



BEST DRESSED SALADS

*Liven up your menu with these
inspiring & delicious salad recipes*



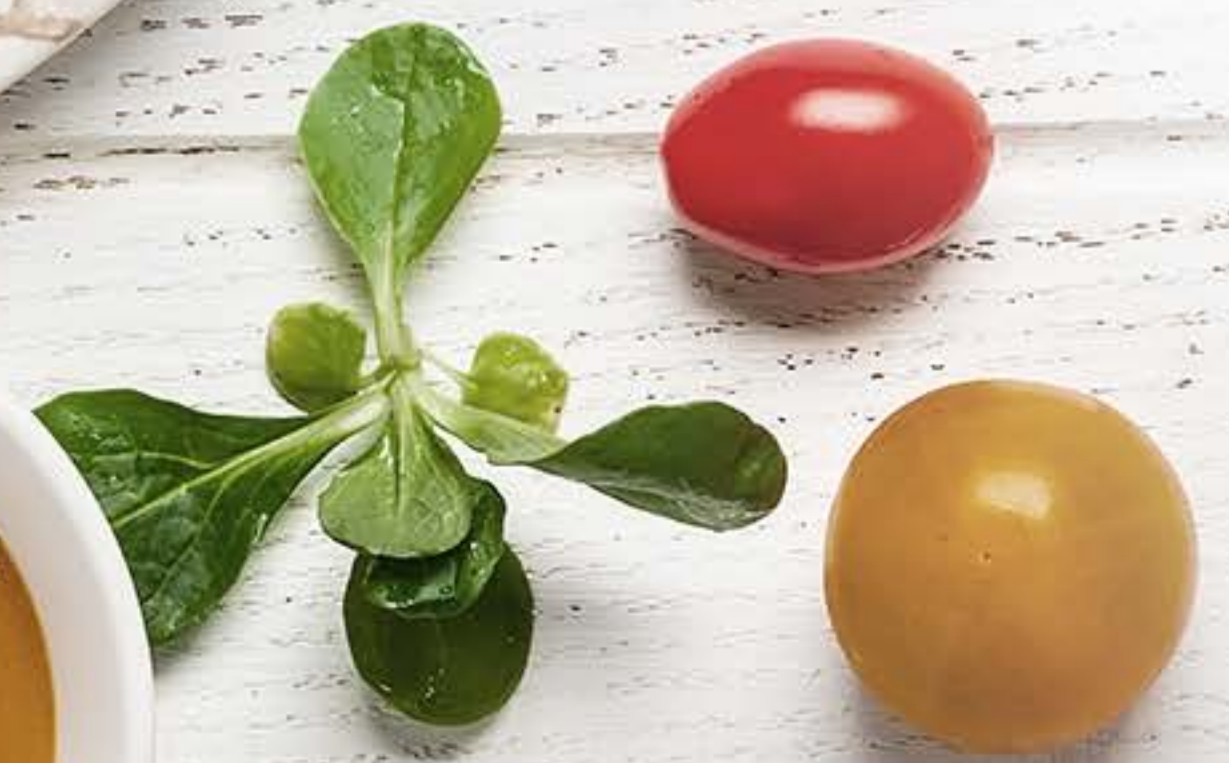


— Bring out —
the extra
in extraordinary.

It's time to get serious about salads and these amazing recipes will help you do that. From pure veggie mixes to hearty meat feasts, these on trend salads are packed with inspiration. But whatever you do, don't forget the dressing! A big drizzle or even just a few drops of **dressing can transform any salad from ordinary to extraordinary.**



EXTRAORDINARY SALADS



Asian Coleslaw <i>Best Foods Classic Mayonnaise</i>	3
BBQ Chicken Sub <i>Best Foods Classic Mayonnaise</i>	4
Beef Steak Poke Bowl <i>Best Foods Thousand Island Dressing</i>	5
Beetroot Orange Salad <i>Best Foods French Dressing</i>	6
Mediterranean Grilled Chicken <i>Best Foods French Dressing</i>	7
Mexican Coleslaw <i>Best Foods Classic Mayonnaise</i>	8
Prawn Cocktail Sandwich <i>Best Foods Thousand Island Dressing</i>	9
Spicy Potato Salad <i>Best Foods Classic Mayonnaise</i>	10
Summer Salad <i>Best Foods French Dressing</i>	11
Super Chilled Iceberg Salad <i>Best Foods French Dressing</i>	12



Everything you know and love about coleslaw, but with a fantastic Asian twist. This recipe uses Asian ingredients to create an authentic Best Foods Asian dressing, which will bring any salad to life.

