



# PLATE YOUR PASSION

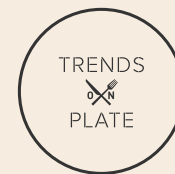
LIGHTEN UP YOUR MENU  
WITH LIGHT MEALS!



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CHEF, IT'S TIME TO

# LIGHTEN UP YOUR MENU WITH LIGHT MEALS



Think of it as your culinary stage, where **each light meal** is a spotlight on your **authentic flair.**

**SO, SHOW IT OFF!**

With our **quality products and versatile recipes**, get inspired to flaunt your culinary style and keep your diners coming back for more!



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# THE DISH ON LIGHT MEALS

LIGHT MEALS  
ARE THE MAIN  
COURSE IN  
TODAY'S DINING!

## REDUCE COSTS, MAINTAIN QUALITY

Cut costs without compromising quality! Light meals mean **smaller, simpler dishes** that **lower costs per serving**. Plus, reduce waste by making the most of your existing ingredients.

Our **versatile, cost-effective ingredients** seamlessly fit into your diverse dishes, **minimising the need for extra stock** and further reducing wastage!

## ATTRACT DINERS & BOOST TURNOVER

Light meals cater to everyone from **quick meal seekers to budget-conscious diners**, driving your customer count and revenue. Light meals keep your diners happy and tables turning.

Deliver **consistent, top-quality dishes** with **ready-to-use pantry essentials** that reduce kitchen prep time!



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**635**  
5X WEBSHOP  
POINTS

## THE PERFECT BALANCE OF FLAVOUR AND HEAT.

- Made with a perfect blend of rich tomatoes, lemon, garlic, spices & herbs.
- A great base sauce for Chefs to build on.
- Cook-In Sauce + Pour-Over Sauce + Marinade + Basting.
- Versatile: Can be used in burgers, pizzas, pasta, and fish dishes.
- Heat stable – sauce does not split.
- Vegan, halal, sanha, kosher.

**SHOP NOW**



# PREGO STEAK PIZZA

Elevate your pizza offering with this Prego-marinated steak pizza that packs both zest and zing.

**GET RECIPE**



TRENDS  
PLATE



## PREGO STEAK ROLL

A soft roll filled with zesty Prego-marinated rump steak, fresh rocket, and drenched in our irresistible **Knorr Professional Prego Sauce.**

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## CHICKEN PREGO PASTA

Comfort food redefined! A hearty pasta dish enriched with succulent chicken and tender baby spinach.

**GET RECIPE**



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**650**  
5X WEBSHOP  
POINTS

## A CONSISTENT, GREAT-TASTING CHUNKY RELISH THAT IS FULL OF FLAVOUR.

- A red tomato-based chunky sauce with carrots and onion bits for authentic flavour.
- Rich colour.
- Made with onion and pickles.
- New formulation.
- Vegan, halal, kosher.

**SHOP NOW**



# HEALTHY VEGAN BURGER

A flavour-packed vegan patty made from brown rice, toasted walnuts, and panko breadcrumbs served on a bun and topped with a traditional burger sauce.

**GET RECIPE**



## FOLD OVER CRUNCH PIZZA

This exciting Mexican tortilla 'sandwich' bursts with flavour and crunch! Served with beef, chicken, or as a vegetarian option with Mexican refried beans and rice and pulled together with **Knorr Professional Hamburger Relish** Sauce.

**GET RECIPE**



## THAI BBQ PULLED PORK BOWL WITH BULGAR WHEAT, KIMCHI SLAW AND CROUTONS

Sweet and smoky pulled pork over bulgar wheat topped with house-made peach kimchi slaw and croutons, pulled together with **Knorr Professional Hamburger Relish** Sauce for a tangy flavour profile.

**GET RECIPE**



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**920**  
5X WEBSHOP  
POINTS

## CHUNKY, TRADITIONAL MEXICAN SALSA.

- Use it as a cold salsa or as a marinade to enhance Mexican dishes.
- Full of flavour.
- Rich red colour.
- New formulation.
- Vegan, halal, kosher.

**SHOP NOW**



TRENDS  
X  
PLATE

# NACHO MEXICANA

It's a Mexican fiesta! Great as a sharing platter, snack, or main course.

**GET RECIPE**



## MEXICAN LASAGNE RECIPE

Thin layers of pasta sheets between traditional Mexican salsa, brown lentils and red kidney beans. Topped with sour cream, salsa and taco chips and garnished with cubed avocado.

**GET RECIPE**



## THE SLIDING MEXICAN

Delicious sliders with a rich Mexican salsa, melted cheese, and onions. A nacho-inspired, flavourful mini fiesta in every bite!

**GET RECIPE**



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**800**  
5X WEBSHOP  
POINTS

## CONSISTENT, SCRATCH-LIKE SAUCE.

- Versatile – pairs perfectly with egg, vegetable, fish, and grilled meat dishes.
- Convenient – simply snip, heat and pour.
- Heat and bain-marie stable, doesn't split.
- Stores refrigerated for 5 days once opened.
- Made safely with real eggs.
- Control your costs – makes 40 x 25 ml servings, with no additional ingredients needed.
- Halal.

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## MUSSELS, MILD CURRY HOLLANDAISE SAUCE

WITH TAGLIATELLE PASTA

The deep ocean aromas of mussels and a combination of warm mild spiced curry hollandaise and pasta.

**GET RECIPE**

## HI-JACK BENNY

Allow this brunch recipe to pull your tastebuds in every direction with trending **Knorr Professional Hollandaise Sauce**.

