



Healthy meals  
don't have to  
be bland.

Seductive Nutrition







Here are exciting recipes to help you serve tasty and nutritious meals.

Our **Unilever Food Solutions'** team of highly skilled chefs and nutritionists will help you to find the right balance for great-tasting and nutritious food served up to the same consistently high standards your guests are accustomed to.

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Craig Elliott

Exec Chef, Unilever Food Solutions SA

Healthy eating is moving away from being just a trend, it has now become a lifestyle choice for many guests when eating out of home. In *Seductive Nutrition, Edition 3*, our panel of nutritional and culinary experts stand by to show you how to take your everyday menu items to the next level, by making them healthier through simple techniques such as healthier ingredients and preparation methods.

Being able to serve your guests their favourite meals, which are healthier, without compromising on taste can be difficult; this is where *Seductive Nutrition* can help you overcome the challenge by serving healthy and appetising meals to keep up with your guests' needs.

At **Unilever Food Solutions** we believe small nutritional changes can make a big difference. Better food means better business. Let us show you how!





# Seductive Nutrition

## What is Seductive Nutrition?

A service provided by **Unilever Food Solutions**, which gives practical advice and guidance on developing menus to attract and entice old and new customers with value for money, as well as healthier dishes, equal in taste and as filling as more indulgent menu options.

We've selected ingredients and developed preparation methods that deliver health benefits, without compromising on time. We will teach you how to make healthy meals more attractive through:



### Did You Know?

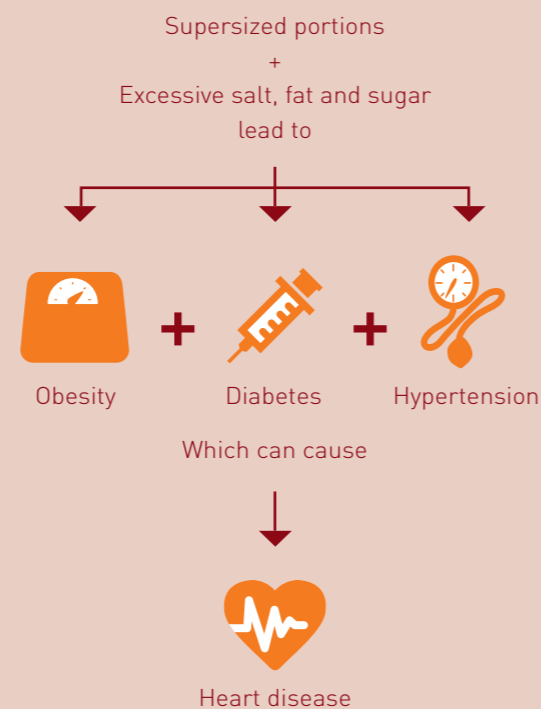
Flora Gold is approved by the Heart and Stroke Foundation and has 70% less saturated fat than butter.



A poor diet can have a serious effect on your health.

As we all become more aware of the role that nutrition and food have on quality of life, the more our customers demand healthy options when dining out. Chefs and cooks have the power to improve the health of the guests they serve.

### Food for Thought



## Healthier Cooking Methods – Get the Basics Right

The cooking method you choose to cook your food has an impact on the nutritional value of your meal. Opting for these methods can assist in making your dish healthier.

- Steaming: Preserves nutrients, and food tastes great.
- Poaching: Quick method, no unwanted fats are incorporated.
- Stir frying: Incorporates healthy vegetables and proteins into the dish.
- Baking: Typically does not require the addition of excess fat.
- Grilling: Excess fat drips off meats. Vegetables retain more vitamins and minerals.
- Roasting: Less moisture is lost and a more tender protein is produced.
- Braising: Maximum flavour and nutritive value are retained during this process.



## Buffet Presentation: Looks Do Count

“Window shopping” has never been more relevant than when it comes to presenting food on a buffet. Guests eat with their eyes and usually decide on a meal based on its appearance, when standing in line at a buffet station.

As part of the Seductive Nutrition programme, we believe good looks should match the great taste of each dish you prepare! So don't let your healthy dishes down with unappealing presentation.

