



small
plates
BIG IDEAS

Customers enjoy
sharing and tasting
different dishes.

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 Unilever
Food
Solutions



STREET FOOD

01

TREND ALERT

Go small or go home! Anything served on a small plate is the new social buzz word in 2016!

03

MEET THE EXPERTS

Unilever Food Solutions was excited to join three industry experts in their kitchens. We chatted to them about the trend and they shared their recipe ideas with us.

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RECIPE IDEAS

These inspirational, interchangeable recipes can be swapped and changed to create the perfect experience for your diners.

1. Fish Crunch, Popcorn & Lemon Paprika Splash
2. Harrisa Lamb, Fried Cauliflower & Spiced Baby Spinach
3. Charred Beef, Wasabi Crème & Roast Tomato, Basil Salsa
4. Mussels in Mild Curry, Tagliatelle & Cinnamon Basil Infusion
5. Chicken, Fried Mash Bombs & Chickpea Lemon Salsa
6. Spiced Up Squid, Ribbon Cucumber, Coriander, Basil & Rocket Salad
7. Sticky Ginger Beer Ribs, Sweet Potato Fries & Pineapple Salsa

Be inspired by
our big ideas for
smaller portions.



SMALL IS THE NEW BIG

BY CHEF HEIDI HECKMANN, UNILEVER FOOD SOLUTIONS CHEF



GO SMALL OR GO HOME.
ANYTHING SERVED ON A SMALL PLATE IS THE NEW SOCIAL BUZZ WORD IN 2016!

Menus are becoming smaller and shorter, making eating out more communal, casual and fun, adding a twist of loud food with strong, smokey and exotic flavour pairings.

This type of modern fusion of a culinary style is creating a culture where anything goes. Restaurateurs can use this trend to start a social media dialogue about sustainable and ethical food farming, promote new menu items, give customers more options to order and create healthier portion sizes.

The team at **Unilever Food Solutions** have researched this trending food style consisting of various hot, cold, marinated and slow-cooked dishes that offers a spicy, garlicky,

paprika flavour burst, which is revolutionising the chef industry.

So what does this mean to you?

Smaller portions making the diner's eating-out experience more interactive, creating a greater social sharing of food dishes and lower food costs, which in turn will assist in better turnover – setting parameters on how much the customer will order.

Along with industry chefs and the culinary team at **Unilever Food Solutions**, we have created these recipes. They will allow you to discover new and exciting ways of creating tasting menus, with endless options to unearth and bring to light small plates with elusive flavours!



DION VENGATASS

Meet Dion Vengatass, self-proclaimed neat freak and winner of the 2011 Unilever Chef of the Year Competition. Having won several other national competitions since then, Chef Dion is making waves in the food industry.

This young, talented and energetic Executive Sous Chef spreads his passion for cooking daily in Cape Town's prestigious five-star Mount Nelson hotel where he works.

Growing up in Benoni his interest in cooking started at an early age. By the time he was four he was in the kitchen, helping his great-grandmother create family favourites. He started off with the basics, peeling potatoes, grating tomatoes and soaking rice – quite an accomplishment for a four year old we'd say!

Once he got the basics out the way he started cooking curries and making masalas. So it should come as no surprise that he is the creator of Mr Dee's Curry Powder.

“ONE MUST ALWAYS COOK WITH LOVE.”

Chef Dion trained at the Swiss Hotel School where he received his management diploma. He is highly experienced, having worked at a number of hotels, including the Pink Shell and South Sea, two resorts in the United States, as well as the Saxon Hotel in

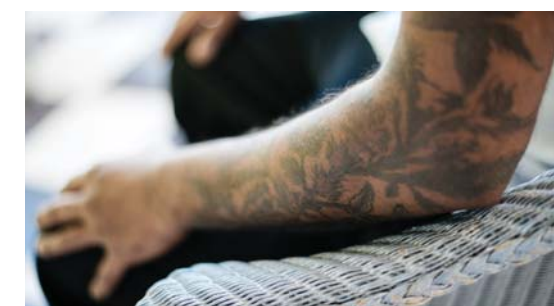
This high profile chef's culinary knowledge is vast! He's always on trend with the food industry.



BY THE TIME HE WAS FOUR HE WAS IN THE KITCHEN, HELPING HIS GREAT-GRANDMOTHER CREATE FAMILY FAVOURITES.

Johannesburg. Chef Rudi Liebenberg asked Chef Dion to join him at the Mount Nelson, which was an offer he could not turn down!

This high profile chef's culinary knowledge is vast! He's always on trend with the food industry because he devours culinary literature – magazines, cookbooks, he reads them all.





The recipe that I have shared holds a special place in my heart. It's my mum's prawn curry.

As a little boy, I remember watching my mum preparing the curry in the kitchen, deveining the prawns with my orange school scissors! She would fill the kitchen with the beautiful fragrance of Indian spices as they landed effortlessly on the pan.

