

Sweet and Sour Chicken



60ml
Spar sunflower
cooking oil



400g
Onions
(chopped)



160g
Green/red peppers
(sliced)



1kg Spar fresh
chicken breast
(cubed)



270ml
Pineapple juice
(reserved from Spar tinned
pineapple pieces)



270ml
Cold water



200g
Spar tinned
pineapple pieces
(diced)



130g Knorr
Sweet & Sour Chicken
Sauce Base
(2 scoops)



1. Sauté onions until soft.
2. Add peppers and sauté.
3. In a separate pot, brown the chicken.
4. Mix the Knorr Sweet & Sour Chicken Sauce Base powder with pineapple juice.
5. Add the pineapple pieces, onions and pepper to the chicken.
6. Stir in the Knorr Sweet & Sour Chicken Sauce Base mix.
7. Add the water and bring to the boil.
8. Simmer until desired consistency is reached.

Cooked yield: 2kg

Spaghetti Bolognaise



60ml
Spar sunflower
cooking oil



400g
Onions
(chopped)



1kg
Spar mince
(lean beef)



250g
Carrots
(grated)



400g
Knorr
Tomato Pronto



120g
Knorr Spaghetti
Bolognaise
Sauce Base
(2 scoops)



500ml
Cold water



1. Brown the onions and mince in sunflower oil.
2. Add the carrots and Knorr Tomato Pronto.
3. Mix the Knorr Spaghetti Bolognaise Sauce Base into the water.
4. Add to the mince and bring to the boil while stirring.
5. Simmer for 10 minutes, stirring occasionally.
6. Season to taste and serve with cooked spaghetti.

Cooked yield: 2.7kg

Classic Beef Stew



100ml
Spar sunflower
cooking oil



1.8kg
Spar beef
cubes
(no bones)



360g
Onions
(chopped)



80g
Celery
(chopped)



10g
Garlic
(crushed)



250g
Knorr
Tomato Pronto



170g
Carrots
(cut into rounds)



800g
Butternut
(peeled and cubed)



500g
Potatoes
(peeled and cubed)



150g
Knorr Classic
Brown Sauce
(2 scoops)



2L
Cold water



1. Heat the oil and brown the meat in a large pot.
2. In a second pot, brown the onions, celery and garlic, and add to the browned meat.
3. Add Knorr Tomato Pronto and 1.5L of water and let it simmer for 1½ hours. Stir occasionally to prevent it from burning.
4. Add carrots, butternut and potatoes then simmer for 30 minutes or until the meat is tender and the vegetables cooked.
5. Mix 3 scoops of Knorr Classic Brown Sauce with Roux powder and 500ml of cold water. Add to the stew and simmer for 5 minutes.

Cooked yield: 4kg

Cottage Pie



60ml
Spar sunflower
cooking oil



400g
Onions
(chopped)



150g
Spar frozen
mixed vegetables



1kg
Spar mince
(lean beef)



60g Knorr Spaghetti
Bolognese Sauce Base
(1 scoop)



250g
Knorr
Tomato Pronto



250ml
Water



75g
Knorr Classic
Brown Sauce
(1½ scoops)



360g
Fine Foods Instant
Mashed Potato
(5 scoops)