ASIAN COLESLAW

Serves: 10

INGREDIENTS

600g	Purple cabbage, julienned	30g	Brown sugar
600g	White cabbage, julienned	30g	Sesame oil
250g	Red onion, thinly sliced	30g	Sesame seeds
60g	Spring onion, thinly sliced	5g	Salt
150g	Best Foods Classic Mayonnaise	2g	Black pepper
64g	Soy sauce		
64g	Lemon juice		
64g	Rafhan Corn Oil		
30g	Fresh ginger, julienned		
30g	Vinegar		

Chef's tip: When it comes to coleslaw you need a great mayo to bind the ingredients together and lock in their moisture. If you don't have that, then you'll end up with wilted veggies and a sloppy, loose coleslaw.

For full recipe visit [ufs.com](https://www.ufs.com)



A total comfort dish with a whole lot of flavour! Try this delicious hot sub packed with chicken, cheese and a homemade BBQ sauce today.

BBQ CHICKEN SUB

Serves: 10

INGREDIENTS

BBQ Sauce

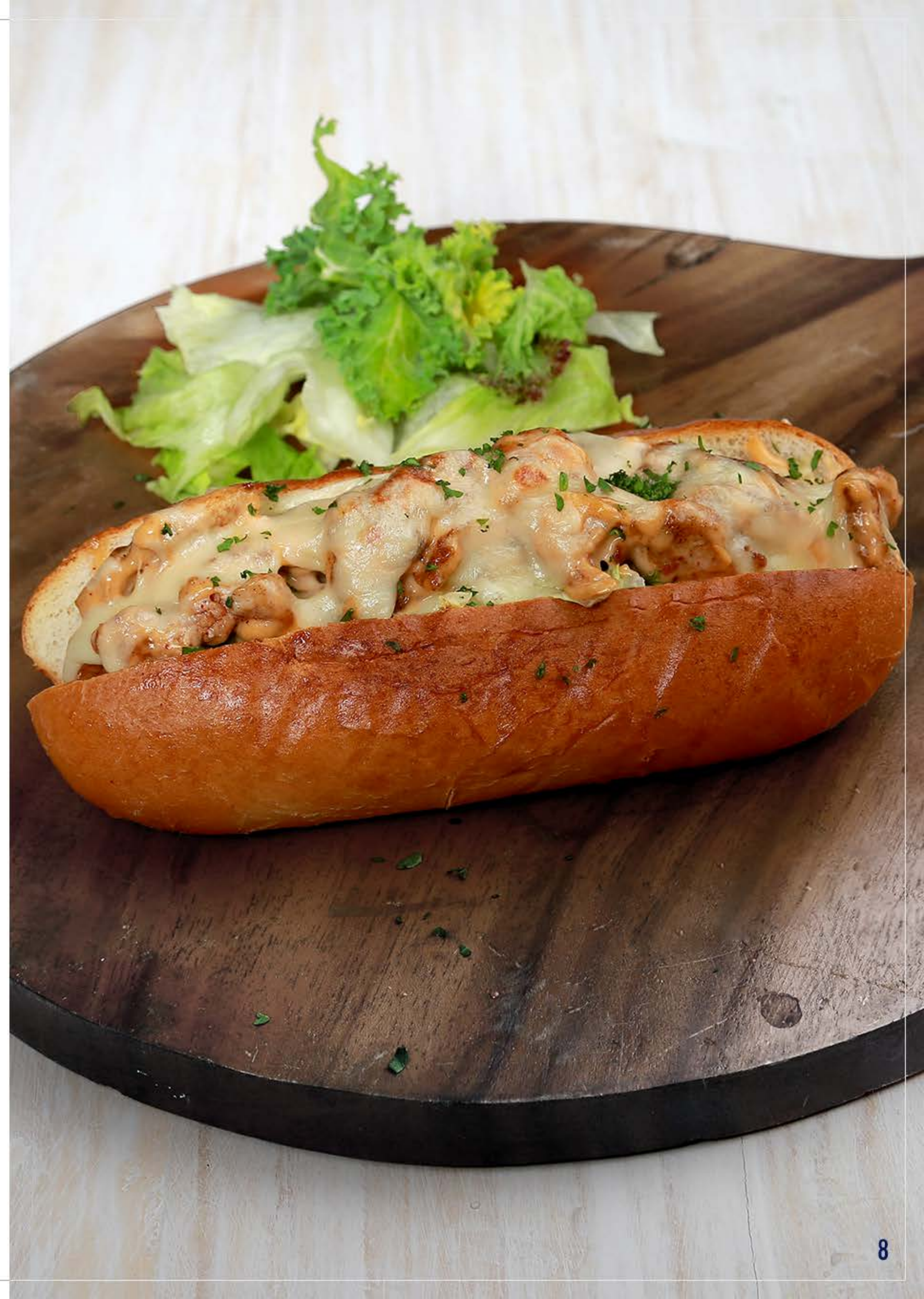
- 225g Best Foods Classic Mayonnaise
- 30g Vinegar
- 140g Knorr Barbecue Sauce
- 3g White pepper
- 20g Dijon mustard
- 5g Paprika
- 5g Cumin powder