The best part was eating the curry with our hands, and mopping up the sauce at the end, with homemade naan bread – **some memories never fade.**



“AS A LITTLE BOY, I REMEMBER WATCHING MY MUM PREPARING THE CURRY IN THE KITCHEN, **DEVEINING THE PRAWNS WITH MY ORANGE SCHOOL SCISSORS!**”



PRAWN CURRY

INGREDIENTS

150 ml	Grape seed oil	10 g	Coriander (ground)
250 g	Onion (finely diced)	5 g	Cumin (ground)
2	Whole green chillies (slit in half)	16	Whole large prawns (heads deveined and shells attached)
10	Curry leaves		
5 g	Cumin seeds	50 ml	Lime juice
5 g	Black mustard seeds	25 ml	Lemon juice
25 g	Garlic (finely chopped)	25 ml	Brown sugar
10 g	Ginger (grated)	75 g	Tomatoes (grated)
5 g	Turmeric (ground)	5 g	Coriander (fresh and chopped)
10 g	Chilli powder (fine)		

METHOD

1. In a large pan add the oil and onions. Simmer on a low heat for 10 minutes until the onions are translucent.
2. Add the chilli and curry leaves, and simmer for 5 minutes.
3. Stir in the cumin and black mustard seeds and allow to temper for 5 minutes.
4. Now add the garlic, ginger, turmeric, chilli powder, coriander and cumin. Gently stir occasionally for 15 minutes on a low heat until all the spices are cooked out.
5. Add the prawns and mix well with all the flavours in the pan, be sure to coat all the prawns.
6. Combine the lime and lemon juice with the sugar and tomatoes.
7. Add to the pot and bring to a medium heat. Deglaze the bottom of the pot and lift up all the flavour from the bottom of the pot.
8. Allow to cook for 10 minutes maximum.
9. Remove from the heat, adjust seasoning and add the fresh coriander.
10. Allow the curry to rest for 2 hours before eating – this helps the flavours to marry.
11. Best served with plain, steamed basmati rice or freshly baked naan bread.

MELANIE SHEPHERD

Meet Chef Melanie Shepherd, Executive Sous Chef at Le Franschhoek Hotel in Cape Town, Pinterest lover and on-trend foodie.

This former Durban Girl graduated from the well-renowned Christina Martins School of Food and Wine, and is lucky enough to work with her hubby at Le Franschhoek! Before she got her big break, she worked at Beverly Hills Hotel and 9th Avenue Bistro.

Chef Melanie is known for her fresh, locally sourced ingredients that always go into her flavoursome meals. Her recipes have that element of creativity, which look to authenticity. When creating a recipe, she likes to think about ingredients that haven't been used before in tried-and-tested recipes, which makes all the difference.

She is an inspired young woman who stays on top of the fast-growing trends in the food industry. When researching new recipes she draws inspiration from local and international chefs, as well as from Pinterest and Instagram.

When preparing a meal she believes that one must feel inspired.

When preparing a meal she believes that one must feel inspired. Chef Melanie also gobbles up knowledge of the food industry from chef and taste magazines.

"I love testing my knowledge in the trivia section," she said, "when you have students in the kitchen, you always need to be on your toes and constantly learning."

She's passionate about fresh, local ingredients because they allow chefs the ability to actually hand-pick their ingredients. She has even foraged for mushrooms with a friend, which is a new trend in the food industry.

WHEN CREATING A RECIPE, SHE LIKES TO THINK ABOUT **INGREDIENTS THAT HAVEN'T BEEN USED BEFORE IN TRIED-AND-TESTED RECIPES,** WHICH MAKES ALL THE DIFFERENCE.

Chef Melanie is a lover of the mini-plates trend. She loves the idea of being able to order three or four meals off a menu, as it allows you to taste a variety of flavours, as well as share and create an experience, without feeling stuffed.

"It's a massive trend globally, which allows you to experience quality over quantity," she said.



CAESAR SALAD WITH CURRIED TOASTED QUINOA, QUAIL EGGS, AND WHITE ANCHOVIES

INGREDIENTS

SALAD DRESSING		QUAIL EGGS	
2 cloves	Garlic (fresh skin on)	8	Quail eggs
1 tsp	Dijon mustard	QUINOA	
2 tsp	Worcestershire sauce	50 g	Quinoa (rinsed)
5 ml	Robertsons Veggie Seasoning	100 ml	Water
45 ml	Olive oil		Salt (dash)
200 g	Smooth cream cheese		Olive oil (as required)
CROUTON			Boquerones al Ajillo (white anchovies with garlic)
20 g	Melted butter	5 g	Robertsons Turmeric
5 g	Garlic	15 g	Robertsons Rajah Medium Curry Powder
5 g	Robertsons Thyme	20 g	Robertsons Paprika
1 whole	Fresh ciabatta (semi-frozen)	4 slices	Parma ham
SALAD		Chunk	Grana padano (cut roughly into smaller chunks)
2 heads	Organic baby cos lettuce (washed)		

METHOD

SALAD DRESSING

1. Wrap the garlic in tin foil, and place into a preheated oven at 180°C for 15 minutes.
2. Once cooked, allow to cool, then squeeze out the sweet roast puree into a blender and blend with the rest of the ingredients.

