

BEST DRESSED SALADS

Liven up your menu with these inspiring & delicious salad recipes

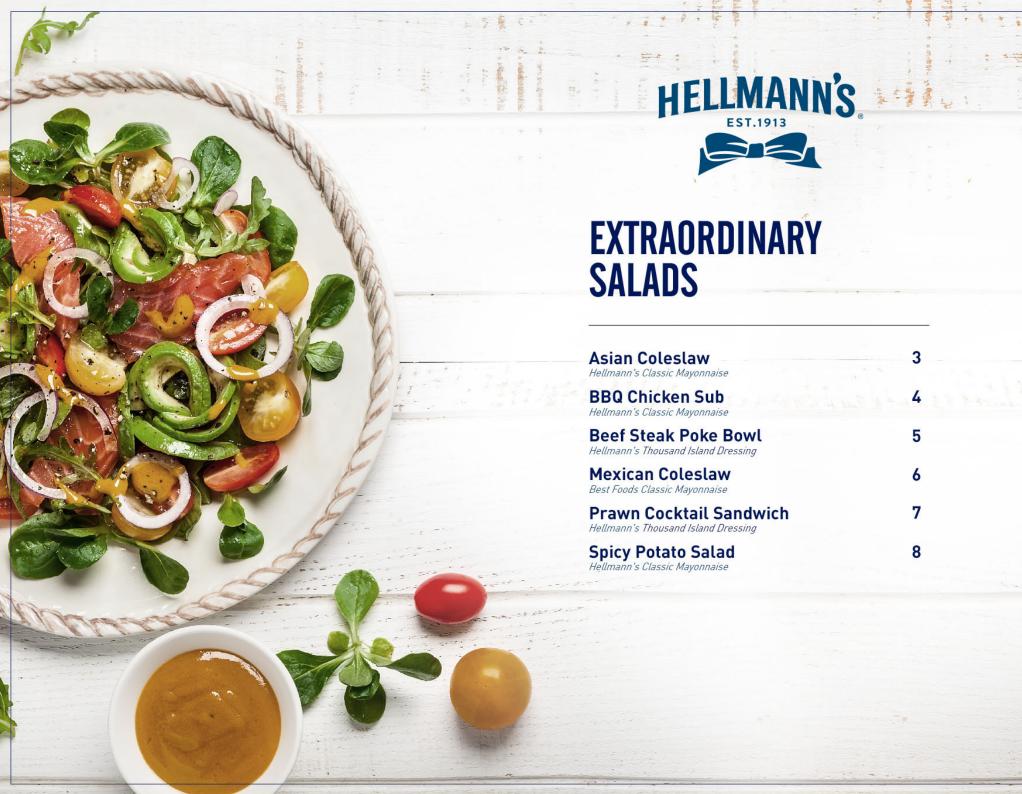






the extro in extraordinary.

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.





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

Rafhan Corn Oil

Vinegar

Fresh ginger, julienned

64g

30g

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		

HELLMANN'S
EST.1913

CLASSIC
MAYONNAISE
Made with real regs

Albert

For full recipe visit 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

25g Hellmann's Classic Mayonnaise

30g Vinegar

40g Knorr Barbecue Sauce

3g White pepper

20g Dijon mustard

g Paprika

g Cumin powder

Sandwich

2kg Chicken breast strips

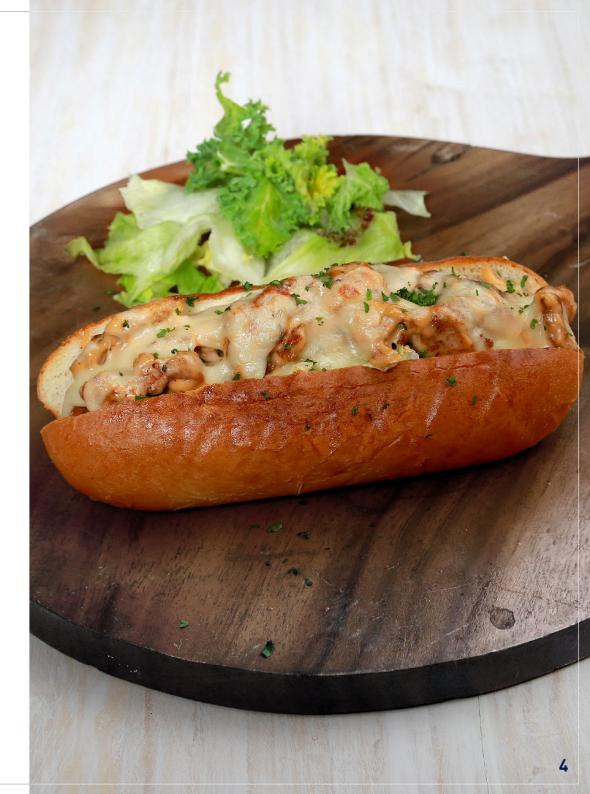
40g Knorr Chicken Stock Powder

75g Shallots, sliced

500g Cheddar cheese, grated

10pc French bread subs







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

Seared Beef and Marinade

Serves: 10

INGREDIENTS

Chilli flakes Ginger, minced

Brown sugar

Seared Pineapple

Whole pineapple, sliced

		100	
2kg	Beef fillet steak	100g	Brown rice, cooked
50g	Garlic, minced	40g	Mixed salad leaves
50g	Ginger, minced	25g	Radish, thinly sliced
100g	Soy sauce	60g	Cucumber, peeled &
100g	Sesame oil		sliced into strips
80g	Rafhan Corn Oil	50g	Edamame beans, cooked
75g	Brown sugar	15g	Spring onions,
75g	Rice vinegar		finely chopped
	Dressing	10g	Black beans
		10g	White sesame seeds
250g	Hellmann's Thousand Island Dressing	20g	Red chilli, sliced

Salad Bowl

For full recipe visit 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







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



For full recipe visit 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 Hellmann's Classic Mayonnaise

15g Tabasco

3g Knorr Lime Seasoning Powder

60g Fresh coriander, chopped

60g Fresh parsley, chopped

30g Dill, chopped





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.

