



Unilever
Food
Solutions



Max 30 min
cooking time

1-2-3



Max 6
ingredients

CANTEEN

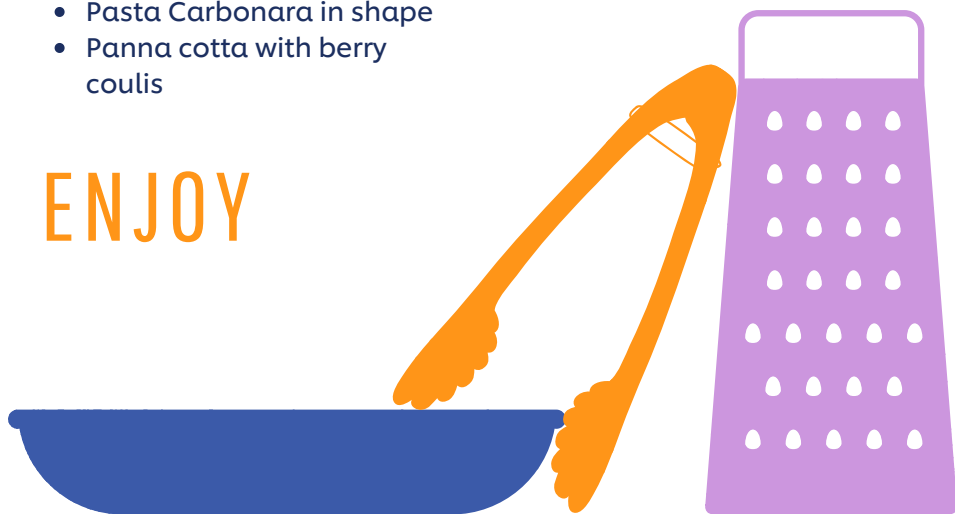
ON THE MENU

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 KANTINE





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
epd no: 42088229
- 100 g Knorr B all italiana Primerba, epd no: 568451
- 10 g grounded black pepper

INSTRUCTIONS

1

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

2

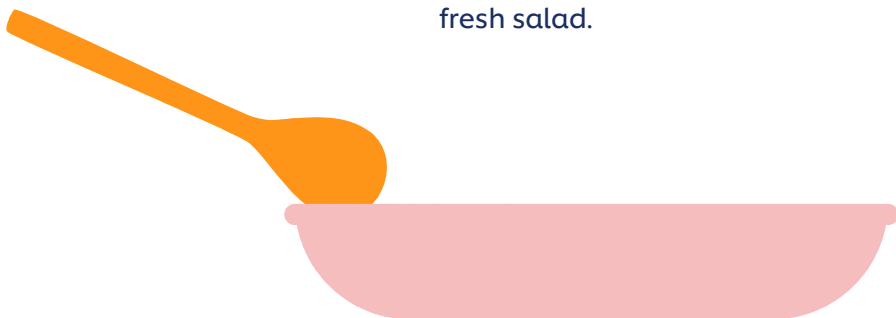
Season the sauce with freshly ground pepper.

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. Serve with Maille Old style mustard

INGREDIENTS

- 20 bratwursts
- 1 kg sweet potato
- 1 kg celery root
- 50 g Rama margarin epd
no: 6274039
- 1 dl Rama Mat 15% epd
no: 6156087
- Approx. 50 g Chicken
powder from Knorr epd
no: 6352140

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 Rama dairy alternative 15%, use a hand blender and make a puree. Season with Knorr Chicken Powder.
- 4 Fry the bratwursts and serve the dish together with Maille Old style mustard







TOMATO FISH STEW

10 PORTIONS

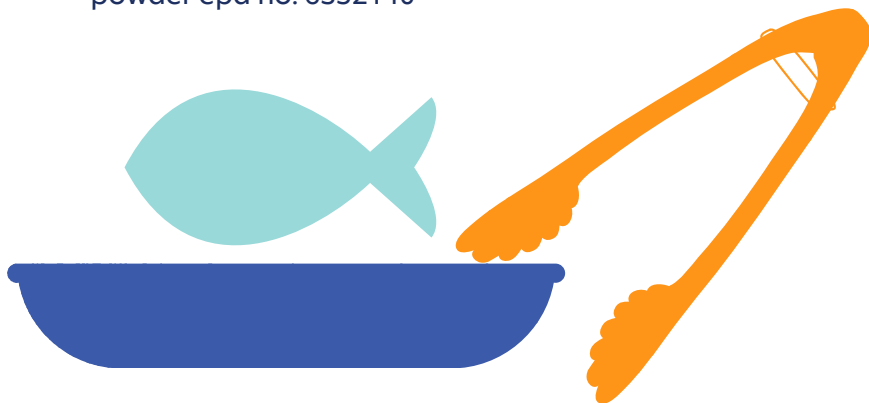
A healthy and filling fish stew with tomato sauce, fish and vegetables. Serve with nice and fresh bread!

