



Unilever  
Food  
Solutions



Max 30 min  
cooking time

1-2-3



Max 6  
ingredients

CANTEEN

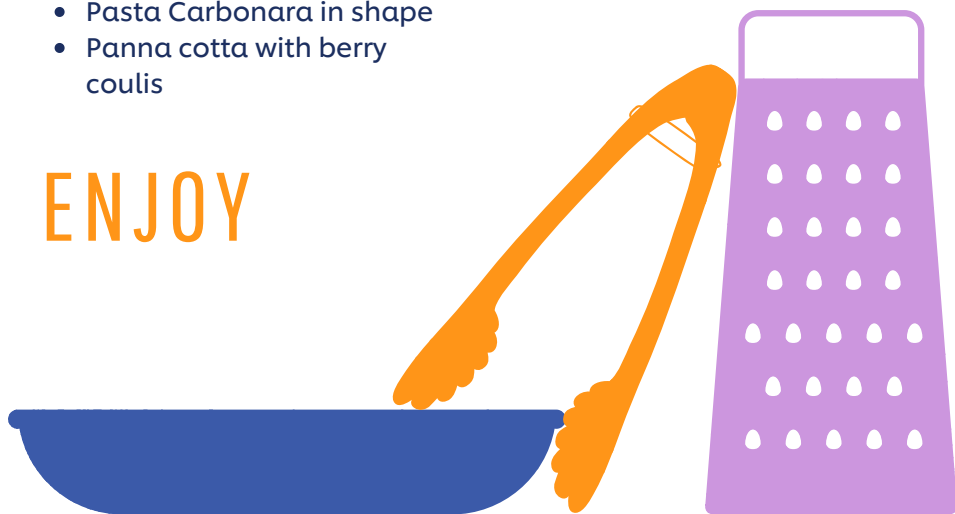
# ON THE MENU

Our skilled canteen chef, Ellen Merethe, has put together some wonderful recipes that are perfect for small and medium-sized canteens. These dishes are easy to make, with a maximum of 6 ingredients, and only take 30 minutes to prepare.

- Italian tomato sauce with chicken breast
- Bratwurst with root mash
- Tomato fish stew
- Thai soup
- Pasta gratin
- Creamy pasta salad
- Pasta Carbonara in shape
- Panna cotta with berry coulis



## ENJOY



## *1-2-3 Canteen*





# ITALIAN TOMATO SAUCE WITH CHICKEN BREAST

10 PORTIONS

*1 kg Tomatino is made from 1.7 kg of sun-ripened tomatoes from Italy, combined with Knorr Italian spice paste, you have a simple sauce with the flavors of Italy*

## INGREDIENTS

- 10 chicken breasts or chicken thigh fillets with a little salt and pepper
- 1 box Knorr Tomatino
- 100 g Knorr Bourquet All Italiana paste
- 10 g grounded black pepper

## INSTRUCTIONS

1

Warm Knorr Tomatino and Knorr Bouquet all italiana on low heat in a saucepan.

2

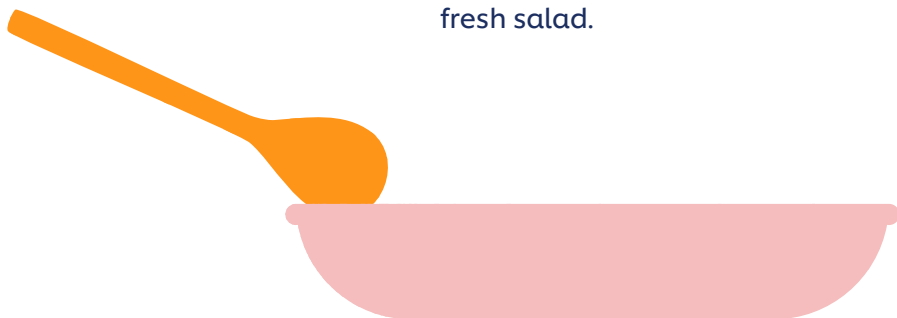
Season the sauce with freshly ground pepper.

3

Fry the chicken breast. After frying cut into thin slices.

4

For this dish you can use whatever potato, rice, couscos or bulgur you want. Or why not just some fresh bread or a fresh salad.