Keep it fresh and sexy – your customers won't be able to resist! When preparing meals, consider the overall presentation in the bain-marie. Balance colours, shapes, textures and flavours to create visually enticing dishes that will grab your guests' attention.



## Techniques to Make Your Buffet the Centre of Attention:

- Clean all bain-marie inserts thoroughly before use.
- Place salads on ice or a chilled surface, to keep them fresher for longer.
- First place your gravy into the bain-marie insert, followed by the meat/protein. This makes your bain-marie look full.
- For dishes served under heat, use hardy herbs and greens to garnish. E.g. Use rosemary instead of lettuce.
- Choose a garnish that complements your dish. E.g. Parsley for fish dishes and rosemary for lamb dishes.
- Vegetables used for garnishing should be lightly brushed with a healthy oil – this gives shine and prevents vegetables from drying up under heat.
- Scoop out excess oil from curries and oily dishes, using a broad spoon.
- Arrange platters and bowls at different heights to create interest on a buffet.
- Standardise easy-to-read labels for all dishes, for guests to identify. E.g. “Slow roasted”, “pan-seared”.
- Confidence is key – know what's in your dishes.





Herbs are the preferable choice of garnish as they are versatile and aromatic; however, the short shelf-life of herbs can result in wastage and poor appearance if not stored correctly. These expert tips will help you keep your herbs looking fresher for longer.

## Step 1: Clean Herbs

- Wash the herbs in cold water and shake off excess water.
- Place on paper towel to get rid of any moisture left behind.
- Line the bottom of a sealable container with a paper towel.
- Separate and arrange the herbs as required.

## For Day-to-Day Use

- Place the herbs into the lined, sealable container.
- Place another piece of slightly wet paper towel on top of the herbs.
- Seal the container and place in the fridge.
- Ensure the next day that you wet the top paper towel again so as to keep the herbs from drying out.

## Or for Use at a Later Stage

- Place the herbs on paper towel and roll up the paper towel neatly with the herbs inside.
- Lightly sprinkle with water to make the paper towel damp.
- Wrap the damp rolled paper towel with the herbs inside, in cling film and place in the fridge.
- Date each roll.







Offer your diners these great tasting and nutritious recipes!

- 01 Crispy Chicken Phyllo Pie
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# Crispy Chicken Phyllo Pie

By Chef Pinky Maruping

Standard Recipe – Portion Yield: Approx 1.8 kg  
 Portion Size/Serving Suggestion: 250 g  
 Number of Portions: 7



## Crispy Chicken Phyllo Pie

- 30 g **Marvello Butter Flavoured**
- 100 g Onions, chopped
- 1 kg Chicken breasts, cubed
- 10 g **Knorr Chicken Stock Granules**
- 125 g Mushrooms, sliced
- 150 g Carrots, diced
- 200 g Potatoes, diced
- 1 g Thyme
- 4 g Parsley
- 100 g **Knorr Chicken à la King**
- 750 ml Low fat milk
- 125 g Green peas

- In a pot melt **Marvello Butter Flavoured**, add onions and sauté until soft.
- Season chicken with **Knorr Chicken Stock Granules** and add to sautéed onions.
- Add mushrooms, carrots, potatoes, fresh thyme and parsley. Cook for 12 minutes.
- Mix **Knorr Chicken à la King** and milk together, pour into the pot bringing it to the boil while stirring occasionally.
- Add the green peas and cook for 10 minutes.

## Phyllo Pastry

- 6 sheets Phyllo pastry
- Marvello Butter Flavoured**, for brushing

- Cut the phyllo pastry into quarters.
- Brush every sheet with melted **Marvello Butter Flavoured**.
- Scrunch each quarter of pastry into the shape of a flower and place on top of the cooked chicken mixture in the bain-marie.
- Bake for 10 minutes or until pastry is golden brown.

## Serving Suggestion – Greek Salad

- 180 g Salad leaves
- 120 g Cucumber, chopped
- 140 g Feta cheese
- 100 g Black olives
- 145 g Cherry tomatoes
- 35 g Onions, chopped
- 210 ml **Hellmann's Greek Salad Dressing**

- Assemble all ingredients.
- Drizzle on **Hellmann's Greek Salad Dressing** and serve.



