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VALUE MEALS

*to drive
your profitability*

SERVE CONSISTENT
AND AFFORDABLE DISHES
WITH RECIPES UNDER

₹10!



Unilever
Food
Solutions

Support. Inspire. Progress.

CONTENTS

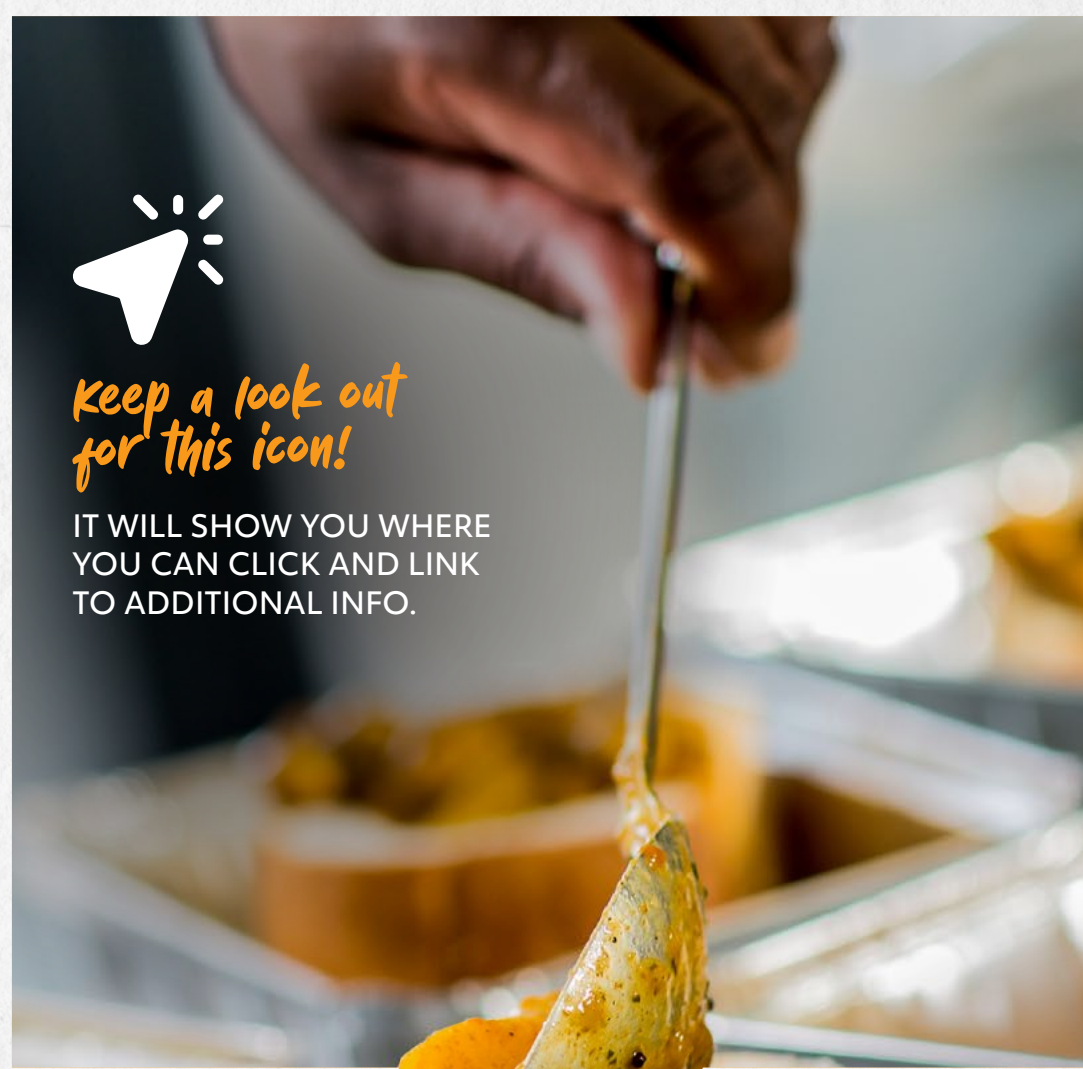
- 02 VALUE MEALS TO DRIVE YOUR PROFITABILITY
- 03 ADD MORE VALUE WITH VERSATILE PRODUCTS
- 04 RECIPE: CHICKEN GIZZARDS
- 05 RECIPE: CHICKEN FEET
- 06 RECIPE: SAMP & BEAN SOUP

↗ *Click on the page number to navigate!*



*Keep a look out
for this icon!*

IT WILL SHOW YOU WHERE
YOU CAN CLICK AND LINK
TO ADDITIONAL INFO.



VALUE MEALS

to drive your profitability

Now is the time when profit is key!

We have the solutions to help you deliver **quality, consistent, affordable** dishes that are light on your diners' pockets and keep your food costs low.

AFFORDABLE DISHES

that are low on costs and high on profits

It doesn't matter who your customer is; we have the **solutions for every budget!**

With just a few pantry staples, we'll show you how to **use the correct quantity**, achieve the **best flavour**, and **boost your profits** with consistent dishes that are easy to make.

- **Improve profits** with fewer ingredients that deliver more flavour for less
- **Reduce costs** with simplified recipes
- **Save on prep time and wastage** by preparing in bulk



It's time to **boost your margins** on each dish and increase profits with versatile solutions that deliver the most flavour with the least product contribution.



ADD MORE VALUE

with versatile products

MEET YOUR COST-SAVING PANTRY STAPLES THAT DELIVER MORE FLAVOUR FOR LESS!

Plan your menu for success with versatile, consistent, and wastage-reducing ingredients.



MAKES 27 L

- Use as a soup or thickener in your dishes.
- Bain-marie stable.