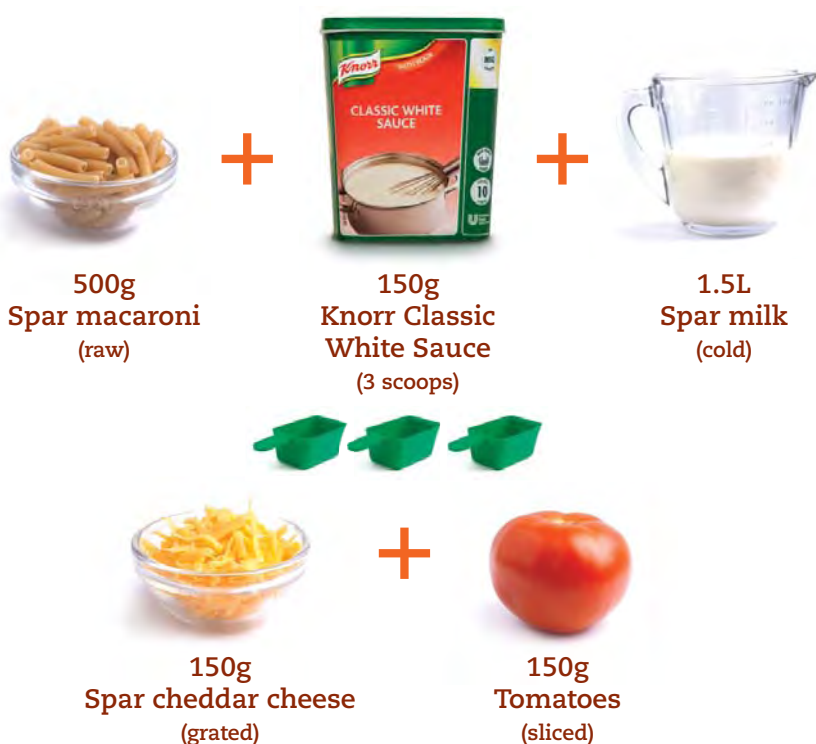
1.6L
Water



1. In a medium pot, heat oil and fry onions until translucent.
2. Add the beef mince to the pan and allow to brown.
Add Knorr Spaghetti Bolognese Sauce Base and mix well.
3. Add Knorr Tomato Pronto and mixed vegetables. Mix Knorr Classic Brown Sauce with Roux powder together with 250ml cold water and add to mince. Reduce to a low heat. Allow mince to cook for about 10 minutes and stir occasionally. Season to taste.
4. Make up Fine Foods Instant Mashed Potato as per package instructions and place in a piping bag.
5. Pour mince into a half bain-marie insert; pipe made up mash potato on top.
6. Bake for 12 minutes at 180°C or until golden brown.

Cooked yield: 3.5kg

Macaroni Cheese



1. Cook macaroni, drain and cool.
2. Make up the Knorr Classic White Sauce with Roux; follow the instructions on the package.
3. Combine the sauces, macaroni and half of the cheese.
4. Pour the macaroni into a half bain-marie insert, top with tomato slices and sprinkle with remaining grated cheddar cheese.
5. Bake in the oven at 180°C for 10 minutes or until golden brown.

Cooked yield: 2.3kg

Fine Foods Mash and Knorr Classic Roast Onion Gravy



For the mash



1.64L
Water
(boiling)

360g
Fine Foods
Instant Mashed Potato
(5 scoops)



For the gravy



2L
Water
(boiling)

400g
Knorr Classic
Roast Onion Gravy
(8 scoops)



1. For the mash: boil the water and take off the heat.
2. Stir in 5 level scoops of Fine Foods Instant Mashed Potato into the boiling water and quickly whisk together.
3. Leave to stand for two minutes.
4. Place the insert into the bain-marie.
5. For the gravy: measure the boiling water into a pot.
6. Add eight level scoops of Knorr Classic Roast Onion Gravy to the boiling water and whisk together quickly.
7. Pour the gravy into a half insert and place in bain-marie.

Cooked yield: 2kg mash, 2L gravy

Penne Pasta, Corn and Mince Bake



500g
Spar Italian
penne pasta
(raw)



200g
Onions
(chopped)



500g
Spar mince
(lean beef)



125g
Carrots
(grated)



200g
Knorr
Tomato Pronto



60g Knorr
Spaghetti Bolognese
Sauce Base
(1 scoop)



250ml
Cold water



200g
Spar frozen
sweet corn



100g
Knorr Classic
White Sauce
(2 scoops)



1L
Spar milk



150g
Spar cheddar cheese
(grated)

1. Cook the pasta, drain and cool.
2. To make the mince: brown the onion and mince in sunflower oil.
Add the carrots and Knorr Tomato Pronto.
3. Add the Knorr Spaghetti Bolognese Sauce Base to the mince and bring to the boil while stirring. Simmer for 10 minutes, stirring occasionally.
4. Mix the Knorr Spaghetti Bolognese Sauce Base into the water then add to the mince and bring to the boil while stirring. Simmer for 10 minutes, stirring occasionally.
5. To make up the Knorr Classic White Sauce with Roux follow the instructions on the package.
6. Mix cooked mince, sweet corn and pasta together, place in the bain-marie insert.
7. Mix half the grated cheddar cheese into the Knorr Classic White Sauce with Roux and pour over mince.
8. Top with remaining grated cheddar cheese.
9. Bake in the oven at 180°C for 10 minutes.

