



re:fresh

# THE HOT VEG REPORT

NOW SERVING MAINS

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re:fresh

re:inspire  
re:create  
re:train  
re:ward

# welcome to your kitchen re:revolution

It's not easy **re:inventing** things in your kitchen. You want inspiration and fresh menu ideas, but you also need to train your staff and make a profit. Don't you want something that will revolutionise your kitchen?

Presenting **re:fresh**, a kitchen **revolution** that's here to keep you up to date with what's trending, introduce you to fresh menu inspiration, train your staff and help you make a profit. It's time to **re:inspire**, **re:create**, **re:train** and **re:ward**. Join the **re:revolution** ...



## re:inspire

Be inspired by the new trends taking delis and canteens by storm, as well as the hottest buzzwords cooking in the industry.



## re:create

We have tons of delicious and exciting recipes that will keep your customers coming back for more.



## re:train

We'll help you with training your staff, by upskilling them with the tools they need.



## re:ward

At the end of the day, it's all about making a profit – we'll show you how.



# THE RISE OF VEG

## NOW'S THE TIME TO GET THE BEST OUT OF THEM.

Establishments around the world are starting to add more vegetable dishes to their menus. Why?

### Customers are looking for delicious and healthy menu options

- Vegetables are good for your health
- They are good for the environment
- They are full of colour, which looks great on a plate
- Vegetables are packed with flavour
- They taste delicious!

**re:fresh** will show you how to get the best out of vegetables. With Knorr, Fine Foods and Robertsons, get ready to enhance the look of your dishes and bring out their flavour.





# MOVE OVER MEAT

re:fresh re:inspire

## HERE COME THE VEGETABLES!

It's your time to shine, and find new ways to cook vegetables, moving them to the 'mains' section of your menu.

Meat has always been the first choice for customers, with vegetables being the side dish. **Not anymore!** Vegetables are now the main. Here's why you should move your veg to the centre of your plate.

- 🍴 People who eat meat are now looking for veggie options
- 🍴 They are looking for better food choices, and vegetables are what they want
- 🍴 They want variety and an exciting presentation
- 🍴 Even steakhouses are starting to move vegetables to the middle of the plate

Vegetables will replace meat by 2020 ... believe it or not.

**"Vegetables are not just the new meat, they are better!"**



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# POWER TO THE PLANTS

## THE SUPERHEROES!

Homegrown vegetables that are in season are needed for healthy dishes, and they are good for the environment. People are starting to learn about the excellent benefits of vegetables and how great it is for their health.

**It's time to save the environment. What are you waiting for?**



### ◀ A PRETTY PLANT EGGPLANT

You can never get enough vitamin C, and eggplant is an excellent source. Sprinkle a little **Robertsons Veggie Seasoning** on it for an extra burst of vitamin C.



### ◀ GOOD FOR THE HEALTH BABY MARROW

Baby marrow can help people who have cancer, as well as people with high cholesterol and diabetes. Mix it up with **Knorr Tomato Pronto** and you have the perfect recipe for good health.



### ◀ A POWERFUL VEGETABLE CAULIFLOWER

This superfood is very good for the health. One serving of cauliflower contains 77% of the amount of vitamin C we need in a day! Spice up your cauli with **Robertsons Paprika** for an inspiring, flavourful dish.



### ▶ FULL OF COLOUR SWEET POTATO

They are also called Japanese sweet potatoes, and they add colour to any dish. Full of vitamins A, C, E and B6, pair with **Knorr Aromat** for added vitamin E and flavour.



### ▶ A CUP OF VITAMINS AND MINERALS BOK CHOY

Bok choy is a type of Chinese cabbage, but it does not look like a cabbage. It's low in calories, but high in protein, dietary fibre and many important vitamins and minerals. Add an oriental spin by pairing it with **Knorr Soya Sauce**, which is also a great source of sodium.



### ▶ FULL OF CRUNCH BABY CARROTS

Carrots are good for the eyes and also help people who have cancer. They help you look younger and are good for your skin. Carrots are rich in beta-carotene, fibre, vitamin K and potassium. Complement your carrots with **Fine Foods Instant Mashed Potato** for added potassium.



### ▶ BRAIN FOOD ASPARAGUS

Asparagus is full of vitamins A, C, E, K and B6. Pair it with **Knorr Classic White Sauce** to create a delicious and authentic dish.



### ▶ LOSE WEIGHT ZUCCHINI

You can eat the flesh, seeds and even the skin of the zucchini. It helps with weight loss and contains a large amount of vitamin C, potassium, folate and vitamin A. For added essential fatty acids, why not pair it with **Hellmann's Tangy Mayonnaise**, which is also the perfect dip.



### ▶ SUPER NUTRITIOUS ORANGE SWEET POTATO

Another fighter against certain types of cancer, and a high source of B6 vitamins. Pair with **Robertsons Chip and Potato Seasoning** to add more colour and flavour.



# COLOUR YOUR WORLD

IF FOOD DOES NOT TASTE GOOD, PEOPLE WILL NOT TRY IT AGAIN.  
IF IT DOESN'T LOOK GOOD, THEY MIGHT NOT TRY IT AT ALL.

Colour is very important when people choose what to eat. The colour tells them about the sweetness and taste of the vegetable.

**A colourful dish attracts customers**

**People choose dishes based on how good they look**

### Here's what you should do when plating your veggie dishes:

- Use different colours for excitement
- Golds and maroons make you feel good
- Greens look fresh
- Reds and oranges are full of power

Don't forget to make sure that the vegetables you use go well together. With **re:fresh**, we'll show you how to pair your vegetables the right way. We'll also show you how to add flavour and colour with Knorr, Fine Foods and Robertsons.



# TWISTED SWEET POTATO COTTAGE PIE TOWER

SERVES: 10

COOKED WEIGHT: 1.9 KG

PREP TIME: 20 MIN

COOKING TIME: 40 MIN

## TO PREP



100 g Onions + 200 g Carrots + 100 g Celery + 100 g Potatoes



100 g Baby marrow + 500 g Sweet potatoes + 150 g Split red lentils + 50 ml Sunflower oil

1. Finely chop the onions.
2. Clean and dice the carrots, or cut half moon.
3. Thinly slice the celery.
4. Cut the potatoes into small cubes.
5. Thinly slice the baby marrow.
6. Grate the sweet potatoes with the skin on and mix in 50 ml of oil.
7. Soak the lentils overnight in water.

## TO COOK



30 ml Sunflower oil + 10 g **Robertsons Veggie Seasoning** + 200 g **Knorr Tomato Pronto** + 800 ml Boiling water + 250 g Frozen peas



10 Large whole brown mushrooms (stems removed)

1. Heat 30 ml of oil in a pot, add the onions, and fry for 1 minute.
2. Add the carrots, celery, potatoes, lentils, **Robertsons Veggie Seasoning**, **Knorr Tomato Pronto** and boiling water, and allow to simmer on low heat until the lentils are cooked through.
3. Add the peas and baby marrow, and allow to cook through for 5 minutes.
4. Place the mushrooms on a greased baking tray and top with the veggie mixture, then top with the grated sweet potato and bake in the oven at 170°C for 20 minutes.



