepper**
- 1 L **Knorr Professional Tomato Pronto**
- 4 g **Knorr Chicken Stock or Knorr Vegetable stock**
- 1 L Water
- Seasoning to taste

## Method

### Curry:

1. In a pot, sauté the onions in the butter. Add the star anise, cinnamon, coriander, cumin seeds and curry leaves.
2. Add the chicken pieces and brown. Once chicken has browned, add the garlic and ginger, **Robertsons Medium Rajah** and **Robertsons Cayenne Pepper**. Cook for 10 min.
3. Add the **Knorr Professional Tomato Pronto**, **Knorr Chicken Stock** and water.
4. Turn down the heat and simmer until the chicken is cooked fully.
5. Adjust seasoning if necessary.

### To serve:

6. Serve curry with Basmati rice, poppadoms, natural yoghurt, mango salsa, sambals and sliced banana.

## Chef's Tip

Replace the chicken with butternut and chickpeas for a vegetarian curry.



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# Pantry Essentials



## Robertsons Rajah Medium

- Trusted Robertsons Rajah brand.
- Made with coriander, turmeric, cumin, methi and chillies for traditional curry flavour customers love.
- Just a small amount can make a big difference to your dish.
- Traceable supply chain guarantees hygiene.

**BUY NOW**



## Knorr Professional Tomato Pronto

- Grown in Italy's famous Po Delta region and ripened to perfection, giving you consistent flavour all year round.
- Cooked using our unique recipe.
- Vine to can in 24 hours.
- Versatile Italian ingredient that works in pizzas, pastas, soups and sauces.

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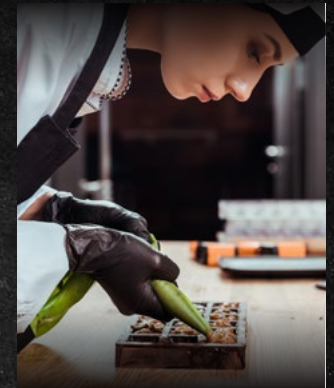
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## LIVING THE FAIRKITCHENS 'CODE OF CONDUCT'

### 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.



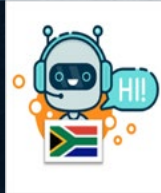



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