## Menu Inspiration

Chicken and mushroom pie, served with baby spinach, pomegranate and glazed walnuts.

## Knorr Chicken Stock Granules



- A foolproof solution – now you can add as much flavour as you need without oversalting your dish.
- Halaal.

## Nutritional Information

per 100 g serving

Energy (kJ)	389
Protein (g)	8.4
Carbohydrate (g)	6.42
Of which sugars (g)	1.9
Fat (g)	3.32
Of which saturated fats (g)	0.84
Fibre (g)	1.1
Sodium (mg)	168



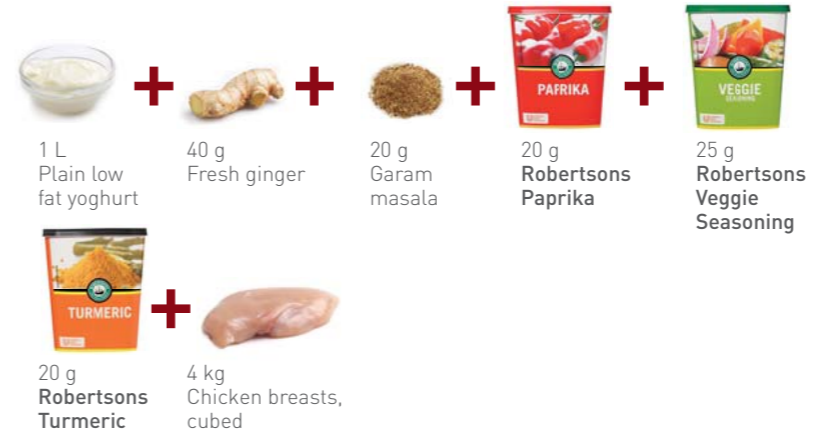
# Fragrant Spiced Chicken Curry

By Chef Tebogo Ramatsui

Standard Recipe – Portion Yield: 5 kg  
 Portion Size/Serving Suggestion: 200 g  
 Number of Portions: 25



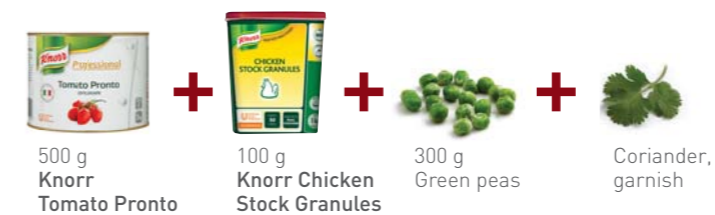
## Fragrant Spiced Chicken Curry



- Mix together yoghurt, ginger, garam masala, **Robertsons Paprika**, **Robertsons Veggie Seasoning** and **Robertsons Turmeric** together and marinate the chicken for 30 minutes.

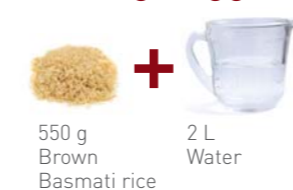


- Heat oil and sauté onions until translucent.
- Add the cumin seeds and garlic, and cook for 1 minute.
- Add the **Robertsons Rajah Medium Curry Powder** and cook for 1 minute on low heat.



- Mix in the **Knorr Tomato Pronto**, **Knorr Chicken Stock Granules** and the chicken mixture. Simmer at low heat, stirring occasionally for 30 – 40 minutes.
- Allow to reduce to desired consistency.
- Add green peas and sprinkle with chopped fresh coriander.

## Serving Suggestion – Brown Basmati Rice



- Place rice in a pot and add cold water.
- Bring to the boil until fully cooked.
- Strain and serve.



## Menu Inspiration

Slow-cooked chicken korma, served with a mango, cucumber, dhania and basmati salad.

## Robertsons Rajah Medium Curry Powder



- A delicately fragrant and mild curry powder blend of coriander, cumin, turmeric and methee.
- Halaal and Kosher.