**TO SERVE**  
Remove from the oven, garnish and serve.

**TOP TIP**  
Serve the dish with a green salad.



CLICK ON THE PRODUCTS TO LEARN MORE

# FLAMING SLAW WITH SMASHED CHICKPEAS AND BUTTERNUT

SERVES: 10

COOKED WEIGHT: 1.5 KG

PREP TIME: 20 MIN

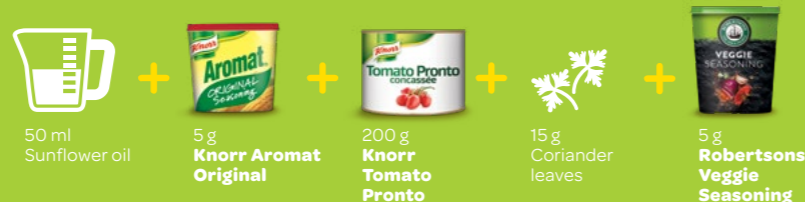
COOKING TIME: 40 MIN

## TO PREP



1. Finely chop the red onions.
2. Peel and cube the butternut into small cubes.
3. Drain the liquid off the chickpeas.
4. Finely slice the red and white cabbage.
5. Deseed and thinly slice the red chillies.
6. Juice the lemon.
7. Grate the cheddar cheese.

## TO COOK



1. On a tray, place the butternut, red onions and chickpeas, and toss in the oil. Roast in an oven at 170°C for 20 – 30 minutes.
2. Remove from the oven and pour the butternut mixture into a bowl. Add the **Knorr Aromat Original** and **Knorr Tomato Pronto** and mix together well.
3. To make the red slaw, mix together the red and white cabbage, red chillies, coriander, **Robertsons Veggie Seasoning** and lemon juice. Allow to stand for 10 minutes for the flavours to improve.



## TO SERVE

Place the red slaw, chickpeas, butternut squash and grated cheese into the taco shell. Then place under a salamander or grill and gratinate the cheese. Remove and garnish with freshly chopped coriander.

## TOP TIP

Add mung beans or lentils to the mix.

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# ZESTY CHICKPEA PATTIES IN A TOMATO AND HERB EXPLOSION

SERVES: 10

COOKED WEIGHT: 1.4 KG

PREP TIME: 20 MIN

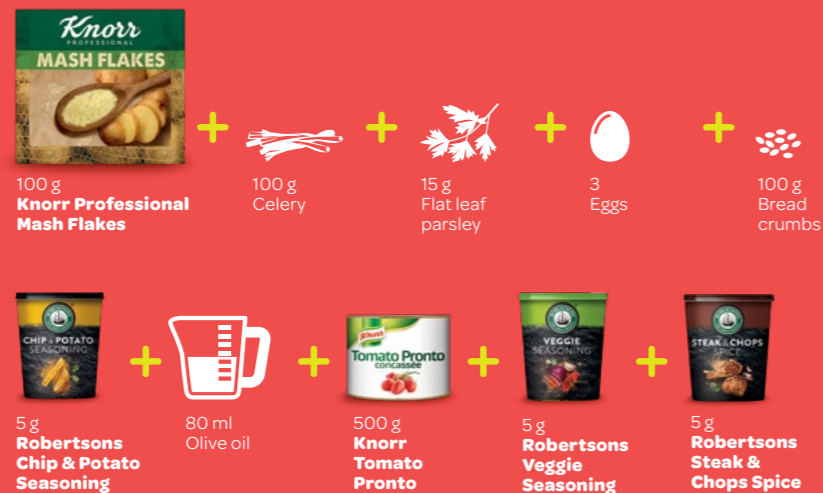
COOKING TIME: 30 MIN

## TO PREP



1. Finely chop the onions.
2. Crush the garlic.
3. Peel the carrots.
4. Drain the liquid off the chickpeas.
5. Zest the lemon.
6. Grate the mozzarella and parmesan cheese.

## TO COOK



1. To make the chickpea patties, blitz together the **Knorr Professional Mash Flakes**, onions, garlic, celery, carrots, parsley, chickpeas, eggs, bread crumbs, lemon zest and **Robertsons Chip & Potato Seasoning**. Then roll into 50 g balls.
2. Grease a baking tray with some of the olive oil, place the chickpea balls on the tray and flatten slightly with the back of a lifter. Drizzle the patties with the remaining olive oil, and bake in a preheated oven at 200°C for 10 minutes. Remove from the oven and set aside.
3. To make the tomato and herb sauce, mix together the **Knorr Tomato Pronto**, **Robertsons Veggie Seasoning** and **Robertsons Steak & Chops Spice**. Pour the sauce into a serving dish and arrange the baked patties in the dish. Lightly top with the cheeses and bake for 8 minutes until the sauce bubbles and the cheese has melted.



## TO SERVE

Remove from the oven and serve with a side salad.

## TOP TIP

Add some quinoa or cooked rice to the mixture.



# FIERY CAULIFLOWER WITH A CORIANDER BLAST

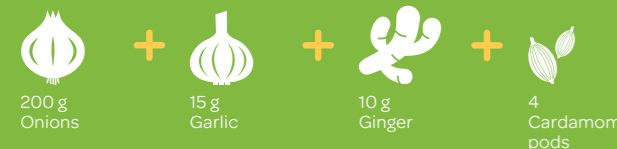
SERVES: 10

COOKED WEIGHT: 2.3 KG

PREP TIME: 10 MIN

COOKING TIME: 30 MIN

## TO PREP



200 g Onions

15 g Garlic

10 g Ginger

4 Cardamom pods



500 g Baby potatoes

100 ml Boiling water

350 g Whole cauliflower

2 tins Chickpeas



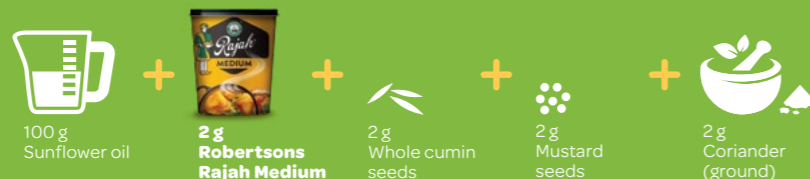
2 g Red chillies

10 g Fresh coriander

Basmati rice

1. Slice the onions half-moon style.
2. Crush the garlic and ginger.
3. Crush the cardamom pods.
4. Slice the baby potatoes in half.
5. Boil the water. Cut the cauliflower into florets.
6. Drain the liquid off the chickpeas. Deseed and slice the red chillies. Roughly chop the 10 g of coriander.
7. Cook the basmati rice.