INGREDIENTS

- 1.5 kg of fish
- 1 box of Tomatino
Tomato Sauce, EPD no:
4208229
- 1 box Knorr Ratatouille
epd no: 2884468
- 10 g Knorr Primerba
Garlic seasoning paste
epd no: 526186
- 20 g Knorr Chicken
powder epd no: 6352140

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 powder Thai soup Knorr epd no 2601698
- 2.5 liters of water
- 0.5 liter Rama Mat 15% epd no: 6156087

INSTRUCTIONS

- 1 Mix soup powder, water and Rama mat 15% 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 epd no:
4017547
- 1 Box Knorr Peperonata
epd no: 4299543
- 300 g Paprigano sauce
from Knorr epd no:
5109723
- 3.75 l of water
- 4 dl Rama Mat 15% epd
no: 6156087

INSTRUCTIONS

- 1 LMake the Paprigano sauce
from sauce powder, water and
a little Rama Mat 15%
- 2 Layer the (dry) Fusilli, the
paprika sauce and the
Peperonata in a gastro tray
- 3 Bake in the oven at 180 g for
approx. 30 min.
- 4 Serve with a fresh salad and
good 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

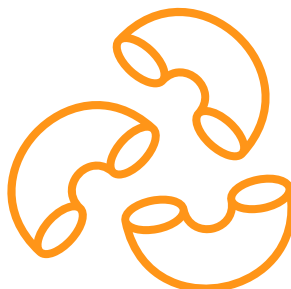
INGREDIENTS

- 1.5 kg Knorr Fusilli
Tricolore epd no:
4017547
- 300 g Hellmanns
Professional epd:
6417992
- 200 g Rama Fraiche
epd: 6482061
- 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 Rama 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

En enkel måte å servere favoritten pasta Carbonara

INGREDIENTS

- 300 g Knorr Carbonara sauce powder epd no: 2294742
- 1 liter of water
- 1 Liter Rama Mat 15% epd no: 6156087
- 0.5 kg of bacon
- 0.5 kg grated cheese
- 1.5 kg Pasta/Spaghetti

INSTRUCTIONS

- 1 Make the Carbonara sauce from sauce powder, water and a little Rama Mat 15%. 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 À 1 DL

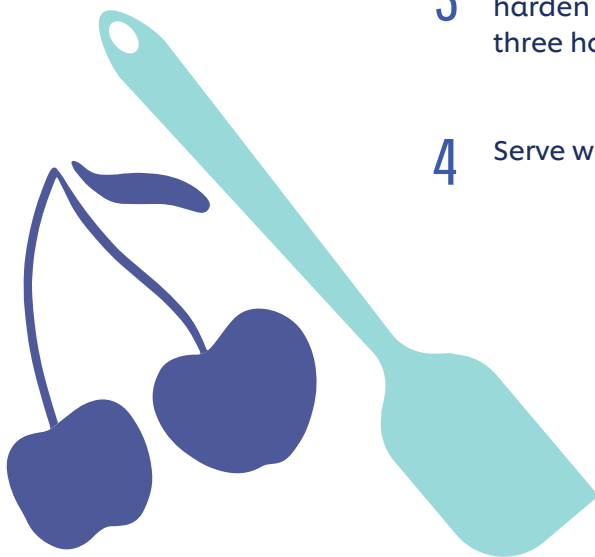
An Italian classic. Velvety cream pudding that is served as it is, or further developed with your own flavours.

INGREDIENTS

- 520 g Carte D'Or Panna cotta powder epd: 2631067
- 2 L Milk
- 2 L Rama Piske 31% epd: 6156145
- 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 Rama Piske 31% 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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