## Nutritional Information

per 100 g serving

Energy (kJ)	590
Protein (g)	14.7
Carbohydrate (g)	13.6
Of which sugars (g)	1.3
Fat (g)	3.2
Of which saturated fats (g)	0.8
Fibre (g)	1.8
Sodium (mg)	308



# Tender Grilled Chermoula Chicken

By Chef Heidi Heckmann

Number of Portions: 25



## Tender Grilled Chermoula Chicken

- 30 g **Robertsons Rajah Medium Curry Powder**
- 200 g **Knorr Tomato Pronto**
- 300 g Onions, chopped
- 30 g **Knorr Chicken Stock Granules**
- 30 ml Lemon juice
- 200 g Plain yoghurt
- 20 g **Robertsons Veggie Seasoning**
- 30 g Fresh coriander
- 25 Chicken breasts

- Place all ingredients except chicken in a food processor and blend until smooth.
- Pour the marinade over the chicken, mix and allow to marinate for 30 minutes.
- Pack the chicken in a full insert in a preheated oven at 180°C for 30 minutes.

## Serving Suggestion – Mediterranean Barley Salad

- 1 kg Pearl barley
- 100 g **Knorr Chicken Stock Granules**
- 5 L Water
- 8 Tomatoes, diced
- 1 Cucumber, diced
- 30 g Parsley
- 40 g **Robertsons Veggie Seasoning**
- 300 g **Hellmann's Tangy Mayonnaise**

- Rinse the barley and place in stock water. Cook for 1 hour at medium heat.
- Once cooked, remove from heat and rinse well under cold water. Allow all excess water to drain off.
- Deseed tomatoes, core cucumber and dice; chop parsley.
- Mix all the ingredients together and serve with chicken.



## Menu Inspiration

Chicken chermoula, served with sweet potato mash and minted peas.

## Robertsons Veggie Seasoning



- All-in-one, multi-purpose seasoning. Offering a good blend of herbs, spices, garlic and chilli.
- Halaal and Kosher.

## Nutritional Information

per 100 g serving

Energy (kJ)	468
Protein (g)	7.09
Carbohydrate (g)	11
Of which sugars (g)	0.8
Fat (g)	3.3
Of which saturated fats (g)	0.6
Fibre (g)	1.8
Sodium (mg)	239



# Slow-Cooked Chicken Casserole

By Chef Tebogo Ramatsui

Standard Recipe – Portion Yield: Approx 4 kg  
 Portion Size/Serving Suggestion: 200 g  
 Number of portions: 20



## Slow-Cooked Chicken Casserole



5 g  
**Robertson's**  
 Thyme

- Heat the oil and brown the chicken pieces.
- Add the onions and garlic and sauté for 3 – 5 minutes.
- Add the celery and **Robertson's Thyme** and cook for 2 – 3 minutes.



- Whisk in **Knorr Chicken Stock Granules** with 2 L boiling water and bring to the boil.
- Add the carrots and simmer for 8 – 10 minutes until the chicken and carrots are cooked.
- Mix the **Knorr Classic Brown Sauce** and some water to make slurry, and add the baby marrow. Simmer for 2 – 3 minutes and serve.

## Serving Suggestion – Brown Rice



- Place rice in pot and add cold water.
- Bring to the boil until fully cooked.



## Menu Inspiration

Hearty chicken fricassee, served with zesty whole-wheat couscous.

## Knorr Classic Brown Sauce



- A rich beef flavour that delivers consistent taste.
- Use as a thickener in stews or a pour-over gravy.
- Halaal.

## Nutritional Information

per 100 g serving

Energy (kJ)	512
Protein (g)	11
Carbohydrate (g)	9
Of which sugars (g)	0.6
Fat (g)	4.2
Of which saturated fats (g)	1.32
Fibre (g)	1.1
Sodium (mg)	253



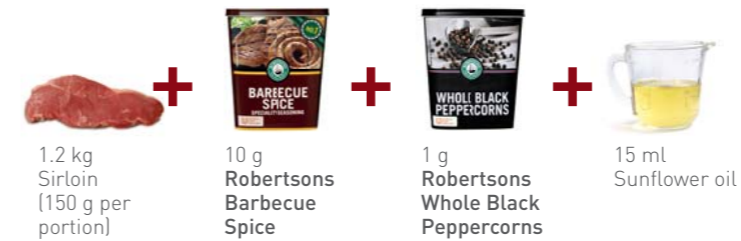
# Lean Grilled Steak

By Chef Pinky Maruping

Standard Recipe – Portion Yield: 1.2 kg  
 Portion Size/Serving Suggestion: 150 g  
 Number of Portions: 8