## TO COOK



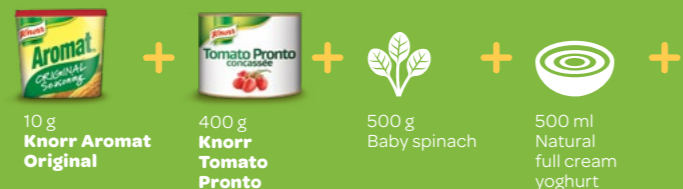
100 g Sunflower oil

2 g **Robertsons Rajah Medium Curry Powder**

2 g Whole cumin seeds

2 g Mustard seeds

2 g Coriander (ground)



10 g **Knorr Aromat Original**

400 g **Knorr Tomato Pronto**

500 g Baby spinach

500 ml Natural full cream yoghurt

1. Preheat the oven to 180°C.
2. Toss the baby potatoes in 50 g of oil, place in a roasting tray and roast for 30 minutes.
3. Heat the remaining 50 g of oil and fry the onions, garlic, ginger, **Robertsons Rajah Medium Curry Powder**, cumin seeds, mustard seeds, ground coriander and cardamom pods for 2 minutes. Then add the cauliflower and cook for 2 minutes.
4. Add the baby potatoes, chillies and **Knorr Aromat Original**, and fry for 30 seconds.
5. Add the **Knorr Tomato Pronto**, chickpeas and water, and cook for a further 2 minutes.
6. Lastly, toss through the spinach, then remove from the heat.
7. To make the yoghurt dressing, blitz together the 10 g of coriander and yoghurt.



## TO SERVE

Serve with the coriander yoghurt dressing and basmati rice.

## TOP TIP

Serve with couscous or mashed potato!



# SWEET 'N SIZZLING BUTTERNUT WITH TOASTED PUMPKIN SEEDS

SERVES: 10

COOKED WEIGHT: 2.0 KG

PREP TIME: 15 MIN

COOKING TIME: 40 MIN

## TO PREP



2 kg  
Whole  
butternut



50 g  
Olive oil blend



80 g  
Pumpkin  
seeds



Couscous  
(to serve)



200 g  
Buffalo  
mozzarella  
balls

1. Slice the butternut into rounds with the skin on and seeds removed.
2. Add the olive oil blend.
3. Toast the pumpkin seeds.
4. Cook the couscous as per the packaging instructions.
5. Tear the buffalo mozzarella balls.

## TO COOK



30 ml  
Sunflower oil



40 ml  
Honey



15 g  
**Robertsons  
Veggie  
Seasoning**



80 g  
**Knorr  
Honey & Soy  
Sauce**



10 g  
Fresh  
thyme sprigs

1. Preheat the oven to 170°C.
2. Place the butternut in a roasting tray.
3. Mix together the oil, honey, **Robertsons Veggie Seasoning**, **Knorr Honey & Soy Sauce**, thyme and pour over the butternut and pumpkin seeds. Then give it a good toss. Arrange the torn buffalo mozzarella balls on the butternut. Place in the oven for 40 minutes or until golden brown in colour.



## TO SERVE

Remove from the oven and arrange in a dish, topped with extra pumpkin seeds and buffalo mozzarella cheese.

## TOP TIP

Serve with a herby couscous or corn and pepper buckwheat salad.

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# SPICED-UP CAULIFLOWER SMOTHERED IN PARMESAN

SERVES: 10

COOKED WEIGHT: 2.2 KG

PREP TIME: 15 MIN

COOKING TIME: 40 MIN

## TO PREP



2 kg  
Whole  
cauliflower

200 g  
Parmesan  
cheese

1. Cut the cauliflower lengthways.
2. Finely grate the parmesan cheese.

## TO COOK



20 g  
**Robertson's  
Paprika**

20 g  
**Robertson's  
Veggie  
Seasoning**

150 ml  
Sunflower oil

Flat leaf  
parsley  
(for  
garnishing)

1. Preheat the oven to 170°C. Place the cauliflower in a roasting dish.
2. Mix together the **Robertson's Paprika**, **Robertson's Veggie Seasoning**, parmesan cheese and oil, and pour over the cauliflower, then mix well.
3. Place in the oven and roast for 30 – 40 minutes.



## TO SERVE

Serve in a dish,  
and garnish  
with picked  
parsley leaves.

## TOP TIP

You could create  
a pasta dish  
by adding  
penne pasta,  
broccoli florets  
and some  
cheese sauce!

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# CREAMED CAULIFLOWER WITH PENNE, PIPING PEPPADEWS AND MUSHROOMS

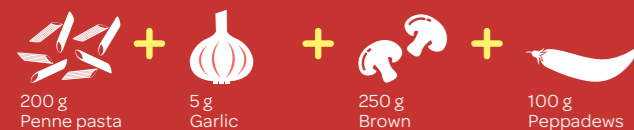
SERVES: 10

COOKED WEIGHT: 2.5 KG

PREP TIME: 20 MIN

COOKING TIME: 30 MIN

## TO PREP



1. Cook the pasta as per the packaging instructions.
2. Crush the garlic. Slice the brown mushrooms.
3. Cut the peppadews in half.
4. Cut the cauliflower into florets and roughly chop.
5. Grate the parmesan cheese.
6. Roughly chop the parsley.
7. Tear the basil leaves.

## TO COOK



1. In a pan, heat the sunflower oil, and fry off the onions and garlic for 1 minute, then add the cauliflower and fry for a further 2 minutes, tossing at all times.
2. Add the mushrooms, peppadews, **Knorr Aromat Original**, and fry for another minute.
3. Whisk together the milk and **Knorr Classic White Sauce** powder and add to the cauliflower mixture, and stir until the sauce has thickened.



## TO SERVE

Toss through the parsley, basil and parmesan cheese, and add to the cooked pasta, then mix through and serve.

## TOP TIP

For an added spicy twist add some roughly chopped chilli or add broccoli florets and garnish the dish with roasted chickpeas.



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# FEISTY SWEET POTATO AND BUTTERNUT FRITTATA

SERVES: 10

COOKED WEIGHT: 2.0 KG

PREP TIME: 10 MIN

COOKING TIME: 60 MIN

## TO PREP



1. Peel and cube the sweet potatoes and butternut.
2. Cube the feta and mozzarella cheese.
3. Whisk the eggs.

## TO COOK



1. Place the sweet potato and butternut cubes in a roasting dish, and season with the **Robertsons Chip & Potato Seasoning** and olive oil blend. Roast in an oven at 180°C for 30 – 40 minutes.
2. Place the sweet potato and butternut mixture into a baking dish, followed by the feta and mozzarella cubes, and scatter with the basil leaves. Then pour over the whisked eggs, and lightly garnish with the **Robertsons Veggie Seasoning**.
3. Bake in a preheated oven at 160°C for 30 minutes or until done.



