

Menus that Matter



Unilever Food Solutions

Support. Inspire. Progress.



Knorr Professional products are made with simple ingredients and are the building blocks of flavor while enabling consistency across applications. Operators can feel proud using quality products while meeting their guests' needs.

- ✓ Free from artificial flavors and preservatives
- ✓ Made with colors from natural sources
- ✓ Gluten Free
- ✓ New Vegan/Vegetarian products*
- ✓ No MSG Added***

*** This product contains no added monosodium glutamate beyond the small amounts naturally occurring.



Our chefs and nutritionists work together to allow you to create flavorful and nutritious dishes with ease.

- ✓ Authentic flavor, crafted to meet our Highest Nutrition Standards** for sodium.
- More vegetarian options make it easier to adapt dishes to diet and lifestyle preferences.

** Unilever's Highest Nutritional Standards are based on the World Health Organization recommended intake of 2000mg sodium per day.



Knorr® prides themselves on sourcing high quality ingredients and helping farms to implement sustainable practices such as reducing water and energy consumption, minimizing fertilizer usage, optimizing renewable resources, and increasing biodiversity.











Smoky Baba Ganoush

Serves: 10

5 each Large eggplants, cut in half, scored

As Needed As Needed

4 each Cloves garlic, peeled and made

into a paste

Tahini .5 cups

Greek yogurt plain .25 cups 2 each Lemon, juice only

.25 cups Knorr® Professional

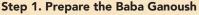
Intense Flavors Deep Smoke

Finish the Dish

20 each Pita bread, plain Prepared Baba Ganoush As Needed Olive oil

As Needed Sumac

Parsley, chopped for garnish



Drizzle olive oil over eggplant and season with salt. Roast for 25 - 30 min at 425F until the eggplant is soft and golden

Remove eggplant pulp from skin and chop finely or pulse in the bowl of a food processor. Transfer eggplant to a mixing bowl, and fold in the garlic, tahini, yogurt, lemon juice and Knorr® Ultimate Intense Flavors Deep Smoke.

Step 2. Finish the Dish

Cut the pita into triangles and toast lightly. Spoon the prepared Baba Ganoush into a bowl and top with olive oil, sumac, and chopped parsley. Serve with toasted pita triangles.



Nutrition information per serving: Calories 350, Total Fat 12g, Polyunsaturated Fat 4g, Monounsaturated Fat 6g, Trans Fat 0g, Cholesterol 0mg, Sodium 720mg, Total Carbohydrate 55g, Dietary Fiber 8g, Total Sugars 11g, Protein 11g, Vitamin D 0mcg, Calcium 113mg, Iron 3mg, Potassium 798mg







Step 1. Prepare the Fennel

Pick the fennel fronds and reserve. Cut fennel into thin wedges and drizzle olive oil, salt and pepper, place on grill over med-low heat. Spin and flip fennel continuously for 3-4 min. Set

Step 2. Prepare the Lentils

Place a sauce pot on stove with cumin and thyme. Bring the prepared Knorr Vegetable Liquid Concentrated Base with cumin and thyme to a boil and add in red lentils. Simmer for 10 min, turn off and cover. Let steam.

Step 3. Prepare the Clams

Heat olive oil in large pot and sweat shallots. Stir until shallots are soft, then add grated garlic, stir in, and deglaze with white wine.

Add clams, lower heat and cover, steam clams open. Once they are open shut off heat. Take clams out, separate clams from shells and reserve liquid.

Black Sea Bass with Charred Fennel. **Red Lentils and Citrus Ocean Broth**

Prepare the Fennel

2 each Fennel bulbs As Needed Olive oil

Salt and Pepper To taste

Prepare the Lentils

Red lentils 2 cups

2 cups, prep Knorr® Professional Liquid

Concentrated Base Vegetable

6 each Thyme sprigs, fresh

Cumin seeds, toasted, prepared 2 tsp

Prepare the Clams

.25 cups Olive oil

6 each Shallots, minced

2 each Fresh garlic clove, grated

2 cups White wine, dry

4 dozen Littleneck clams, scrubbed and

cleaned

Prepare the Citrus Ocean Broth Basil leaves, packed 1 cup

1 cup Spinach leaves, packed

6 Tbsp Knorr® Professional Intense

Flavors Citrus Fresh

prepared

Finish the Dish

As Needed Canola oil

To taste Salt and Pepper 10 each Black Sea Bass filets

As Needed Butter

Step 4. Prepare the Citrus Ocean Broth

Blanch the basil, spinach and reserved fennel fronds in boiling water. Leave for 15 seconds and shock in ice water. Once cold, squeeze out water and place in blender with clam juice and puree together with Knorr Intense Flavors Citrus Fresh. Sauce should be smooth and bright

Step 5. Finish the Dish

Score the skin of the sea bass filets. Season with

salt and pepper.

Heat canola oil in a sauté pan. Cook the sea bass, skin side down, for 4 min on med-high heat. Add butter and baste the fish. Flip fish and turn heat off. Place red lentils on the side of the plate and top with sea bass. Add a few pieces of the charred fennel along with 4-5

clams, and spoon sauce on the plate.

Nutrition information per serving: Calories 340, Total Fat 9g, Polyunsaturated Fat 1.5g, Monounsaturated Fat 6g, Trans Fat 0g, Cholesterol 20mg, Sodium 560mg, Total Carbohydrate 34g, Dietary Fiber 6g, Total Sugars 7g, Protein 19g, Vitamin D 1mcg, Calcium 68mg, Iron 5mg, Potassium 638mg