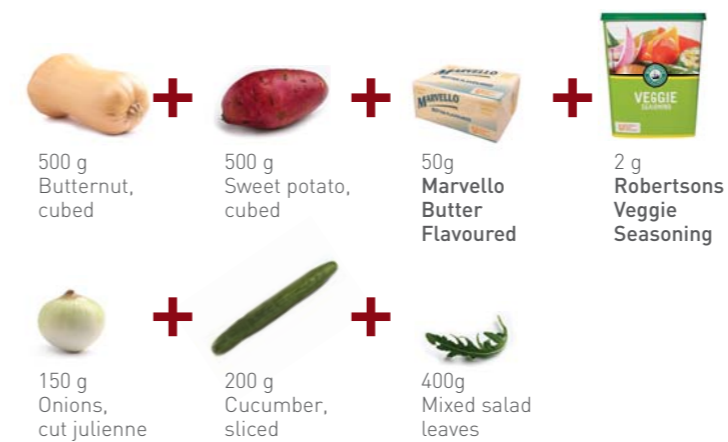


## Lean Grilled Steak



- Season steaks with **Robertsons Barbecue Spice** and freshly crushed **Robertsons Whole Black Peppercorns**.
- Lightly oil grill with sunflower oil.
- Place the steaks on the preheated grill and cook for 3 minutes on each side to medium rare.
- Transfer the steaks to a cutting board or platter, cover loosely with foil and let it rest before placing in a bain-marie.

## Serving Suggestion – Baked Butternut and Sweet Potato Salad



- Bake butternut and sweet potato with the **Marvello Butter Flavoured** in a preheated oven of 150°C, until firm.
- Sprinkle with **Robertsons Veggie Seasoning** and allow to cool.
- Toss butternut and sweet potato into sliced onion, leaves and cucumber.



## Menu Inspiration

Bbq-marinated sirloin steak, served with pan-roasted carrots, mint, parsley and gremolata.

## Robertsons Barbecue Spice



- Offers you a unique blend of spices that will enhance the natural flavour of your meat.
- Halaal and Kosher.

## Nutritional Information

per 100 g serving

Energy (kJ)	517
Protein (g)	8.3
Carbohydrate (g)	6.5
Of which sugars (g)	2.8
Fat (g)	8.1
Of which saturated fats (g)	2.42
Fibre (g)	1.1
Sodium (mg)	101



# Oven-Baked Meatballs in a Tomato and Sweet Chilli Sauce

By Chef Mary Worthington

Standard Recipe – Portion Yield: Approx 3 kg  
 Portion Size/Serving Suggestion: 4 Meatballs/70 g Serving  
 Number of Portions: 15



## Oven-Baked Meatballs in a Tomato and Sweet Chilli Sauce



1 kg  
Lean beef  
mince

420 g  
Onions,  
grated

4  
Eggs,  
large

200 g  
Dried bread  
crumbs

20 g  
Robertsons  
Veggie  
Seasoning



10 g  
Knorr  
Beef Stock  
Granules



10 g  
Robertsons  
Barbecue  
Spice

- Preheat the oven at 180°C.
- Mix all meatball ingredients together.
- Roll into 30 g x 60 meatballs and place into a bain-marie and leave in the fridge to rest.



100 ml  
Sunflower oil

420 g  
Onions,  
finely diced  
or grated

320 g  
Green  
peppers,  
deseeded  
and diced

600 g  
Knorr Tomato  
Pronto

500 ml  
Water



160 ml  
Knorr Sweet  
Chilli Sauce



20 g  
Robertsons  
Veggie  
Seasoning



Coriander,  
to garnish

- In a pot heat the oil, then add the onions and cook until soft and translucent.
- Add the green peppers and cook for a few minutes.
- Add the **Knorr Tomato Pronto**, water, **Knorr Sweet Chilli Sauce** and **Robertsons Veggie Seasoning**. Cook for 10 minutes.
- Pour the tomato sauce over the raw meatballs.
- Oven bake for 20 minutes, or until cooked.
- Garnish with a little coriander.