**TO SERVE**  
Serve with a side salad.

**TOP TIP**  
Serve alongside a green salad, lightly drizzled with Hellmann's Honey & Mustard Dressing and a zesty beetroot salad!



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# RAINBOW VEGGIE SPLASH

SERVES: 10

COOKED WEIGHT: 1.8 KG

PREP TIME: 10 MIN

COOKING TIME: 40 MIN

## TO PREP



1. Slice the eggplant, red onions, tomatoes and mozzarella cheese into ½ cm thick rounds.
2. Slice the baby marrow into ½ cm thick diagonal cuts.

## TO COOK



1. Preheat the oven to 180°C. Mix together the basil pesto, **Robertsons Veggie Seasoning** and **Knorr Tomato Pronto**. Then mix the eggplant slices into the mixture.
2. Start to layer the vegetables and mozzarella cheese in a dish, and top with spoons of the remaining tomato herb sauce. Then drizzle with the olive oil.
3. Bake in the oven for 15 – 20 minutes.



**TO SERVE**  
Remove from the oven and garnish with the basil leaves.

**TOP TIP**  
Serve with creamy mash potato or a luscious green salad.



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# THAI-STYLE VEGGIE FRY

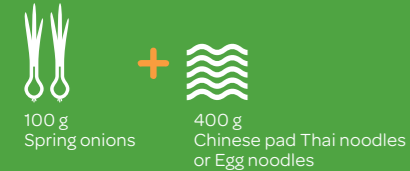
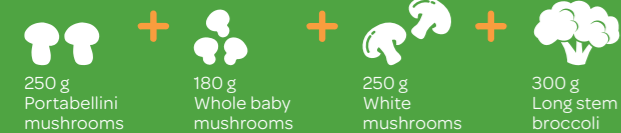
SERVES: 10

COOKED WEIGHT: 2.0 KG

PREP TIME: 10 MIN

COOKING TIME: 20 MIN

## TO PREP



1. Slice the onions half-moon style.
2. Clean and thinly slice the ginger.
3. Clean and slice the garlic.
4. Deseed and slice the red chillies.
5. Cut the portabellini mushrooms, white mushrooms and broccoli in half.
6. Cut the spring onions diagonally.
7. Cook the noodles as per the packaging instructions.

## TO COOK



1. Heat some of the oil, and fry off the onions, ginger, garlic and red chillies for 1 minute. Remove from the pan.
2. Add some more oil to the pan, and fry the mushrooms in batches, then add to the onion mixture.
3. To make the sauce, mix together the basil pesto, **Knorr Soya Sauce**, brown sugar, fish sauce and lemon juice.
4. Add some more oil to the pan, fry the broccoli stems and bok choy, then add a little of the sauce at a time.
5. Add all the vegetables back into the pan and mix together.



## TO SERVE

Add the remaining sauce and toss through the pad Thai noodles or egg noodles.

## TOP TIP

The bok choy can be replaced with chopped cabbage or spinach.

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# BURST BABY TOMATOES AND SAUCY SPAGHETTI

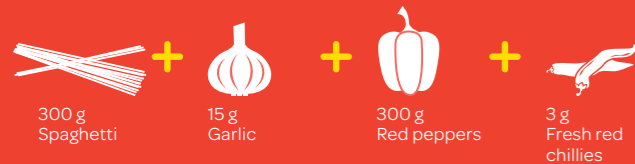
SERVES: 10

COOKED WEIGHT: 2.9 KG

PREP TIME: 20 MIN

COOKING TIME: 15 MIN

## TO PREP



1. Cook the pasta as per the packaging instructions.
2. Crush the garlic.
3. Finely chop the red peppers.
4. Deseed and thinly slice the red chillies.
5. Roughly chop the parsley.
6. Tear the basil leaves.

## TO COOK



1. Heat the oil in a frying pan, and flash fry the garlic for 30 seconds, then add the peppers, and sweat for 2 minutes.
2. Heat the oil in a frying pan and flash fry the garlic, peppers and baby tomatoes for 2 minutes until the tomato skins burst.
3. Add the chilli flakes, **Robertsons Paprika**, **Knorr Tomato Pronto**, red wine vinegar and sugar, and cook through for 2 minutes, stirring continuously.
4. Toss through the basil and parsley, then toss through the pasta.



## TO SERVE

Pour into a serving dish and serve with freshly grated parmesan cheese.

## TOP TIP

Add chickpeas or black beans to the mix, you can also remove pasta and serve with nachos and melted vegan cheese.



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# ROLLED AND ROASTED BABY MARROW WITH SPINACH

SERVES: 10

COOKED WEIGHT: 2.8 KG

PREP TIME: 15 MIN

COOKING TIME: 30 MIN

## TO PREP



5 g  
Garlic



700 g  
Baby marrow



50 g  
Mozzarella  
cheese



30 g  
Parmesan  
cheese



10 g  
Basil leaves

1. Crush the garlic.
2. Slice the baby marrow lengthways using a vegetable peeler.
3. Grate the mozzarella and parmesan cheese.
4. Deep-fry the basil leaves.

## TO COOK



1.5 kg  
Frozen  
spinach



100 g  
Feta cheese



3  
Large eggs



500 g  
**Knorr  
Tomato  
Pronto**



10 g  
**Robertsons  
Veggie  
Seasoning**



5 ml  
Balsamic vinegar

1. To make the spinach and feta filling, place the frozen spinach in boiling water and cook for 5 minutes. Drain off and squeeze out all the extra water, and place the spinach in a bowl.
2. Add the feta cheese, garlic and eggs to the spinach and mix together well.
3. Take 3 strips of baby marrow and roll with the spinach filling.
4. To make the tomato sauce, mix together the **Knorr Tomato Pronto**, **Robertsons Veggie Seasoning** and balsamic vinegar, and pour the mixture into a roasting dish.
5. Place the filled baby marrow and spinach rolls on top of the tomato sauce. Lastly, top with the mozzarella and parmesan cheese, and bake in an oven at 170°C for 30 minutes.



## TO SERVE

Remove from the oven and garnish with basil.

## TOP TIP

Serve along side quinoa and a luscious green salad.



# STUFFED ROBOT PEPPERS AND SIZZLING LENTILS

SERVES: 10

COOKED WEIGHT: 1.6 KG

PREP TIME: 15 MIN

COOKING TIME: 30 MIN

## TO PREP



1. Finely chop the onions, carrots and celery.
2. Drain the liquid off the lentils.
3. Finely chop the coriander.
4. Crumble the feta cheese.
5. Cut the peppers lengthways keeping the stalks, but removing the seeds. Rinse under cold water and arrange on a baking sheet.

## TO COOK



1. To make the lentil tabbouleh, heat the oil in a pan, add the onions, carrots, celery, 5 g of **Robertsons Veggie Seasoning**, lentils, **Knorr Tomato Pronto** and coriander, and cook for 10 minutes. Remove from the heat once cooked.
2. Preheat the oven to 180°C and fill each pepper with the lentil tabbouleh. Top with the feta cheese and a sprinkle of the 2 g of **Robertsons Veggie Seasoning**, and bake for 20 minutes until cooked.