**GET RECIPE**



## CRISPY SQUID WITH ZINGY-LIME-DAISE

Snacks and finger foods are a great way to bump up your menu (and profit margins), especially with the all-day favourite seafood – squid. Add flavour excitement with new dip options, like this zingy lime hollandaise.

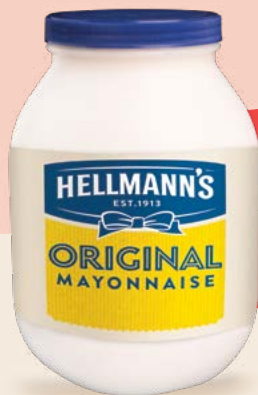
**GET RECIPE**

TRENDS  
PLATE



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2110  
5X WEBSHOP  
POINTS

## AUTHENTIC SCRATCH MAYO TASTE AND TEXTURE.

- Made with real eggs, lemon juice, oil and vinegar.
- Heat-stable for up to 1 hour for delivery.
- Dollop-like texture.
- Great flavour carrier to add your signature twist.
- Kosher.

SHOP NOW



## BEEF BURGER

WITH DEEP-FRIED BACON AND  
THOUSAND ISLAND DRESSING

Juicy beef burger topped with crispy deep-fried bacon and creamy Thousand Island dressing made with **Hellmann's Original Mayonnaise** for a rich flavour experience.

GET RECIPE

## A FISHY AFFAIR

Beer battered fish is a favourite among diners and this dish will not disappoint!

GET RECIPE



TRENDS  
PLATE



## FRIED CAULIFLOWER TACOS

WITH GREEN MANGO SLAW AND  
SPICY MAYONNAISE

Fill up your tacos with mouth-watering ingredients like crispy cauliflower florets, green mango and red cabbage slaw. Drizzle with paprika mayonnaise and top it with cilantro.

GET RECIPE



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850  
5X WEBSHOP  
POINTS

1 KG SEASONS  
± 77 KG OF  
VEGETABLES.

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

SHOP NOW



# PAPRIKA- SPICED CALAMARI

TRENDS  
PLATE

Paprika-spiced calamari cooked in smoky garlic butter and seasoned with **Robertsons Veggie Seasoning**, **Robertsons Smoked Paprika** and **Robertsons Fish Spice** for that authentic smoky seafood flavour!

GET RECIPE



## LOADED FRIES

Fries - already delicious! Add juicy pulled pork and crispy mock crackling? And you get the ultimate in gourmet comfort food.

GET RECIPE



## ROASTED CHICKEN MAYO WRAP

Roasted chicken, freshly chopped veggies seasoned to perfection with **Robertsons Veggie Seasoning** – pulled together in a tasty toasted wrap perfect for a light summer lunch!

GET RECIPE



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# CONNECT WITH CHEF DANIELLE



FOR MORE  
INSPIRATION  
ON LIGHT MEALS!

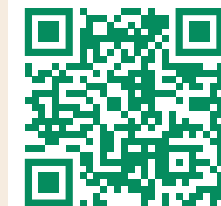
Email Chef Danielle to book your training!

[Danielle.Venter@unilever.com](mailto:Danielle.Venter@unilever.com)



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# JOIN THE MOVEMENT **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.**

Visit **fairkitchens.com**



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Call: 0800 006 333**

(South Africa only)

**LIVING THE  
FAIRKITCHENS  
'CODE OF CONDUCT'**

**T**ALK  
OPENLY

**E**XCITE  
PASSION

**A**CT  
AS ONE

**M**AKE  
TIME

**S**AY  
"GOOD JOB"



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# UFS ACADEMY

## FREE ONLINE TRAINING

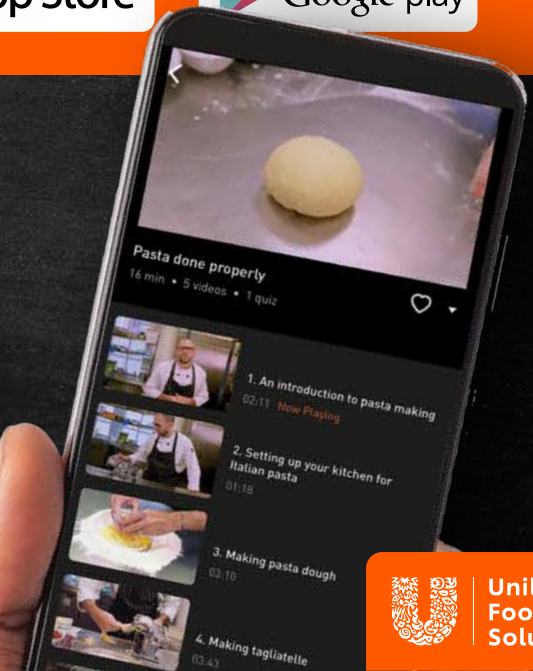
Unilever Food Solutions is a business built by Chefs, so we know what you face every day in the kitchen. Our team of industry professionals is here to help make your life a little easier.

- 100's of training videos and exclusive masterclasses from global and local expert Chefs
- Classes for every skill level
- Course content includes the importance of food safety, personal and workplace hygiene, food preparation, HACCP, and advanced techniques
- Completed courses come with certificates endorsed by the South African Chefs Association.



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# KHULUMA

## CHATBOT AND LIVE CHAT

Our always-on chatbot is available on **ufs.com** to assist you with any queries you might have.

**For more inspiration and recipe ideas visit **ufs.com****

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