## Serving Suggestion – Whole-Wheat Spaghetti with Juilenne Baby Marrow and Carrots



750 g  
Whole-wheat  
spaghetti, raw

450 g  
Carrots,  
cut julienne

450 g  
Baby marrow,  
cut julienne

- Cook spaghetti as per packaging instructions.
- Lightly blanch the carrots and baby marrow, and mix with spaghetti.



## Menu Inspiration

Sweet and spicy mexican bolognaise, served on whole-wheat pasta.

## Knorr Tomato Pronto



- Good quality, versatile and ready-to-use tomato mix.
- Halaal.

## Nutritional Information

per 100 g serving

Energy (kJ)	482
Protein (g)	6.35
Carbohydrate (g)	12
Of which sugars (g)	1.37
Fat (g)	3.7
Of which saturated fats (g)	0.9
Fibre (g)	1.98
Sodium (mg)	243



# Skinny Beef and Spinach Lasagne

By Chef Heidi Heckmann

Standard Recipe – Portion Yield: Approx 4 kg  
 Portion Size/Serving Suggestion: 200 g  
 Number of Portions: 20



## Skinny Beef and Spinach Lasagne

50 g Marvello 50% Fat Spread + 250 g Onions, diced + 25 g Robertson's Veggie Seasoning + 1 kg Extra-lean beef mince + 10 g Knorr Beef Stock Granules

10 g Knorr Vegetable Stock Granules + 250 ml Water + 250 g Knorr Tomato Pronto + 1.5 kg Spinach, shredded

- Melt the **Marvello 50% Fat Spread** and add the onions, **Robertson's Veggie Seasoning** and beef mince. Cook for 10 minutes.
- Add the **Knorr Beef Stock Granules**, **Knorr Vegetable Stock Granules**, water and **Knorr Tomato Pronto**. Cook for 20 minutes.
- Add spinach, stir and cook for 10 minutes, or until the water has evaporated.

500 ml Meadowland Classique + 2 L Water + 250 g Knorr Classic White Sauce

- Mix the **Meadowland Classique** with the water.
- Mix 500 ml of the Meadowland mixture in the **Knorr Classic White Sauce** powder to form a paste. Set aside.
- Bring the remaining 2.5 L of the Meadowland mixture to the boil and add the paste.
- Bring back up to the boil and simmer for 3 minutes, stirring occasionally. Set aside.

300 g Mozzarella (grated) + 18 Spinach lasagne sheets + 3 Tomatoes, sliced, for garnish

- In a large insert tray, evenly spread half of the beef mince filling.
- Place 9 lasagne sheets over the mince.
- Top with white sauce. Repeat the process ending with the white sauce.
- Top with the grated mozzarella cheese and tomato, and bake in a preheated oven at 180°C for 30 minutes.
- Remove from the oven and garnish with the freshly chopped parsley.
- Allow the lasagne to set before serving.

## Serving Suggestion – Garden Salad

750 g Salad leaves + 375 g Cucumber, sliced + 750 g Cherry tomatoes

- Arrange all ingredients in an insert and serve.



## Menu Inspiration

Skinny beef and spinach lasagne with Mediterranean-style vegetables.

## Meadowland Classique



- For cooking, pouring and whipping.
- Offers consistent performance and versatility in both hot and cold applications.
- Halaal and Kosher.

## Nutritional Information

per 100 g serving

Energy (kJ)	307
Protein (g)	5.5
Carbohydrate (g)	6
Of which sugars (g)	1.2
Fat (g)	2.4
Of which saturated fats (g)	1
Fibre (g)	1.5
Sodium (mg)	312



# Moroccan Beef Casserole

By Chef Bradley Kavanagh

Standard Recipe – Portion Yield: Approx 5 kg  
 Portion Size/Serving Suggestion: 250 g  
 Number of Portions: 20



## Moroccan Beef Casserole

60 ml Oil + 1.6 kg Beef, cubed + 800 g Onions, finely chopped + 45 g Garlic, crushed + 15 g Ginger, crushed

10 g Salt + 5 g Black pepper + 5 g Nutmeg + 5 g Robertsons Cinnamon + 5 g Robertsons Turmeric

- Heat the oil and brown the beef until all the liquid has been cooked out.
- Add the onions, garlic, ginger and spices and cook for 5 minutes.