CROUTON

1. Melt the butter, then add the garlic and the **Robertsons Thyme**.
2. Thinly slice the semi-frozen ciabatta and brush the slices with the butter, garlic and thyme mixture. Bake until golden for 5 – 10 minutes.

SALAD

1. Peel the lettuce, trying to use the inner most leaves.

QUAIL EGGS

1. Bring a small pot of water to boiling point. Gently place the eggs into the boiling water and allow to boil for 2 minutes exactly.
2. Immediately strain the eggs from the boiling water and place into a bowl of water packed with ice. This will reduce the temperature quickly and allow for the eggs to be cooked with a gorgeous runny yolk.

QUINOA

1. Put the rinsed quinoa into a saucepan and add cold water. The quinoa to water ratio is 1:2. In other words, use 2 cups of water for every cup of quinoa. Toss in a dash of salt.
2. Cover and bring to a boil. As soon as it starts to boil, turn the heat down to a simmer, and set the lid ajar, to prevent boiling over. Simmer for 15 – 20 minutes. The quinoa goes a bit transparent when it's cooked, except for a little spiral sprout.
3. Pour the olive oil into a pan, add the Boquerones al Ajillo, **Robertsons Turmeric**, **Robertsons Rajah Medium Curry Powder**, **Robertsons Paprika** and cook over a low heat to cook the spices out. Season with salt, add the quinoa and turn up the heat. The quinoa needs to get toasted, and become crunchy.

TO ASSEMBLE

1. Place the dressing into a piping bag and pipe 5 random, but neat looking twirls.
2. Then sprinkle the crunchy quinoa over the base of the bowl and carefully peel and halve the quail eggs, being careful not to break them.
3. Scatter the baby cos leaves and place between them the quail eggs, parma ham, grana padano and the ultrathin ciabatta crisps.

MELANIE SHEPHERD



“ PERSONALLY, I LIKE MEALS THAT ARE SHARED FAMILY STYLE – THE IDEA OF GETTING TO TASTE LOTS OF DISHES EXCITES ME. ”



Coming from Durban, I wanted to create a Caesar salad with a hint of home, something that gives a punch, that little something that gets the taste buds going. I personally like meals that are shared family style – the idea of getting to taste lots of dishes excites me.

My recipe doesn't require a lot of ingredients, so you can spend more time finding the best quality ingredients around. Small things like using Spanish Boquerones al Ajillo, white anchovies and grana padano make all the difference.

It's also one of those salads that can be created using your hands, scooping up the cos leaves and tossing all the ingredients together. The most challenging part of this dish is getting the eggs cooked perfectly with a soft centre.





BELINDA PECK

Meet Belinda Peck, cook, part-time caterer and hairdresser, restaurant owner and go-getter.

She has a heart of gold and has been cooking for the Stanford community for over 17 years. Whether it's a Christmas party or special event, Belinda knows just how create the perfect spread.

Belinda always dreamt of opening her own restaurant. Towards the end of 2015 she and her then fiancé realised that dream when they took over Birkenhead Restaurant, which is located on a popular local microbrewery and wine estate.

Belinda's cooking style leans strongly towards comfort food – the type of food that brings families together over the dinner table where they can share heart-warming meals. You'll always find a high level of creativity to the meals that Belinda creates – she's always busy creating new ways of presenting her food.



She has a heart of gold and has been cooking for the Stanford community for over 17 years.

“MILLENNIALS ARE LOOKING FOR AN ATTRACTIVE PRESENTATION OF DISHES THAT THEY CAN SHARE.”