## 1-2-3 CANTEEN







# BRATWURST WITH ROOT MASH

10 PORTIONS

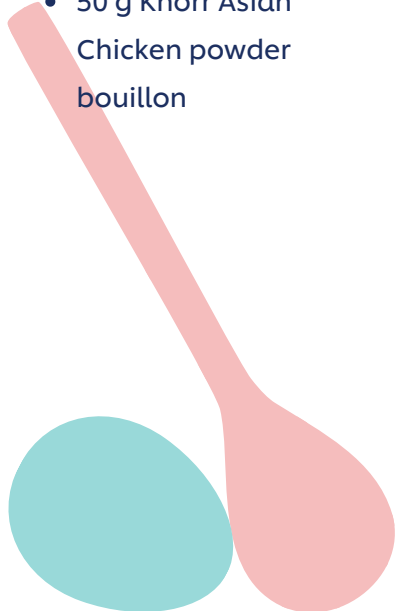
*Classic old shcool cooking where the root mash gets a real boost of flavor from Knorr Chicken Powder.*

## INGREDIENTS

- 20 bratwursts
- 1 kg sweet potato
- 1 kg celery root
- 50 g margarin/butter
- 1 dl cooking cream 15%
- 50 g Knorr Asian Chicken powder bouillon

## INSTRUCTIONS

- 1 Peel the sweet potato and celery and cut into bite-sized pieces, boil in water until tender.
- 2 Strain off the water and pour the vegetables back into the pot.
- 3 Add margarine and cooking cream or dairy alternative 15%, use a hand blender and make a puree. Season with Knorr Asian Chicken Powder.
- 4 Fry the bratwursts and serve the dish together with Maille Dijon mustard







# TOMATO FISH STEW

## 10 PORTIONS

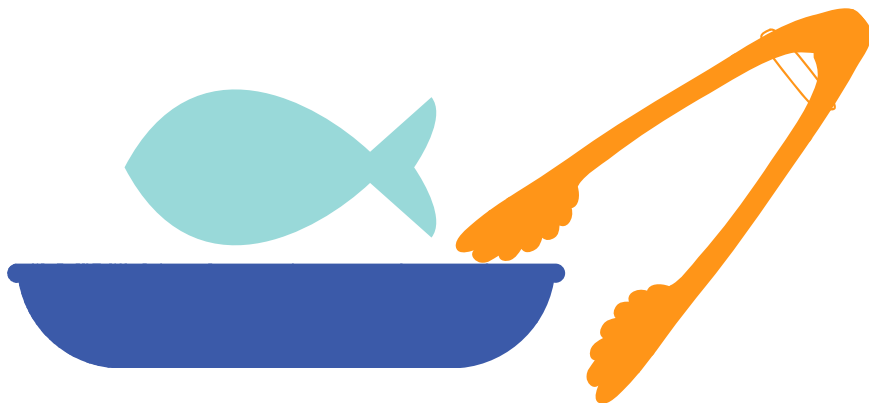
*A healthy and filling fish stew with tomato sauce, fish and vegetables. Serve with nice and fresh bread!*

### INGREDIENTS

- 1.5 kg of fish
- 2 kg Knorr Tomatino Tomato Sauce
- 2,5 kg Knorr Ratatouille
- 10 g Knorr Primerba Garlic seasoning paste
- 20 g Knorr Asian Chicken powder
- Bouillon

### INSTRUCTIONS

- 1 Cut the fish into cubes. Here you can use what you have available such as cod, pollock or salmon
- 2 Layer fish Knorr Tomatino and Knorr Rataouille in an ovenproof dish.
- 3 Season with garlic paste and chicken powder.
- 4 Bake in the oven for about 25 minutes at 180 degrees C.









# THAI SOUP

## 10 PORTIONS

*A warming soup that can be varied endlessly, with meat, fish, chicken or vegetarian. Use what you have in the kitchen*

### INGREDIENTS

- 300g Knorr Thai soup powder
- 2.5 liters of water
- 0.5 liter cooking cream

### INSTRUCTIONS

- 1 Mix soup powder, water and cooking cream in a saucepan and heat slowly, stirring regularly

#### TIPS

For serving

- Shellfish
- Chicken
- Vegetables julienne (depending on the season)
- Fresh herbs
- Bread croutons







# PASTA GRATIN

## 10 PORTIONS

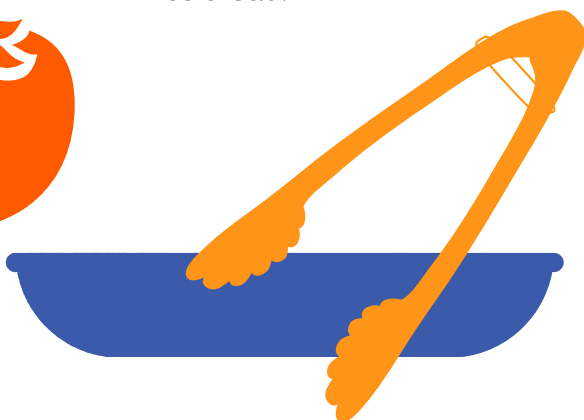
*A very simple and tasty dish where you let the pasta cook in the sauce, thus saving some time in a busy kitchen*