BUY NOW



COATS 500 PIECES

- No egg or milk-wash needed.
- One breading solution for variety of applications.
- Crispy, tasty, fried chicken with added Robertsons Spice blend.

BUY NOW



WITH 20% TURMERIC

- The perfect blend of coriander, turmeric, cumin, methee and chillies.
- Adds great colour for visual appeal.
- Consistent mouth-watering taste and aroma.

BUY NOW



SMALL AMOUNT, BIG DIFFERENCE!

- Trusted Robertsons quality in every selected herb, spice & blend.
- Adds superior and intense flavour to any dish.
- Non-irradiated and GMO Free.

BUY NOW



SEASONS ±77 KGS

- Adds visual appeal to multiple dishes such as sandwiches, salads and pizzas.
- Delivers a perfect blend of herbs, spices, garlic, chilli and dehydrated vegetables.

BUY NOW



ALL-PURPOSE SOUTH AFRICAN FLAVOUR

- Versatile - can be used in multiple applications.
- A balanced flavour that enhances savoury taste.

BUY NOW



CHICKEN GIZZARDS

Did you know:

Gizzard meat is low in fat, and high in vitamins.

RECIPE YIELD: 2.85 KG

PREPARATION TIME: 10 MIN

COOKING TIME: 30 MIN

SUGGESTED SERVING SIZE: 180 G

PRICE PER PORTION
FOR CHICKEN
GIZZARDS

R5.57*

MINIMUM
GROSS PROFIT

35%*

Ingredients:



50 g
Oil



200 g
Onions
(chopped)



1 kg
Gizzards



1.5 L
Water



100 g
**Knorr Professional
Brown Onion Soup**

Method:

1. Heat the oil and fry the onions for 1 min.
2. Add the gizzards and water, and cook for 30 min.
3. Mix the **Knorr Professional Brown Onion Soup** with some cold water and add it to the gizzards. Allow to thicken while stirring for 5 min.
4. Remove from the heat and serve with pap, samp and beans, or rice.

To serve:

Click on the images to
get the recipe.



200 g **Stiff Pap**
R0.88
Per portion

or



200 g **Samp & Beans**
R1.03
Per portion

CHICKEN FEET

Did you know:

One of the essential nutrients you get from eating chicken feet is collagen.

RECIPE YIELD: 2.33 KG
PREPARATION TIME: 20 MIN
COOKING TIME: 2 HOURS
SUGGESTED SERVING SIZE: 200 G



PRICE PER PORTION FOR CHICKEN FEET

R5.84*

MINIMUM GROSS PROFIT

35%*

Ingredients:



60 g
Oil



200 g
Onions
(finely chopped)



1 kg
Chicken feet



40 g
**KnorrAromat
Original**



1.5 L
Boiling water



50 g
**Knorr Professional
Brown Onion Soup**

Method:

1. Heat the oil in a pot and fry the onions until soft.
2. Add the chicken feet to the onions, sprinkle over the **Knorr Aromat Original** and fry until brown, for at least 15 min.
3. Add the boiling water and the **Knorr Professional Brown Onion Soup**. Cook on a medium heat for 30 min with the lid on. Stir occasionally to make sure the meat does not burn and stick.
4. Cook until the meat starts to soften and the liquid has reduced by half. Remove from the heat and serve with samp and bean and pap.

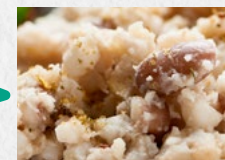
To serve:

Click on the images to get the recipe.



200 g **Stiff Pap**
R0.88
Per portion

or



200 g **Samp & Beans**
R1.03
Per portion

SAMP & BEAN SOUP

Did you know:

Samp is a healthier option as a side portion to rice.

RECIPE YIELD: 3 L

PREPARATION TIME: 10 MIN

COOKING TIME: 12 MIN

SUGGESTED SERVING SIZE: 250 ML

PRICE PER PORTION
FOR SAMP &
BEANS SOUP

R5.99*

MINIMUM
GROSS PROFIT

35%*

Ingredients:



300 g
Samp and bean mix
(soaked overnight)



3 L
Water
(cold)



180 g
**Knorr Professional
Brown Onion Soup**

Method:

1. Cook the samp and bean mix until soft (do not rinse off).
2. Add the **Knorr Professional Brown Onion Soup** to the water and whisk together.
3. Add the soup mix to the samp and beans and stir together. Bring to the boil while stirring continuously to prevent the samp and beans from sticking to the bottom of the pot, for 10 min.
4. Remove from the heat, pour into a soup pot or insert and serve as a 250ml grab and go soup option.



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.

For more information visit

fairkitchens.com

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.



UFS ACADEMY

A must for all Chefs

The revolutionary new
UFS Academy App!

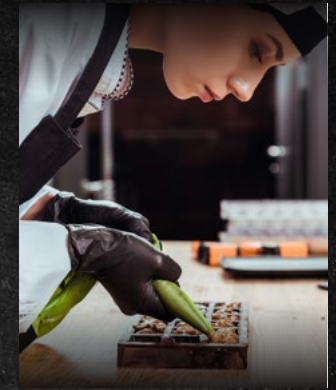
Unilever Food Solutions is a **business built by Chefs**, so we know what you face every day in the kitchen. Our team of industry professionals is here to help make your life a little easier.

Designed to improve your training and skills, the **UFS Academy App** is here! With **100's of training videos** and **exclusive masterclasses** from global and local expert Chefs, this dynamic App is **FREE to download** on Google Play and the iStore.

The courses feature content on the importance of food safety, personal and workplace hygiene, food preparation, and HACCP all the way through to advanced techniques such as mastering Nordic cuisine.

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