Cooked yield: 3.3kg

Coronation Chickpea Pasta Salad



1. Cook the pasta, drain and cool.
2. Melt Marvello Full Fat Margarine and sauté onions until soft. Add Robertsons Rajah Mild & Spicy Curry Powder, Robertsons Turmeric and Robertsons Veggie Seasoning and sauté for 2 minutes. Remove from the stove.
3. Add chickpeas and stir, then add Fine Foods Tomato Sauce, Mrs Ball's Original Chutney and Hellmann's Tangy Mayonnaise.
4. Add half of the coriander and allow to cool.
5. Toss through cooked pasta, garnish with remaining chopped coriander and taste for seasoning. Package, seal and label.

Cooked yield: 2.6kg



Baby Potato and Egg Salad



1.5kg
Baby potatoes
(steamed, boiled
and cooled)



300g
Spring onion
(finely chopped)



3g
Robertson's
Dried Parsley



400g
Hellmann's
Tangy
Mayonnaise



6
Eggs
(hard boiled,
chopped)

1. Cut cooked potatoes into halves and place into a bowl.
2. Add chopped spring onions, Robertson's Dried Parsley and Hellmann's Tangy Mayonnaise and mix well.
3. Add eggs and carefully mix into the potato salad.
4. Serve into tubs, seal and label.

Cooked yield: 2.3kg



Coleslaw



1.5kg
Spar dry
coleslaw mix



250g
Seedless
raisins



650g
Hellmann's
Tangy
Mayonnaise



25g
Spar
white sugar



75g
Parsley
(chopped)

1. Mix all ingredients together and serve into tubs, seal and label.
2. Garnish with chopped parsley.

Cooked yield: 2.5kg



Sweet Chilli, Roast Butternut and Lentil Salad



1.86kg
Butternut
(peeled, chopped)



510g
Red onions
(roughly chopped)



150g
Marvello Full
Fat Margarine



40g
Robertsons
Veggie Seasoning



20g
Coriander
(chopped)



300g
Spar feta cheese
(cubed)



360g
Spar lentils
(tinned, drained and rinsed)



180g
Hellmann's
Tangy
Mayonnaise



125g
Knorr
Sweet Chilli
Sauce

1. Place butternut in a baking tray and add red onions, Marvello Full Fat Margarine and season with Robertsons Veggie Seasoning.
2. Cover with foil, with non-shining side facing up. Bake in the oven at 180°C for 15 minutes, then peel off the foil and bake for an additional 15 minutes or till the butternut is soft. Set aside to cool.
3. Place the butternut, half the coriander, half the feta and tinned lentils in a bowl and gently mix together with Hellmann's Tangy Mayonnaise and Knorr Sweet Chilli Sauce.
4. Garnish with the remaining coriander and feta.
5. Portion into tubs, seal and label.

Cooked yield: 2.5kg



Waldorf Salad



1.2kg
Granny Smith
apples
(cored, roughly chopped)



20ml
Spar
lemon juice



600g
Celery
(peeled, chopped)



100g
Pecan nuts
(toasted and chopped)



350g
Hellmann's
Tangy
Mayonnaise



200g
Seedless
raisins

1. Mix lemon juice with chopped apples.
2. Mix all the remaining ingredients together in a bowl.
3. Serve into tubs, seal and label.