Sandwich

- 2kg Chicken breast strips
- 40g Knorr Chicken Stock Powder
- 75g Shallots, sliced
- 500g Cheddar cheese, grated
- 10pc French bread subs



For full recipe visit [ufs.com](https://www.ufs.com)



Serving food in a poke bowl is increasingly popular, and no longer just for seafood. This recipe combines Asian marinated beef with grilled pineapple on a bed of brown rice for a healthy, colourful and trendy dish.

BEEF STEAK POKE BOWL

Serves: 10

INGREDIENTS

Seared Beef and Marinade

- 2kg Beef fillet steak
- 50g Garlic, minced
- 50g Ginger, minced
- 100g Soy sauce
- 100g Sesame oil
- 80g **Rafhan Corn Oil**
- 75g Brown sugar
- 75g Rice vinegar

Dressing

- 250g **Best Foods Thousand Island Dressing**
- 3g Chilli flakes
- 5g Ginger, minced

Seared Pineapple

- 1pc Whole pineapple, sliced
- 30g Brown sugar

Salad Bowl

- 100g Brown rice, cooked
- 40g Mixed salad leaves
- 25g Radish, thinly sliced
- 60g Cucumber, peeled & sliced into strips
- 50g Edamame beans, cooked
- 15g Spring onions, finely chopped
- 10g Black beans
- 10g White sesame seeds
- 20g Red chilli, sliced



Chef's tip: Save the time you would have spent on a scratch dressing, perfecting your presentation. Make your poke bowl pop with colour, texture and aroma, and your diners' mouths will be watering.

For full recipe visit [ufs.com](https://www.ufs.com)

Want a colourful citrus fruits salad? Try this quick and easy salad with a perfect balance of acidity and sweetness. Simply delicious!

BEETROOT ORANGE SALAD

Serves: 10

INGREDIENTS

- 1kg Beetroot
- 1kg Orange
- 250g Almonds, chopped
- 150g Rocket leaves
- 150g Mixed salad leaves
- 25g Balsamic vinegar
- 150g Best Foods French Dressing**
- 50g Parsley, finely chopped



For full recipe visit [ufs.com](https://www.ufs.com)





Chef's tip: Well-prepared chicken should be tender, moist and tasty, and its soft texture should complement the crispy, crunchiness of the fresh vegetables.

A chicken salad is a must on any menu but needs to be exciting and packed with fresh colourful ingredients. This recipe is sure to satisfy your guests with its Mediterranean-inspired ingredients.

MEDITERRANEAN GRILLED CHICKEN SALAD

Serves: 10

INGREDIENTS

- 1.2kg Chicken breast, butterflied
- 25g Paprika
- 50g **Rafhan Corn Oil**
- 50g Garlic, chopped
- 25g **Knorr Chicken Stock Powder**
- 200g Zucchini, cubed
- 200g Eggplant, cubed
- 200g Mixed peppers, cubed
- 200g Tomato wedges
- 25g Parsley leaves
- 200g Rocket leaves
- 200g Cucumber, diced
- 100g Spring onions, sliced
- 50g Black olives

Dressing

- 250g **Best Foods French Dressing**
- 25g Parsley

Garnish

- 15g Basil
- 15g Coriander



For full recipe visit [ufs.com](https://www.ufs.com)

More like a salad than a typical coleslaw, this is a beautiful dish with so much flavour. Its creamy base is made from mayonnaise and sour cream. Try it today to taste the difference.