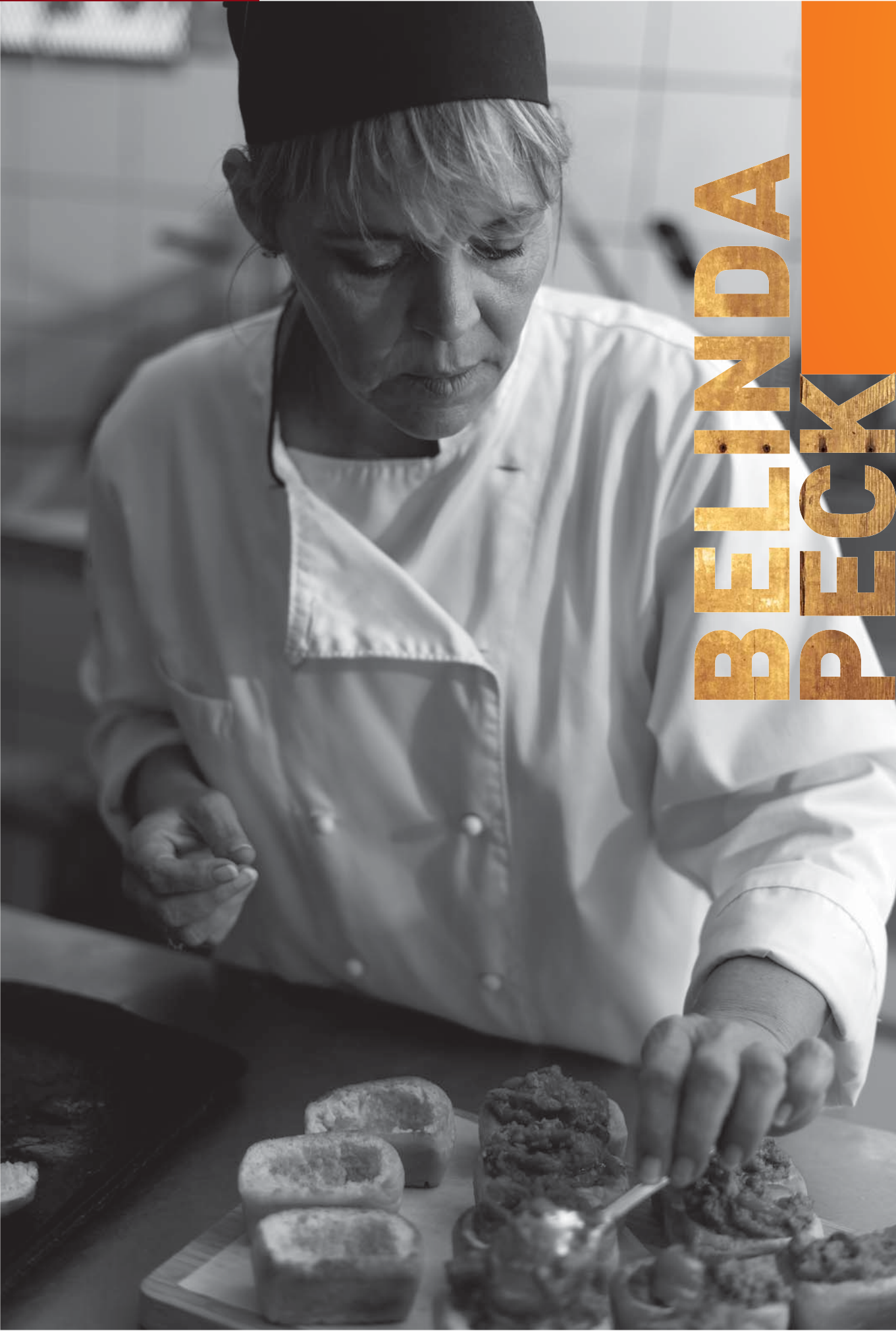
When **Unilever Food Solutions** visited her kitchen, Belinda shared her ideas and insights with us for the project.

“Millennials are looking for an attractive presentation of dishes that they can share, which is why we as food industry experts must start moving towards meals that cater to this trend,” she said.

Bear in mind that Belinda was in the middle of prepping to cater for

her wedding rehearsal dinner at the time. With all the excitement of her upcoming wedding, she was still able to maintain a delightful manner of professionalism.

Belinda is famous for her mini peri-peri chicken liver bunnies. **Unilever Food Solutions** was impressed with her take on the bunny chow and just had to include it in our 'Small Plates, Big Ideas' project, as it is at the heart of the mini-plates trend.



When I started running Birkenhead Restaurant, I began to make a few changes, which my patrons loved. The industry is changing, which is why we have to make ‘small’ changes to be on trend. My chicken liver sharing platter is a perfect example of this. My aim was to take one of South Africa’s most popular dishes and turn it out on a plate for it to be enjoyed and shared.

My inspiration to serve the livers in little bread loaves was inspired by my days living in Fish Hoek. I remember a little restaurant in the area serving delicious bunny chows. My dish boasts lots of spice, colour and rustic flavours – it’s the perfect meal to share on any occasion.

“MY AIM WAS TO TAKE ONE OF SOUTH AFRICA’S MOST POPULAR DISHES AND **TURN IT OUT ON A PLATE FOR IT TO BE ENJOYED AND SHARED.**”



CHICKEN PERI-PERI BUNNY CHOWS

INGREDIENTS

- | | |
|---------------|---|
| 20 ml | Olive oil |
| 20 ml | Butter (salted) |
| 500 g | Chicken livers
(cleaned, chopped and seasoned with Robertsons Chicken Spice) |
| 2 medium | Onions (diced) |
| 1 medium | Green pepper (roughly diced) |
| 1 medium | Red pepper (roughly diced) |
| 1 medium | Chilli (deseeded and finely sliced) |
| 10 ml | Fresh garlic (crushed) |
| 15 ml | Robertsons Portuguese Chicken Seasoning |
| 30 ml | Robertsons Paprika |
| 10 ml | Robertsons Peri-Peri |
| 5 ml | Tomatoe paste |
| 5 ml | Brown sugar |
| 2.5 ml | Salt |
| 2 x 410 g can | Tomatoes (chopped) |
| | Mini bread loaves
(hollowed out and lightly toasted in the oven) |

METHOD

1. In a frying pan, heat a little olive oil and butter, then add the chopped chicken livers that have been cleaned, and gently fry, leaving them slightly pink.
2. Remove from pan and set aside.
3. Add a little more butter and olive oil to the pan and fry the onions until translucent. Now add the peppers, chilli and garlic. Fry gently for 5 minutes.
4. Add the **Robertsons** spices, tomatoes, brown sugar and salt. Allow the flavours to develop by frying them for a few minutes at a low heat.
5. Add the chopped tomatoes and allow to simmer for 15 – 20 minutes.
6. Return the livers to the pan and allow to heat through.
7. Spoon your cooked chicken peri-peri livers into the hollowed out mini loaves.

