

Knorr
PROFESSIONAL

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 | .25 cups | Knorr® Professional Intense Flavors Deep Smoke |
| As Needed | Olive oil | Finish the Dish | |
| As Needed | Salt | 20 each | Pita bread, plain |
| 4 each | Cloves garlic, peeled and made into a paste | Prepared | Baba Ganoush |
| .5 cups | Tahini | As Needed | Olive oil |
| .25 cups | Greek yogurt plain | As Needed | Sumac |
| 2 each | Lemon, juice only | | Parsley, chopped for garnish |

Step 1. Prepare the Baba Ganoush

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

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



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

Serves: 10



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 aside.

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.

Prepare the Fennel

- 2 each** Fennel bulbs
As Needed Olive oil
To taste Salt and Pepper

Prepare the Lentils

- 2 cups** Red lentils
2 cups, prep Knorr® Professional Liquid Concentrated Base Vegetable
6 each Thyme sprigs, fresh
2 tsp Cumin seeds, toasted, prepared

Prepare the Clams

- .25 cups** Olive oil
6 each Shallots, minced
2 each Fresh garlic clove, grated
2 cups White wine, dry

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 green.

Step 5. Finish the Dish

Score the skin of the sea bass filets. Season with

- 4 dozen** Littleneck clams, scrubbed and cleaned

Prepare the Citrus Ocean Broth

- 1 cup** Basil leaves, packed
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

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



For more recipes and inspirations, visit www.ufs.com