### INGREDIENTS

- 1.5 kg Knorr Fusilli Tricolore
- 1 can of Knorr Ratatouille
- 300 g Knorr Paprigano sauce
- 3.75 l of water
- 4 dl Cooking cream 15%

### INSTRUCTIONS

- 1 Make the Paprigano sauce from sauce powder, water and a little cooking cream.
- 2 Layer the (dry) Fusilli, the paprika sauce and the Ratatouille in a gastro tray.
- 3 Bake in the oven at 180 degrees for approx. 30 min.
- 4 Serve with a fresh salad and nice bread.











# CREAMY PASTA SALAD

## 10 PORTIONS

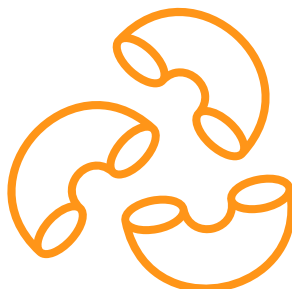
*A pasta salad is perfect to make when you have leftovers such as vegetables, meat or cheese. Hellmann's Professional binds the salad together very well and gives a lovely taste*

### INGREDIENTS

- 1.5 kg Knorr Fusilli Tricolore
- 300 g Hellmanns Professional
- 200 g Creme Fraiche
- 800 g of vegetables, such as kale, carrot, spring onion, radicchio Rosso
- Salt and pepper
- Fresh herbs

### INSTRUCTIONS

- 1 Cook the pasta as directed on the package. Cool down.
- 2 Mix together Hellmann's Professional mayonnaise and creme Fraiche. Season with salt and pepper.
- 3 Cut vegetables according to season and what you have available. Mix everything together in a bowl.



1-2-3 CANTEEN





# CARBONARA GRATIN WITH BACON

10 PORTIONS

*A simple way to serve the favorite of pasta Carbonara*

## INGREDIENTS

- 300 g Knorr Carbonara sauce powder
- 1 liter of water
- 1 Liter Cooking cream 15%
- 0.5 kg of bacon
- 0.5 kg grated cheese
- 1.5 kg Knorr Tagliatelle pasta

## INSTRUCTIONS

- 1 Make the Carbonara sauce from sauce powder, water and a little cooking cream. Cook the pasta
- 2 Place cooked pasta in a gastro tray and pour over the sauce. Top with grated cheese and put in the oven at 180g for about 30 minutes.
- 3 Fry the bacon in pieces until it is crispy and sprinkle over the gratin just before serving.

### TIPS

Use the vegetables you have left over in the gratin if you wish, such as spring onions, cauliflower or broccoli







# PANNA COTTA WITH BERRY COULIS

40 PORTIONS OF 1 DL

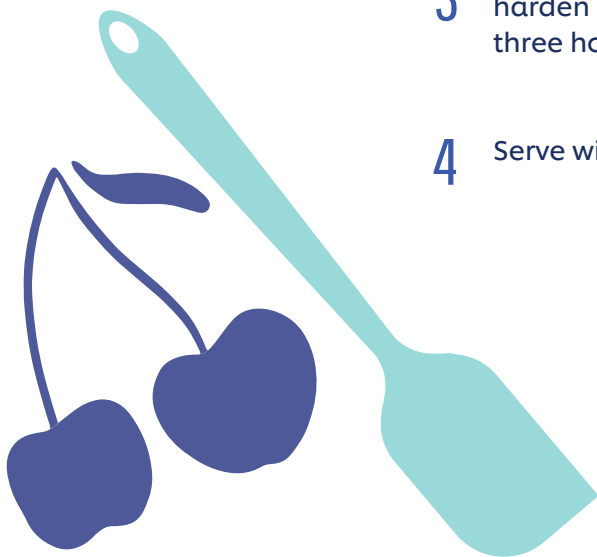
*An Italian classic. Velvety cream pudding that is served as it is, or further developed with your own flavours.*

## INGREDIENTS

- 520 g Carte D'Or Panna cotta powder
- 2 L Milk
- 2 L Cream 38%
- 1 liter berry coulis

## INSTRUCTIONS

- 1 Mix the contents of the packet into 2 L of boiling milk and stir for about 30 seconds until everything is dissolved
- 2 Add 2 L of cold cream and stir again
- 3 Pour into molds and leave to harden in the fridge for about three hours before serving.
- 4 Serve with berry coulis







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