MEXICAN COLESLAW

Serves: 10

INGREDIENTS

- 600g White cabbage, julienned
- 600g Red cabbage, julienned
- 60g Red pepper, diced
- 60g Black beans
- 60g Corn, grilled
- 60g Fresh coriander, chopped
- 25g Jalapeño chilli, finely diced
- 200g **Best Foods Classic Mayonnaise**
- 60g Sour cream
- 30g Taco seasoning
- 5g **Knorr Lime Seasoning Powder**



For full recipe visit [ufs.com](https://www.ufs.com)





Prawns and thousand island dressing are a classic combination that work well in salads and sandwiches. A tangy, slightly spicy dressing paired with cucumber and dill adds freshness and taste too.

PRAWN COCKTAIL SANDWICH

Serves: 10

INGREDIENTS

- 500g Prawns, steamed
- 300g **Best Foods Thousand Island Dressing**
- 15g Paprika
- 15g Worcestershire sauce
- 10g Tabasco
- 150g Cucumber
- 150g Lettuce leaves
- 20g Dill, chopped
- 50g Spring onion, sliced
- 20pc Brown bread, sliced

Chef's tip: There's lots of different ways to cook prawns, you could grill, stir fry or poach. But for a really tender and tasty prawn, steaming is best. It's still a quick method, but one that reduces the risk of overcooking.



For full recipe visit [ufs.com](https://www.ufs.com)

A perfect salad loaded with spices, herbs and flavour! This potato salad is subtly spicy and deliciously fresh thanks to its mix of garlic, turmeric and herbs like coriander, dill and parsley.

SPICY POTATO SALAD

Serves: 10

INGREDIENTS

- 1.2kg Potatoes, peeled
- 2L Water
- 5g Cayenne pepper
- 15g Salt
- 30g Turmeric powder
- 45g Olive oil
- 10g Garlic cloves, chopped
- 30g Coriander seeds
- 15g Chilli flakes
- 15g Paprika
- 250g **Best Foods Classic Mayonnaise**
- 15g Tabasco
- 3g **Knorr Lime Seasoning Powder**
- 60g Fresh coriander, chopped
- 60g Fresh parsley, chopped
- 30g Dill, chopped



For full recipe visit [ufs.com](https://www.ufs.com)





Chef's tip: The secret to a good salad is in how you dress and season it. Get this right, and your salad will be an instant hit with diners.

A refreshing, healthy salad bursting with seasonal ingredients, it's perfect for any menu. Use Best Foods French Dressing as a base to make your own signature dressing by adding fresh ingredients and other sauces.

SUMMER SALAD

Serves: 10

INGREDIENTS

Summer Salad

- 100g Radish, pickled
 - 200g Rocket leaves
 - 100g Tomato wedges
 - 100g Zucchini, pickled
 - 50g Sugar snap peas
 - 100g Carrots, pickled
 - 100g Cucumber, diced
 - 100g Radicchio, chiffonade
 - 50g Spring onion, sliced
 - 50g Peas
 - 25g Blueberries
- Sauce**
- 250g **Best Foods French Dressing**
 - 25g Parsley, finely chopped

Garnish

- 15g Basil
- 15g Coriander

Pickling liquid

- 250g Vinegar
- 250g Water
- 250g Sugar



For full recipe visit [ufs.com](https://www.ufs.com)

If you're looking for a great salad for a summer menu, you can't get much better than this healthy, super chilled salad with a nutty flavour. Check out this recipe to find out how to make this salad extra special for your diners.

SUPER CHILLED ICEBERG SALAD

Serves: 10

INGREDIENTS

- 1.2kg Iceberg lettuce
- 300g Cherry tomato
- 15g Garlic, chopped
- 15g Fresh thyme
- 25g Balsamic vinegar
- 400g Red onion, pickled
- 200g Carrots, pickled
- 100g Cucumber, pickled
- 100g Red radish, pickled
- 150g **Best Foods French Dressing**
- 50g Parsley, finely chopped

Pickle Liquid

- 250g Vinegar
- 250g Water
- 250g Sugar



For full recipe visit [ufs.com](https://www.ufs.com)



FEATURED PRODUCT RANGE

Thousand Island Dressing

This smooth, tasty dressing is made using premium ingredients such as soybean oil, eggs and relish. It's ideal for using with salads, sandwiches, burgers and as a base for dressings.

Classic Mayonnaise

The World's No.1 Mayonnaise. Thick, creamy and premium quality. Perfect for all kinds of applications including salads, sandwiches, burgers, dressings and dips.

French Dressing

Made with high quality ingredients, including soybean oil, eggs and vinegar, this dressing has a deliciously balanced tangy flavour. It's perfect for using with salads and as a base for dressings.