**TO SERVE**  
Garnish with fresh coriander leaves.

**TOP TIP**  
Serve alongside brown rice.



# STICKY-GLAZED GREEN BEANS AND EXOTIC MUSHROOMS

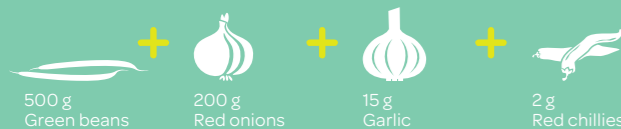
SERVES: 10

COOKED WEIGHT: 3.9 KG

PREP TIME: 20 MIN

COOKING TIME: 30 MIN

## TO PREP



1. Remove the stalks from the green beans, and top and tail.
2. Slice the red onions half-moon style.
3. Slice the garlic.
4. Deseed and thinly slice the red chillies.
5. Deseed and thinly slice the peppers.
6. Cook the pasta as per the packaging instructions.
7. Roughly chop the coriander.

## TO COOK



200 g **Knorr Honey & Soy Sauce**

1. Bring a pot of water to the boil, and blanch the green beans for 2 minutes. Drain off the water and refresh the green beans under cold, running or icy water to retain the colour.
2. Heat the oil in a pan, add the red onions, garlic, chillies and **Robertsons Veggie Seasoning**, and fry for 1 minute.
3. Add the mushrooms, and flash fry, then add the baby tomatoes and fry for another 1 minute until the tomatoes start to blister and the mushrooms are brown in colour.
4. Add the green beans, pasta and **Knorr Honey & Soy Sauce**, and mix together until everything is glazed with sauce.



## TO SERVE

Serve garnished with chopped coriander.

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## TOP TIP

Add some broccoli rabe.

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# LOADED SWEET POTATO FIESTA

SERVES: 10

COOKED WEIGHT: 1.8 KG

PREP TIME: 10 MIN

COOKING TIME: 60 MIN

## TO PREP



1. Crush the garlic.
2. Small dice the peppers.
3. Roughly chop the coriander.
4. Grate the cheddar cheese.
5. Prick the sweet potatoes and place on a baking sheet, then bake in an oven at 180°C for 60 minutes or until soft.
6. Finely chop the onions.
7. Drain the liquid off the beans.

## TO COOK



1. Heat the oil in a pan, and fry off the onions, garlic, peppers, cumin and **Robertsons Veggie Seasoning** for 1 minute.
2. Add the red kidney beans and **Knorr Tomato Pronto**, and cook for a further 5 minutes.
3. Remove from the heat and stir in the coriander.
4. Make a slit in the sweet potatoes, squash and add the filling. Top with the cheddar cheese and a sprinkle of **Robertsons Chip & Potato Seasoning**. Bake under a grill or salamander for 1 minute and serve.



**TO SERVE**  
Serve with a side salad.

**TOP TIP**  
Serve with a side salad, with a portion of avocado guacamole!



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# PANTRY SELECTION ▶



- Code: 11444
- Pack Size: 6 x 1 kg
- Halaal and Kosher
- The perfect versatile spice for your signature dishes and recipes.



- Code: 12499
- Pack Size: 6 x 1 kg
- Halaal and Kosher
- Contains 40% real vegetables
- Adds great visual appeal to your dish



- Code: 11635
- Pack Size: 6 x 1 kg
- Halaal and Kosher
- Enhances and seasons
- Full of flavour



- Code: 10539
- Pack Size: 6 x 2 L
- Halaal and Kosher
- Ready to use
- Scratch quality with more consistency and less labour



- Code: 11326
- Pack Size: 1 x 2 kg
- Made with 99% real potatoes.
- No lumps – smooth, consistent texture.



- Code: 11728
- Pack Size: 6 x 700 g
- Halaal and Kosher
- Adds colour
- Pure paprika



- Code: 11132
- Pack Size: 6 x 800 g
- Halaal and Kosher
- Made up with a variety of exotic spices
- Ready to use
- The flavour of the curry intensifies the longer it simmers



- Code: 902025
- Pack Size: 6 x 1 kg
- Halaal
- SA's no. 1 seasoning
- A small amount can make a big difference



- Code: 67894418
- Pack Size: 3 x 1 kg
- Halaal
- Authentic and versatile
- Prepare easily in 3 minutes



- Code: 11007
- Pack Size: 6 x 2 kg
- Halaal
- Versatile
- Ready to use
- Saves time and effort

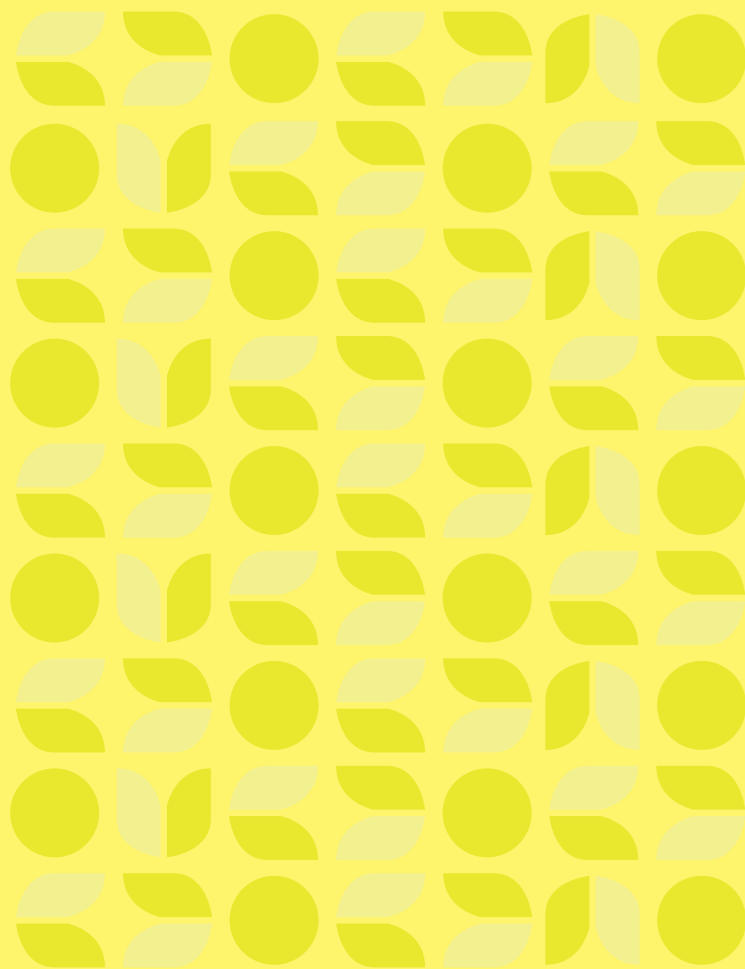


- Code: 12582
- Pack Size: 6 x 2 L
- Halaal and Kosher
- Versatile
- Cook in and pour over sauce
- Ready to eat

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CLICK ON THE PRODUCTS TO LEARN MORE





## NUTRITIONAL INFORMATION

Now that you're ready to **re:fresh** your kitchen, find out what goes into each dish so that you can answer any nutritional questions your customers may have.

