



# 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

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### **Asian Coleslaw**

*Hellmann's Classic Mayonnaise*

**3**

### **BBQ Chicken Sub**

*Hellmann's Classic Mayonnaise*

**4**

### **Beef Steak Poke Bowl**

*Hellmann's Thousand Island Dressing*

**5**

### **Mexican Coleslaw**

*Best Foods Classic Mayonnaise*

**6**

### **Prawn Cocktail Sandwich**

*Hellmann's Thousand Island Dressing*

**7**

### **Spicy Potato Salad**

*Hellmann's Classic Mayonnaise*

**8**







**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.

*Everything you know and love about coleslaw, but with a fantastic Asian twist. This recipe uses Asian ingredients to create an authentic Hellmann's 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	Hellmann's Classic Mayonnaise	2g	Black pepper
64g	Soy sauce		
64g	Lemon juice		
64g	Rafhan Corn Oil		
30g	Fresh ginger, julienned		
30g	Vinegar		



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 Hellmann's 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)







**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.

*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 **Hellmann's 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



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 **Hellmann's Classic Mayonnaise**
- 60g Sour cream
- 30g Taco seasoning
- 5g **Knorr Lime Seasoning Powder**



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**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.

*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 **Hellmann's 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



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*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 **Hellmann's 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)





# 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.