2 L Water + 800 g New potatoes, skin on, cut into wedges

- Add the water and turn down heat to simmer for 30 minutes.
- Add the potatoes. Cook until meat is soft.

2 tins Chickpeas + Zest of 2 oranges + 150 g Dried apricots, chopped + 100 g Raisins + 125g Knorr Brown Onion Soup

- Add the chickpeas, orange zest, apricots and raisins.
- Add the **Knorr Brown Onion Soup** powder to some water to make slurry, then add to the pot and cook until desired consistency is reached.

## Serving Suggestion – Coriander Brown Rice

550 g Brown rice + 2 L Water + 20 g Coriander (chopped)

- Place rice in pot and add cold water.
- Bring to the boil until fully cooked.
- Strain and add chopped coriander before serving.



## Menu Inspiration

Beef and onion casserole, served with egg noodle and mixed leaves.

## Knorr Brown Onion Soup



- Use as a base to your own signature soup or as a thickener in stews and curries.

## Nutritional Information

per 100 g serving

Energy (kJ)	647
Protein (g)	8.1
Carbohydrate (g)	15
Of which sugars (g)	3.6
Fat (g)	6
Of which saturated fats (g)	2
Fibre (g)	0.4
Sodium (mg)	256



# Oven-Baked Hake with Broccoli, Tomato and Basil Sauce

By Chef Mary Worthington

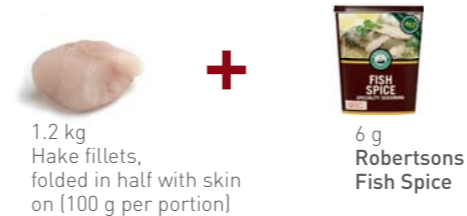
Standard Recipe – Portion Yield: 2.6 kg  
Portion Size/Serving Suggestion: 100 g  
Number of Portions: 12



## Oven-Baked Hake with Broccoli, Tomato and Basil Sauce



- Mix together all the above ingredients, and set aside.

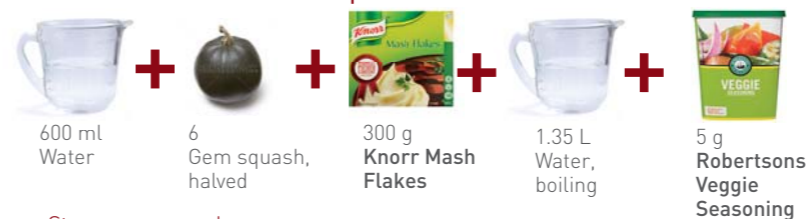


- Place folded hake portions into a perforated bain-marie and steam in the combi oven for 5 minutes.
- Drain off water and transfer into a bain-marie then sprinkle with **Robertsons Fish Spice**.
- Preheat the oven to 170°C – 180 °C.



- Heat a pot and add the **Marvello 50% Fat Spread**.
- Add the onions and cook until soft and translucent.
- Mix milk and **Knorr Classic White Sauce** powder. Add to the pot and stir until thickened.
- Add the **Knorr Tomato Pronto** and simmer for 3 minutes.
- Stir in the raw broccoli and basil, and pour over the hake.
- Sprinkle lemon zest bread crumbs on top and bake in the oven for 20 minutes or until golden brown and cooked.
- Garnish the bain-marie with a little finely chopped parsley.

## Serving Suggestion – Herbed Mash in Steamed Gem Squash



- Steam gem squash.
- Make the **Knorr Mash Flakes** as per packaging instructions, adding **Robertsons Veggie Seasoning** into the boiling water in place of salt.
- Pipe the herbed mash into the gem squash.



## Menu Inspiration

Lemon and black pepper seared hake, served with roast sweet potato chips.

## Knorr Classic White Sauce



- A guaranteed lump-free sauce.
- Halaal.