### TWISTED SWEET POTATO COTTAGE PIE TOWER

Sweet potatoes, water, peas, Knorr Tomato Pronto [tomatoes (95%), vegetable oil (sunflower seeds), salt, water, sugar, onions, acidity regulator (citric acid)], carrots, split red lentils, potatoes, onions, celery, marrows, mushrooms, sunflower oil [(sunflower seeds)(contains antioxidant TBHQ, natural colourant)], Robertsons Veggie Seasoning [salt, sugar, dehydrated onion minced, dehydrated garlic minced, radurised herbs (parsley, origanum), dehydrated redbell pepper bits, radurised spices (paprika, chillies, pepper), vegetable fat (palm fruit) (contains antioxidant TBHQ), malic acid, tomato powder, flavour enhancers (E631, E627)].

Allergens: None

### FLAMING SLAW WITH SMASHED CHICKPEAS AND BUTTERNUT

Butternut, cabbage, Knorr Tomato Pronto [tomatoes (95%), vegetable oil (sunflower seeds), salt, water, sugar, onions, acidity regulator (citric acid)], chickpeas [Koo chickpeas in brine [chickpeas, water, salt (non-iodated)], red onions, cheddar cheese [Clover cheddar cheese [cow's milk, salt, calcium chloride, annatto natural cheese colourant, starter culture, microbial (non-animal) rennet]], taco shells [Old El Paso taco shells [limed whole grain corn, palm oil, salt, TBHQ (preservative)]]], Knorr Aromat [salt, modified maize flour (contains genetically modified material), flavour enhancer (monosodium glutamate), yeast extract, flavour enhancers (E631, E627), hydrogenated vegetable fat (palm fruit, contains antioxidant TBHQ), anticaking agent (E551), mushroom flakes, dehydrated onion, radurised spices (cloves, turmeric, celery), radurised bay leaves, garlic powder, flavourant (onion)], Robertsons Veggie Seasoning [salt, sugar, dehydrated onion minced, dehydrated garlic minced, radurised herbs (parsley, origanum), dehydrated redbell pepper bits, radurised spices (paprika, chillies, pepper), vegetable fat (palm fruit) (contains antioxidant TBHQ), malic acid, tomato powder, flavour enhancers (E631, E627)], red chillies.

Allergens: Contains cow's milk and wheat gluten.

### ZESTY CHICKPEA PATTIES IN A TOMATO AND HERB EXPLOSION

Knorr Tomato Pronto [tomatoes (95%), vegetable oil (sunflower seeds), salt, water, sugar, onions, acidity regulator (citric acid)], chickpeas [Koo chickpeas in brine [chickpeas, water, salt (non-iodated)], carrots, eggs, onions, celery, white bread [Bakers white bread [white bread flour (gluten), water, salt, yeast, sugar, vegetable fat (palm fruit), soya flour, flour improvers, emulsifiers, preservative (calcium proportionate), minerals (electrolytic iron, zinc oxide) and vitamins]], Fine Foods Instant Mashed Potato [potato powder (83.6%), refined fractionated palm oil, lactose (milk), salt, milk protein, emulsifier (E471), stabiliser (E450), turmeric, flavourant, antioxidant (E304)], olive oil [monounsaturated fats, vitamins E and K, antioxidants], mozzarella [Lancewood mozzarella [milk, salt, colourant [E171], preservative (sodium nitrate [E251], lactic cultures, non-animal rennet]], parmesan cheese [Meze parmesan cheese [cow's milk, salt, starter cultures, microbial rennet (non-animal), firming agent]], lemon, garlic, parsley, Robertsons Chip and Potato Seasoning [modified maize starch (contains genetically modified material), radurised spices (7%) (chillies, coriander, black pepper, celery, nutmeg, clove), wheat flour, flavourants (onion, barbecue, tomato), yeast extract, anticaking agent (E572), fumaric acid, partially hydrogenated vegetable oil (palm seeds, contains antioxidant TBHQ), flavour enhancers (E631, E627), mustard flour, radurised herbs (oregano, sage, thyme)], Robertsons Veggie Seasoning [salt, sugar, dehydrated onion minced, dehydrated garlic minced, radurised herbs (parsley, origanum), dehydrated redbell pepper bits, radurised spices (paprika, chillies, pepper), vegetable fat (palm fruit) (contains antioxidant TBHQ), malic acid, tomato powder, flavour enhancers (E631, E627)], Robertsons Thyme [Dehydrated radurised chopped thyme].

Allergens: Cow's milk, eggs, wheat gluten and soya.

### FIERY CAULIFLOWER WITH A CORIANDER BLAST

Potatoes, spinach, full cream yoghurt [Fairview full-fat yoghurt (Jersey Cow milk and cultures)], Knorr Tomato Pronto [tomatoes (95%), vegetable oil (sunflower seeds), salt, water, sugar, onions, acidity regulator (citric acid)], cauliflower, chickpeas [Koo chickpeas in brine [chickpeas, water, salt (non-iodated)]], onions, sunflower oil [(sunflower seeds) (contains antioxidant TBHQ, natural colourant)], water, Marvello Professional Multipurpose Fat Spread [vegetable oils and fats (50%) [sunflower seed and/or rapeseed and/or linseed and/or soya bean oil and/or palm and/or palm kernel and/or coconut fat, fully hydrogenated fats (palm, palm kernel and/or coconut)], water (47%), salt, whey powder, emulsifiers (E322, E471), preservative (potassium sorbate), vitamins (A, D, E), citric acid, flavourant, colourant (beta-carotene)], garlic, Knorr Aromat [salt, modified maize flour (contains genetically modified material), flavour enhancer (monosodium glutamate), yeast extract, flavour enhancers (E631, E627), hydrogenated vegetable fat (palm fruit, contains antioxidant TBHQ), anticaking agent (E551), mushroom flakes, dehydrated onion, radurised spices (cloves, turmeric, celery), radurised bay leaves, garlic powder, flavourant (onion)], coriander, ginger, Robertsons Rajah Medium Curry Powder [radurised spices (54%) (coriander, turmeric, cumin, methee), radurised wheat cereal, radurised chillies (8%)], cumin seeds, mustard seeds, cardamom, chillies, basmati rice.

Allergens: Contains cow's milk, gluten and soya.