DINERS WANT TO SHARE AND EXPLORE. THESE INSPIRATIONAL, INTERCHANGEABLE RECIPES CAN BE SWOPPED AND CHANGED TO CREATE THE PERFECT EXPERIENCE FOR YOUR DINERS.



BIG IDEAS



CHEF’S TIP

Plate it up: To create 4 delicious tapas-style servings pour the lemon paprika splash into a dipping bowl or splash some of the dressing on a plate followed by the hake portions and a handful of popcorn.

Garnishing tips: Slice a lemon or lime at an angle with a sprinkling of **Robertsons Paprika**.

To find out more visit www.ufs.com

FISH CRUNCH,
POPCORN
& LEMON
PAPRIKA
SPLASH



SERVES 4 adults

PREPARATION TIME 1 hour

COOKING TIME 1 hour

FISH CRUNCH

Ingredients

- 4 x 150 g Hake fillets (cut into strips or cubed)
- 50 g **Knorr Original Chicken Breeding**
- 150 g Panko bread crumbs
- 1 x 125 g Plain salted potato crisps (crushed)
- 4 Egg wash
- Sunflower oil for deep frying (as required)

Method

1. Coat the hake fillet strips or cubes in the **Knorr Original Chicken Breeding**.
2. Mix together the bread crumbs and crushed potato crisps.
3. Dip the coated hake fillet strips or cubes into the egg wash.
4. Pat the crumb mixture onto the pieces of fish making sure it's completely covered and allow to stand for 10 minutes on a paper towel, in the fridge.
5. Once removed from the refrigerator do a second coat by dipping the hake into the egg wash again, followed by the crumb mixture and refrigerate for a further 10 minutes.
6. Heat the deep fryer oil to 180°C and fry the crumbed fish portions until cooked for approximately 2 – 3 minutes. Place on kitchen paper to drain any excess oil. Set aside to serve.

LEMON PAPRIKA SPLASH

Ingredients

- 150 g **Hellmann's Tangy Mayonnaise**
- 2 g **Robertsons Fish Spice**
- 80 g Gherkins
- 30 g Onions
- 5 g **Robertsons Paprika**
- 15 ml Horseradish sauce
- 2 g Italian parsley
- 50 ml **Meadowland Classique**
- 2 Fresh lemons or limes (cut at an angle)

Method

1. Using a blender, blend all the ingredients together until smooth.

POPCORN

Ingredients

- 100 g Popcorn kernels
- 15 ml Sunflower oil
- 50 g **Marvello Butter Flavoured**
- 5 g **Robertsons Fish Spice**
- 2 g **Robertsons Lemon and Herb Seasoning**
- 2 g **Robertsons Steak and Chops Spice**
- 2 g **Robertsons Paprika**

Method

1. Pop the popcorn kernels in the Sunflower oil. While the corn is popping, melt the **Marvello Butter Flavoured** in a saucepan with all the **Robertsons** spices, stirring with a spoon to allow all the flavours to infuse.
2. Then pour the popped popcorn into the saucepan and shack it up until the popcorn is completely coated in the spice blend.



KNORR ORIGINAL CHICKEN BREEDING

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

CHEF’S TIP

Plate it up: Create 4 delicious tapas-style servings by placing the spiced baby spinach on a plate or bowl, then the lamb with an extra drizzle of jus, followed by the fried cauliflower slices.

Garnishing tips: To spice up this dish, add deep-fried julienne leeks or fried chillies and a sprinkling of micro herbs.