## Nutritional Information

per 100 g serving

Energy (kJ)	380
Protein (g)	7.6
Carbohydrate (g)	9.3
Of which sugars (g)	2.4
Fat (g)	1.9
Of which saturated fats (g)	0.9
Fibre (g)	1.6
Sodium (mg)	176



# Mildly Spiced, Lightly Battered Hake

By Chef Brad Kavanagh

Number of Portions: 10



## Mildly Spiced, Lightly Battered Hake



- Mix the dry ingredients together in a bowl.



- Mix the water and the eggs together.
- Add the water and egg mixture to the dry ingredients and whisk together.
- In a tray, pat dry the fillets and pour the batter over until coated.
- Deep fry until golden brown and fully cooked. Drain excess oil on paper towel.

## Serving Suggestion – Citrus Sambals



- Mix all the ingredients together in a bowl and allow to stand for 30 minutes.

## Serving Suggestion – Roasted Butternut Wedges



- Place butternut on a roasting tray.
- Place knobs of **Marvello Butter Flavoured** on top of butternut.
- Sprinkle with **Robertsons Veggie Seasoning** and bake at 180°C for about 25 minutes.



## Menu Inspiration

Pan-fried fish cakes with basil and lime mayo, served with a beetroot, apple, carrot and ginger salad.

## Robertsons Fish Spice



- Offers you a unique blend of spices that will enhance the natural flavour of your fish.
- Halaal and Kosher.

## Nutritional Information

per 100 g serving

Energy (kJ)	434
Protein (g)	9.3
Carbohydrate (g)	10.9
Of which sugars (g)	3.3
Fat (g)	1.9
Of which saturated fats (g)	0.7
Fibre (g)	1.1
Sodium (mg)	154



# Storeroom Essentials to Help You Serve a Balanced Plate

## Protein



**Knorr Chicken à la King**  
Product No 10985  
Weight 6 x 1 kg



**Knorr Dry Marinades**  
Weight 6 x 1 kg  
• Barbecue: 12386  
• Lemon & Herb: 12387  
• Peri-Peri: 12388



**Knorr Stock Granules**  
Weight 6 x 1 kg  
• Beef: 21055199  
• Vegetable: 21055200  
• Chicken: 21055201



**Robertsons Steak & Chops Spice**  
Product No 11444  
Weight 6 x 1 kg



**Robertsons Fish Spice**  
Product No 11442  
Weight 6 x 1 kg



**Robertsons Barbecue Spice**  
Product No 11349  
Weight 6 x 1 kg



**Robertsons Chicken Spice**  
Product No 11443  
Weight 6 x 1 kg

## Vegetables



**Knorr Classic Brown Sauce**  
Product No 30218231  
Weight 3 x 1 kg



**Knorr Classic White Sauce**  
Product No 20215561  
Weight 3 x 1 kg



**Knorr Classic Creamy Mushroom Sauce**  
Product No 20215593  
Weight 3 x 800 g



**Knorr Classic Black Pepper Sauce**  
Product No 20216713  
Weight 3 x 800 g



**Knorr Classic Creamy Cheese Sauce**  
Product No 20215587  
Weight 3 x 800 g



**Knorr Aromat**  
Product No 902025  
Weight 6 x 1 kg



**Knorr Brown Onion Soup**  
Product No 21128387  
Weight 4 x 1.6 kg



## Starch



**Knorr Mash Flakes**  
Product No 11326  
Weight 1 x 2 kg



**Robertsons Chip and Potato Seasoning**  
Product No 11635  
Weight 6 x 1 kg



**Meadowland Classique**  
Product No 21162149  
Weight 6 x 1 L



**Flora Portions**  
Product No 21160434  
Weight 294 x 8 g

## Vegetables



**Robertsons Veggie Seasoning**  
Product No 12499  
Weight 6 x 1 kg



**Robertsons Rajah Medium Curry Powder**  
Product No 11132  
Weight 6 x 800 g



**Knorr Tomato Pronto**  
Product No 11007  
Weight 6 x 2 kg



**Marvello 50% Fat Spread**  
Product No 2700216  
Weight 30 x 500 g



**Fine Foods Fruit Chutney**  
Product No 21055636  
Weight 4 x 3 kg



**Hellmann's Mayonnaise**  
Product No 20046259  
Weight 4 x 2.5 kg

• Real • Light  
• Tangy • Fine Whip



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