### SWEET 'N SIZZLING BUTTERNUT WITH TOASTED PUMPKIN SEEDS

Butternut, buffalo mozzarella [Woolworth's buffalo mozzarella (pasteurised buffalo milk, cheese cultures, non-animal rennet, brine (contains: water, salt, lactic culture)], Knorr Honey & Soy Sauce [water, sugar, honey (3%), maltose, salt, modified maize starch (E1422) (sulphur dioxide), acidifiers (E260, E330), wheat flour (gluten), caramel colourant (E150c), garlic powder, vegetable oil (sunflower seeds) (antioxidant TBHQ), flavouring, flavour enhancers (E631, E627), thickener (xanthan gum), radurised spices, preservative (potassium

sorbate)], pumpkin seeds, honey, sunflower oil [(sunflower seeds)(contains antioxidant TBHQ, natural colourant)], Robertsons Veggie Seasoning [salt, sugar, dehydrated onion minced, dehydrated garlic minced, radurised herbs (parsley, origanum), dehydrated redbell pepper bits, radurised spices (paprika, chillies, pepper), vegetable fat (palm fruit) (contains antioxidant TBHQ), malic acid, tomato powder, flavour enhancers (E631, E627)], thyme, couscous [Serena medium couscous [durum wheat, semolina]].

Allergens: Contains wheat gluten and buffalo milk.

### SPICED-UP CAULIFLOWER SMOTHERED IN PARMESAN

Cauliflower, parmesan cheese [Meze parmesan cheese [cow's milk, salt, starter cultures, microbial rennet (non-animal), firming agent]], sunflower oil [(sunflower seeds) (contains antioxidant TBHQ, natural colourant)], Robertsons Paprika [dehydrated radurised paprika powder, anticaking agent (E551)], Robertsons Veggie Seasoning [salt, sugar, dehydrated onion minced, dehydrated garlic minced, radurised herbs (parsley, origanum), dehydrated redbell pepper bits, radurised spices (paprika, chillies, pepper), vegetable fat (palm fruit) (contains antioxidant TBHQ), malic acid, tomato powder, flavour enhancers (E631, E627)], parsley.

Allergens: Contains cow's milk.

### CREAMED CAULIFLOWER WITH PENNE, PIPING PEPPADEWS AND MUSHROOMS

Milk, cauliflower, mushrooms, penne pasta [(semolina flour, egg, salt and water)], peppadews, Marvello Professional Multipurpose Fat Spread [vegetable oils and fats (50%) [sunflower seed and/or rapeseed and/or linseed and/or soya bean oil and/or palm and/or palm kernel and/or coconut fat, fully hydrogenated fats (palm, palm kernel and/or coconut)], water (47%), salt, whey powder, emulsifiers (E322, E471), preservative (potassium sorbate), vitamins (A, D, E), citric acid, flavourant, colourant (beta-carotene)], sunflower oil

[(sunflower seeds)(contains antioxidant TBHQ, natural colourant)], onions, parmesan cheese [Meze parmesan cheese [cow's milk, salt, starter cultures, microbial rennet (non-animal), firming agent]], Knorr Classic White Sauce [modified maize starch (E1422), maltodextrin, wheat flour (gluten), creamer [dextrose, maltose, maltotriose, polysaccharides, hydrogenated vegetable fat (palm fruit), casein, milk solids (whey powder), stabiliser (E481), emulsifier (E340), colourants (riboflavin, beta-carotene), anticaking agent (E551)], salt, vegetable oil (palm fruit) (contains antioxidant TBHQ), potassium chloride (E508), flavouring, xanthan gum (E415), flavour enhancers (E631, E627), radurised spices, paprika extract], Robertsons Thyme [dehydrated radurised chopped thyme], basil.

Allergens: Contains wheat gluten, rye gluten, soya, cow's milk and egg.

### FEISTY SWEET POTATO AND BUTTERNUT FRITTATA

Sweet potato, butternut, feta cheese [Clover feta plain [brine (water, salt, calcium chloride, phosphoric acid, preservative (pimaricin)), cow's milk (pasteurised), salt, calcium chloride, cheese culture, microbial (non-animal) rennet]], mozzarella cheese [Lancewood mozzarella [milk, salt, colourant [E171], preservative (sodium nitrate [E251], lactic cultures, non-animal rennet]], eggs, Marvello Professional Multipurpose Fat Spread [vegetable oils and fats (50%) [sunflower seed and/or rapeseed and/or linseed and/or soya bean oil and/or palm and/or palm kernel and/or coconut fat, fully hydrogenated fats (palm, palm kernel and/or coconut)], water (47%), salt, whey powder, emulsifiers (E322, E471), preservative (potassium sorbate), vitamins (A, D, E), citric acid, flavourant, colourant (beta-carotene)], Robertsons Chip and Potato Seasoning [modified maize starch (contains genetically modified material), radurised spices (7%) (chillies, coriander, black pepper, celery, nutmeg, clove), wheat flour, flavourants (onion, barbecue, tomato), yeast extract, anticaking agent (E572), fumaric acid, partially hydrogenated vegetable oil (palm seeds, contains antioxidant TBHQ), flavour enhancers (E631, E627), mustard flour, radurised herbs (oregano, sage, thyme)], basil, Robertsons Veggie Seasoning [salt, sugar, dehydrated onion minced, dehydrated garlic minced, radurised herbs (parsley,

origanum), dehydrated redbell pepper bits, radurised spices (paprika, chillies, pepper), vegetable fat (palm fruit) (contains antioxidant TBHQ), malic acid, tomato powder, flavour enhancers (E631, E627)].

Allergens: Contains cow's milk, soya, wheat gluten and eggs.

## RAINBOW VEGGIE SPLASH

Eggplant, marrow, red onions, tomatoes, Knorr Tomato Pronto [tomatoes (95%), vegetable oil (sunflower seeds), salt, water, sugar, onions, acidity regulator (citric acid)], mozzarella cheese [Lancewood mozzarella [milk, salt, colourant [E171], preservative (sodium nitrate [E251], lactic cultures, non-animal rennet]], basil pesto [Ina Paarman pesto [fresh basil (42%), filtered water, extra virgin olive oil (12%), parmesan cheese (7%) (cow's milk, salt, cheese cultures, vegetable rennet), roasted macadamia nuts (5%), canola oil (antioxidant vitamin E), fresh garlic (4%), lemon juice, salt, cornstarch, colourant: chlorophyll, black pepper, stabiliser: xanthan gum, flavouring], olive oil [(monounsaturated fats, vitamins E and K, antioxidants)], basil.

Allergens: Contains cow's milk and nuts.