To find out more visit www.ufs.com

HARISSA LAMB, FRIED CAULIFLOWER & SPICED BABY SPINACH



SERVES 4 adults PREPARATION TIME 6 hours COOKING TIME 6 hours

HARISSA LAMB

Ingredients	Method
360 g Red peppers (whole, cleaned and dried) 20 ml Olive oil 15 g Red chillies 30 g Coriander (fresh) 40 g Garlic cloves 10 g Robertsons Veggie Seasoning 5 g Coriander seeds 5 g Cumin seeds 10 g Mustard seeds 5 g Robertsons Ground Cinnamon 1 Star anise 50 ml Knorr Sweet Chilli Sauce 10 g Knorr Aromat 50 ml Olive oil 1.5 kg Lamb shoulder (deboned) 2 cups Water 20 g Knorr Jus	<ol style="list-style-type: none">1. Preheat the oven to 200°C. Place the peppers into a roasting dish, rub with olive oil and roast for 30 minutes. Remove from the oven once the skin is blistering, cover with cling wrap and allow the peppers to sweat for 10 minutes. Once soft, deseed and peel off the outer skin and set aside.2. Toast off the spices in a dry pan and set aside to cool.3. Place all the remaining ingredients (except the lamb), including the toasted spices and peppers into a blender to create a paste. Blend until smooth, and stream in the olive oil.4. Rub the lamb with the paste and place in a roasting dish. Pour in the water, cover with foil and roast in a preheated oven at 160°C for 4 hours. Reduce the heat to 120°C and cook for 1 hour.5. Once the lamb has cooked remove from the roasting dish and pour off the remaining liquid. Skim off any excess fat and bring the liquid to the boil. Add the 20 g of Knorr Jus powder and whisk until combined. Simmer at a low heat for 20 minutes.6. While the jus is simmering, shred the lamb. Add some of the jus to the shredded lamb and reserve the rest for plating purposes.

FRIED CAULIFLOWER

Ingredients	Method
350 g Cauliflower (cleaned and cut lengthways) 30 g Marvello Butter Flavoured 10 g Knorr Original Chicken Breeding 5 g Italian parsley (chopped)	<ol style="list-style-type: none">1. Blanch the sliced cauliflower in boiling water for 2 – 3 minutes. Strain and refresh under cold running water. Drain and set aside.2. Heat the Marvello Butter Flavoured in a frying pan, add the Knorr Original Chicken Breeding and stir together. Add the cauliflower and fry off for about 2 – 3 minutes. Finish off with the Italian parsley. Remove from the heat and set aside.

SPICED BABY SPINACH

Ingredients	Method
50 g Marvello Butter Flavoured 150 g Onions (finely chopped) 10 g Garlic (crushed) 5 g Mustard seeds 2 Dried red chillies (broken in half) 2 g Cumin seeds 10 g Robertsons Veggie Seasoning 200 g Baby spinach 150 g Knorr Tomato Pronto	<ol style="list-style-type: none">1. Melt the Marvello Butter Flavoured in a frying pan. Add the onions, garlic, mustard seeds, dried chillies, cumin seeds, Robertsons Veggie Seasoning and fry for 3 minutes. Add the baby spinach and fry for 5 minutes, then add the Knorr Tomato Pronto and cook for a further 3 minutes. Remove from the heat and set aside.



ROBERTSONS VEGGIE SEASONING

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



CHEF’S TIP

Plate it up: To create 4 delicious tapas-style servings bursting with flavour, place the roast tomato and basil salsa in a suitable serving dish, followed by the sliced beef, topped with a dollop of wasabi crème.

Garnishing tips: It is best topped with a crack of **Robertsons Black Pepper**, deep-fried basil leaves or just a sprinkle of fresh micro herbs.

To find out more visit www.ufs.com

CHARRED BEEF, WASABI CRÈME & ROAST TOMATO, BASIL SALSA



SERVES 4 adults PREPARATION TIME 1 hour COOKING TIME 1 hour

CHARRED BEEF & DRY RUB

Ingredients		Method
4 x 200 g	Beef	<ol style="list-style-type: none">Mix together all the dry ingredients to form a dry rub.Coat the beef well in the rub and allow to stand at room temperature for 10 minutes.Heat a griddle pan (dry) and sear off the beef to the correct doneness.Remove the meat from the griddle pan, coat with Marvello Butter Flavoured and set aside to rest.It is best served sliced and drizzled with the leftover pan juices.
15 g	Knorr Beef Stock Granules	
5 g	Robertsons BBQ Spice	
10 g	Robertsons Paprika	
5 g	Robertsons Veggie Seasoning	
2 g	Sumac	
50 g	Marvello Butter Flavoured	

WASABI CRÈME

Ingredients		Method
200 g	Crème fraîche	<ol style="list-style-type: none">Combine the wasabi and crème fraîche. Cling wrap and refrigerate until needed.
15 g	Wasabi paste	

ROAST TOMATO, BASIL SALSA

Ingredients		Method
400 g	Rosa tomatoes	<ol style="list-style-type: none">Preheat the oven to 180°C and mix together the Rosa tomatoes, Robertsons Veggie Seasoning, olive oil and whole garlic. Roast for 20 minutes. Remove from the oven and set aside.
2 g	Robertsons Veggie Seasoning	
30 ml	Olive oil (for roasting)	
4	Whole garlic (skin on, crushed)	

DRESSING

Ingredients		Method
10 g	Basil (freshly chopped)	<ol style="list-style-type: none">Mix together the remaining ingredients and pour over the roasted tomatoes. Set aside until needed.
20 ml	Lemon juice	
30 ml	Balsamic vinegar	
2 g	Robertsons Veggie Seasoning	
30 ml	Olive oil	



ROBERTSONS PAPRIKA

- Made using the purest quality spice that offers superior taste, strength and quality.
- Melaal and Kosher



CHEF'S TIP

Plate it up: Place the twists of pasta on a plate or bowl, then the mussels with sauce and a slice of the cinnamon and basil infusion. Alternatively, scatter the pasta on a plate, then the mussels, with a good drizzle of the spicy sauce. Break up the cinnamon and basil infusion over the dish and finish off with a squeeze of lime.