Cooked yield: 2.5kg



Broccoli Salad with Cheddar Cheese and Toasted Sunflower Seeds



400g
Spar cheddar
cheese
(grated)



200g
Sunflower seeds
(toasted)



200g
Red peppers
(diced)



1kg
Broccoli
(raw, finely sliced
or small florets)



180g
Mrs Ball's
Chutney



35g
Robertsons
Veggie
Seasoning



530g
Hellmann's
Tangy
Mayonnaise

1. Mix all the ingredients gently together in a bowl.
2. Serve in a tub, seal and label.

Cooked yield: 2.4kg

Roasted Chicken Mayo in a Wrap



500g
Spar roasted
chicken
(shredded)



300g
Hellmann's
Tangy
Mayonnaise



10g
Robertsons
Veggie
Seasoning



125g
Carrots
(grated)



250g
Cucumber
(slices)



40g
Rocket



4 Freshline
wraps

or



8 slices
Freshline
low GI bread

1. Remove skin from the chicken. Shred the meat from the chicken carcass. Place in the bowl.
2. Add the Robertsons Veggie Seasoning and Hellmann's Tangy Mayonnaise and mix together well.
3. To assemble the wrap: fill with chicken mayo, grated carrots, sliced cucumber and rocket leaves.
4. To assemble the sandwich: fill with chicken mayo and rocket leaves.
5. Package, seal and label.

Cooked yield: 685g/4 servings



Egg and Gherkin Mayo on Health Seed Roll



10
Eggs
(hard boiled,
shelled, grated)



50g
Spar dill
gherkins
(chopped)



90g
Hellmann's
Tangy
Mayonnaise



To taste:
Robertsons Atlantic Sea Salt
and Robertsons Black Pepper



5
Freshline whole wheat
seeded rolls



80g
Assorted
lettuce leaves

1. Add eggs and gherkins and mix with Hellmann's Tangy Mayonnaise. Season with salt and pepper.
2. Assemble the sandwich with lettuce and the egg mayo filling.
3. Package, seal and label.

Cooked yield: 666g/5 servings

Tuna Mayo on a White Seeded Roll



1. Mix the celery, red onion, tuna, Robertsons Lemon & Herb Seasoning and Hellmann's Tangy Mayonnaise in a bowl.
2. Assemble the sandwich with lettuce and tuna filling.
3. Package, seal and label.

Cooked yield: 240g/2 servings

Carte D'Or Chocolate Mousse



500g
Carte D'Or
Chocolate
Mousse mix



1L
Spar cold milk



400ml
Meadowland
Classique

1. In a deep mixing bowl pour cold milk and the Carte D'Or Chocolate Mousse powder.
2. Mix with an electric beater (using a whisk-beater attachment) for 2 minutes on low speed followed by 3 minutes on high speed.
3. Whisk Meadowland Classique with an electric beater until stiff peaks form and fold into mousse with a spoon.
4. Pipe into serving containers and refrigerate.
5. Garnish with piped cream and grated chocolate.

Cooked yield: 10 servings of 250ml

Cheesecake with Strawberry Sauce



200g
Spar coconut
tennis biscuits?



80g
Marvello Full
Fat Margarine



500g
Carte D'Or
Cheesecake Mix



500ml
Cold water



100ml
Meadowland
Classique



150ml
Carte D'Or
Strawberry Sauce



Mint
to decorate

1. Crush the biscuits till they resemble a breadcrumb texture.
2. Melt the Marvello Full Fat Margarine, add to biscuits and combine.
3. Divide between containers and press down.
4. Pour cold water into mixing bowl, add Carte D'Or Cheesecake powder and Meadowland Classique and mix with an electric beater for 4 – 5 minutes.
5. Pipe the mixture on top of the biscuits and smooth over. Place in the fridge to set.
6. Once set, decorate with Carte D'Or Strawberry Sauce, and garnished with piped Meadowland Classique and a mint leaf.

Cooked yield: 12 portions of 125ml

Fruit Trifle



1. Cut the sponge into cubes and divide between 10 x 500ml clear tubs.
Add drained Spar fruit cocktail.
2. Mix the Carte D'Or Strawberry Jelly powder with 1 litre of boiling water and dissolved. Then add 800ml of cold water and mix together.
3. Pour the jelly over the cake and fruit cocktail and place in the fridge to set.
4. Whip up Meadowland Classique until stiff.
5. Once set, pour the Spar custard over the jelly, dividing equally.
6. Pipe the whipped cream on top of the custard and garnish with a cherry.

Cooked yield: 10 portions of 500ml