## THAI-STYLE VEGGIE FRY

Egg noodles [Woolworth's fresh egg noodles [fresh tagliolini pasta (flour, egg, water, natural colourant), salt, canola oil]], broccoli, mushrooms, portabellini mushrooms, bok choy, onions, spring onions, Knorr Soya Sauce [water, hydrolysed soya protein, glucose powder, iodised salt (salt, iodine), flavour enhancers (E621, E631, E627), sugar, colour (caramel), citric acid, preservative (E202)], sunflower oil [(sunflower seeds)(contains antioxidant TBHQ, natural colourant)], basil pesto [Ina Paarman pesto [fresh basil (42%), filtered water, extra virgin olive oil (12%), parmesan cheese (7%) (cow's milk, salt, cheese cultures, vegetable rennet), roasted macadamia nuts (5%), canola oil (antioxidant vitamin E), fresh garlic (4%), lemon juice, salt, cornstarch, colourant: chlorophyll, black pepper, stabiliser: xanthan gum, flavouring]], brown sugar,

fish sauce [Blue Dragon fish sauce [anchovy extract, salt, sugar]], ginger, garlic, red chillies, lemon.

Allergens: Contains egg, nuts, cow's milk, wheat gluten and fish.

## BURST BABY TOMATOES AND SAUCY SPAGHETTI

Knorr Tomato Pronto [tomato cubes, tomato sauce, sunflower oil, salt, sugar, dried onion, acidity regulator (citric acid) of synthetic origins], tomatoes, spaghetti [Fatti's & Moni's spaghetti [wheat (durum and soft wheat flour in variable proportions)]], red peppers, sunflower oil [(sunflower seeds)(contains antioxidant TBHQ, natural colourant)], sugar, red wine vinegar [Heinz red wine vinegar [Burgundy wine vinegar diluted with water to 5% acidity, sulphur dioxide added to wine to protect colour]], garlic, red chillies, parsley, basil, Robertsons Paprika [dehydrated radurised paprika powder, anticaking agent (E551)], parmesan cheese [Meze parmesan cheese [cow's milk, salt, starter cultures, microbial rennet (non-animal), firming agent]].

Allergens: None

## ROLLED AND ROASTED BABY MARROW WITH SPINACH

Spinach, baby marrow, Knorr Tomato Pronto [tomatoes (95%), vegetable oil (sunflower seeds), salt, water, sugar, onions, acidity regulator (citric acid)], feta cheese [Clover feta plain [brine (water, salt, calcium chloride, phosphoric acid, preservative (pimaricin)), cow's milk (pasteurised), salt, calcium chloride, cheese culture, microbial (non-animal) rennet]], mozzarella cheese [Lancewood mozzarella [milk, salt, colourant [E171], preservative (sodium nitrate [E251], lactic cultures, non-animal rennet]], parmesan cheese [Meze parmesan cheese [cow's milk, salt, starter cultures, microbial rennet (non-animal), firming agent]], eggs, basil, Robertsons Veggie Seasoning [salt, sugar, dehydrated

onion minced, dehydrated garlic minced, radurised herbs (parsley, origanum), dehydrated redbell pepper bits, radurised spices (paprika, chillies, pepper), vegetable fat (palm fruit) (contains antioxidant TBHQ), malic acid, tomato powder, flavour enhancers (E631, E627)], balsamic vinegar [Heinz balsamic vinegar [Burgundy wine vinegar diluted with water to 5% acidity, sulphur dioxide added to wine to protect colour]], garlic, Robertsons Mixed Herbs [radurised herbs (marjoram, sage, thyme, origanum, basil)].

Allergens: Contains cow's milk and eggs.

## STUFFED ROBOT PEPPERS AND SIZZLING LENTILS

Peppers, Knorr Tomato Pronto [tomatoes (95%), vegetable oil (sunflower seeds), salt, water, sugar, onions, acidity regulator (citric acid)], lentils, onions, carrots, celery, feta cheese [Clover feta plain [brine (water, salt, calcium chloride, phosphoric acid, preservative (pimaricin)), cow's milk (pasteurised), salt, calcium chloride, cheese culture, microbial (non-animal) rennet]], sunflower oil [(sunflower seeds)(contains antioxidant TBHQ, natural colourant)], coriander, Robertsons Veggie Seasoning [salt, sugar, dehydrated onion minced, dehydrated garlic minced, radurised herbs (parsley, origanum), dehydrated redbell pepper bits, radurised spices (paprika, chillies, pepper), vegetable fat (palm fruit) (contains antioxidant TBHQ), malic acid, tomato powder, flavour enhancers (E631, E627)].

Allergens: Contains cow's milk.

## STICKY-GLAZED GREEN BEANS AND EXOTIC MUSHROOMS

Water, green beans, tomatoes, exotic mushrooms, bow tie pasta [Woolworth's Farfalloni pasta [durum wheat semolina, water]], Knorr Honey & Soy Sauce [water, sugar, honey (3%), maltose, salt, modified maize starch (E1422) (sulphur dioxide), acidifiers (E260, E330), wheat flour

(gluten), caramel colourant (E150c), garlic powder, vegetable oil (sunflower seeds) (antioxidant TBHQ), flavouring, flavour enhancers (E631, E627), thickener (xanthan gum), radurised spices, preservative (potassium sorbate)], red onions, peppers, sunflower oil [(monounsaturated fats, vitamins E and K, antioxidants)], garlic, chillies, Robertsons Veggie Seasoning [salt, sugar, dehydrated onion minced, dehydrated garlic minced, radurised herbs (parsley, origanum), dehydrated redbell pepper bits, radurised spices (paprika, chillies, pepper), vegetable fat (palm fruit) (contains antioxidant TBHQ), malic acid, tomato powder, flavour enhancers (E631, E627)].

Allergens: Contains wheat gluten.

## LOADED SWEET POTATO FIESTA

Sweet potatoes, Knorr Tomato Pronto [tomatoes (95%), vegetable oil (sunflower seeds), salt, water, sugar, onions, acidity regulator (citric acid)], red kidney beans [Koo red kidney beans in brine [red kidney beans, water, cane sugar, salt (non-iodated), vinegar]], peppers, cheddar cheese [Clover cheddar cheese [cow's milk, salt, calcium chloride, annatto natural cheese colourant, starter culture, microbial (non-animal) rennet]], red onions, sunflower oil [(monounsaturated fats, vitamins E and K, antioxidants)], garlic, coriander, cumin, Robertsons Veggie Seasoning [salt, sugar, dehydrated onion minced, dehydrated garlic minced, radurised herbs (parsley, origanum), dehydrated redbell pepper bits, radurised spices (paprika, chillies, pepper), vegetable fat (palm fruit) (contains antioxidant TBHQ), malic acid, tomato powder, flavour enhancers (E631, E627)], Robertsons Chip and Potato Seasoning [modified maize starch (contains genetically modified material), radurised spices (7%) (chillies, coriander, black pepper, celery, nutmeg, clove), wheat flour, flavourants (onion, barbecue, tomato), yeast extract, anticaking agent (E572), fumaric acid, partially hydrogenated vegetable oil (palm seeds, contains antioxidant TBHQ), flavour enhancers (E631, E627), mustard flour, radurised herbs (oregano, sage, thyme)].

Allergens: Contains wheat gluten and cow's milk.



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