Garnishing tips: Add a sprinkling of coriander micro herbs, deep-fried basil leaves and half a lime.

To find out more visit www.ufs.com

MUSSELS IN MILD CURRY, TAGLIATELLE & CINNAMON BASIL INFUSION



SERVES 4 adults

PREPARATION TIME 30 min

COOKING TIME 40 min

MUSSELS IN MILD CURRY

Ingredients		Method
15 g	Garlic (crushed)	<ol style="list-style-type: none">1. Fry the garlic, curry leaves and Robertsons Veggie Seasoning in the Marvello Butter Flavoured.2. Add the Robertsons Rajah Medium Curry Powder, Robertsons Peri-Peri Spice and fry for 1 minute.3. Add the Knorr Tomato Pronto, sugar and cook for 6 minutes.4. Add the Knorr Chicken Stock Granules, Meadowland Classique, fresh mussels and place the lid on the pot. Allow to simmer for 5 minutes. Remove from the heat and set aside.5. Cook the pasta according to pack instructions and set aside.
10	Curry leaves (dried)	
10 g	Robertsons Veggie Seasoning	
50 g	Marvello Butter Flavoured	
15 g	Robertsons Rajah Medium Curry Powder	
2 g	Robertsons Peri-Peri Spice	
250 g	Knorr Tomato Pronto	
5 g	Sugar	
5 g	Knorr Chicken Stock Granules	
1 L	Meadowland Classique	
400 g	Mussels (fresh)	
200 g	Pasta (tagliatelle)	

CINNAMON & BASIL INFUSION

Ingredients		Method
200 g	Marvello Butter Flavoured	<ol style="list-style-type: none">1. Cream the Marvello Butter Flavoured and add the Robertsons Veggie Seasoning, Robertsons Ground Cinnamon and basil leaves. Cream until well combined.2. Roll the mixture into cling wrap and place in the refrigerator to set.
5 g	Robertsons Veggie Seasoning	
2 g	Robertsons Ground Cinnamon	
10 g	Basil leaves (fresh)	



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



BIG IDEAS

CHEF’S TIP

Plate it up: In a deep bowl, spoon in the chickpea lemon salsa, topped with the pulled chicken and a light coating of the reserved pan juices. Then top with a fried mash bomb or two. The leftover pan juices can be heated and served in a dipping bowl.

Garnishing tips: Add a sprinkling of micro herbs just to finish off the dish.

To find out more visit www.ufs.com

PULLED CHICKEN, FRIED MASH BOMBS & CHICKPEA LEMON SALSA



SERVES 4 adults PREPARATION TIME 3 hours COOKING TIME 3 hours

PULLED CHICKEN

Ingredients	Method
1 Whole chicken	1. Preheat the oven to 160°C.
3 Garlic cloves	2. Butterfly the chicken and place in a roasting dish.
200 g Knorr Tomato Pronto	3. Mix together all the remaining ingredients, pour over the chicken and cover with foil.
75 ml Apple cider vinegar	4. Bake in the oven for 2 hours at 160°C, then remove the foil and bake for another 40 minutes at 180°C. Once cooked, remove from the oven and set aside to cool.
50 g Dijon mustard	5. Debone and pull the chicken and reserve the pan juices. This will form the jus for the dish. Coat the chicken with some of the pan juices and reserve the remainder for plating.
10 g Robertsons Rajah Medium Curry Powder	
5 g Knorr Aromat	
20 g Robertsons Paprika	
4 sprigs Thyme (fresh)	
30 g Knorr Demi-Glace Powder	
250 ml Water	

FRIED MASH BOMBS

Ingredients	Method
500 ml Water	1. Bring the water and the Knorr Aromat to the boil. Remove from the heat and add the milk and Knorr Mash Flakes and mix together until it combines.
5 g Knorr Aromat	2. Roll the mash into 25 g balls and place in the refrigerator for 20 minutes, covered.
225 ml Milk	3. Heat the oil in the deep fryer to 180°C.
150 g Knorr Mash Flakes	4. Coat the mash balls in the egg wash and then in the Knorr Spicy Chicken Breading . Deep fry until golden. Remove and drain any excess oil and serve immediately.
3 Egg wash	
100 g Knorr Spicy Chicken Breading	
Oil (for deep frying, as required)	

CHICKPEA LEMON SALSA

Ingredients	Method
1 tin Chickpeas (drained and rinsed)	1. Combine all the ingredients together and adjust seasoning. Cover with cling wrap and refrigerate for 1 hour.
10 g Parsley (fresh and finely chopped)	
1 Zest of lemon and juice	
15 ml Extra virgin olive oil	
5 g Garlic (finely chopped and crushed)	
5 g Robertsons Veggie Seasoning	
50 ml Hellmann’s Signature Dressing	



KNORR SPICY CHICKEN BREADING

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



CHEF'S TIP

Plate it up: Arrange or scatter the salad ingredients on a plate so that all the ingredients are visible. Top with the squid/calamari and lightly drizzle with the remaining sauce.

Garnishing tips: To add a little extra flavour, one can serve this salad with half a lime or some edible flowers, or a crack of **Robertsons Black Pepper**.

To find out more visit www.ufs.com

SPICED UP SQUID, RIBBON CUCUMBER, CORIANDER, BASIL & ROCKET SALAD



SERVES 4 adults **PREPARATION TIME** 20 min **COOKING TIME** 10 min

SPICED UP SQUID

Ingredients		Method
20 ml	Sesame oil	<ol style="list-style-type: none">1. Heat the sesame oil until hot. Add the chillies and ginger, then toast through the sesame oil.2. Add the squid/calamari and flash fry until colour develops. Then add the Knorr Sweet Chilli Sauce and Knorr Honey and Soy Sauce, fry tossing at all times for about 1 minute.3. Remove from the heat and serve immediately. It is best served warm with the salad ingredients, and made to serve.
4 g	Red chilli (deseeded and julienne sliced)	
10 g	Ginger (skin removed and julienne sliced)	
500 g	Squid/Calamari	
50 ml	Knorr Sweet Chilli Sauce	
50 ml	Knorr Honey and Soy Sauce	

RIBBON CUCUMBER, CORIANDER, BASIL & ROCKET SALAD

Ingredients		Method
100 g	Baby cucumber (thinly sliced lengthways)	<ol style="list-style-type: none">1. Toss all the salad ingredients together.
80 g	Rocket leaves	
10 g	Coriander	
10 g	Basil leaves	
10 ml	Olive oil	
5 ml	Lime juice	



KNORR HONEY & SOY SAUCE

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

CHEF'S TIP

Plate it up: This sweet and tangy dish with tantalising flavours can be served on a wooden board or in a bowl. Scatter the pineapple salsa on the board, with the ribs arranged on top of each other and the fries served in a paper cone.

Garnishing tips: Scatter over freshly chopped parsley or place a drizzle of extra sauce in a bowl to use for dipping.

To find out more visit www.ufs.com

STICKY GINGER BEER RIBS, SWEET POTATO FRIES & PINEAPPLE SALSA



SERVES 4 adults

PREPARATION TIME 4 hours

COOKING TIME 2 hours

GINGER BEER BROTH

Ingredients

2 kg	Short Ribs
10 g	Ginger (ground)
10 g	All spice berries (whole or Chinese 5-spice blend)
1.5 L	Ginger beer
100 g	Ginger (sliced with skin on)
20 g	Knorr Chicken Stock Granules
1 L	Water

Method

1. Place the ribs, ground ginger, all spice berries, ginger beer, sliced ginger, **Knorr Chicken Stock Granules** and water in a roasting dish and mix together. Add extra water if required to make sure that the ribs are completely immersed in the liquid.
2. Cover with foil and place in a preheated oven at 160°C and cook for 3 hours.
3. Once cooked, remove the meat from the cooking liquid, pat the meat dry and reserve 100 ml of the cooking liquid to make the glaze.

GLAZE

Ingredients

100 ml	Remaining cooking liquid
500 ml	Ginger beer
2	Limes (juiced)
300 g	Knorr Tomato Pronto
100 ml	Knorr Honey and Soy Sauce
80 g	Honey

Method

1. Add all the glaze ingredients together and bring to the boil. Then bring to a low simmer and allow the mixture to thicken and become sticky. It should take approximately 30 – 40 minutes.
2. Once the glaze has reduced and thickened, baste the ribs and finish off in a preheated oven at 180°C, basting until the ribs are glossy and shining with glaze.
3. Reserve the remainder of the glaze.

SWEET POTATO FRIES

Ingredients

500 g	Sweet potato (cut into chips)
	Oil (for frying, as required)
	Robertsons Chip and Potato Seasoning (as required)

Method

1. Fry the sweet potato fries at 180°C.
2. Coat with **Robertsons Chip and Potato Seasoning**.

PINEAPPLE SALSA

Ingredients

200 g	Pineapple (cubed)
50 g	Red onions (diced)
80 g	Rosa tomatoes (halved)
5 g	Red chillies (deseeded and finely chopped)
50 g	Cucumber (deseeded and sliced half moon)
5 g	Coriander (roughly chopped)
2 g	Robertsons Veggie Seasoning
5 g	Knorr Aromat
2 g	Robertsons Paprika
½	Lime (juiced)
5 g	Sugar

Method

1. Mix together all the pineapple salsa ingredients and allow to stand in a refrigerator for 20 minutes. This will allow for the flavours to improve before serving.



KNORR CHICKEN STOCK GRANULES

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

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Unilever South Africa (Pty) Ltd
15 Nollsworth Crescent
La Lucia, 4051, South Africa
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