

The SHOPPER

SPRING | SEPTEMBER 2021



Spring

SO BERRY GLAD IT'S SPRING!

Recipes from our Chefs

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TSEBO

SO BERRY GLAD IT'S SPRING!

Blueberry

Bacon cheeseburger



CHEF GESINA ERASMUS
Fedics Eastern & Southern Cape

Ingredients

2 cups	Blueberries (fresh)
1 tsp	Lemon zest
¼ cup	Lemon juice
2	Chilies (diced finely)
2 tsp	Sugar
2 tsp	Corn starch
Pinch	Salt
480 g	Beef mince
4 slices	Cheddar cheese
4 strips	Bacon (chopped and crispy fried)
4	Burger rolls (toasted)

To serve

TT	Spinach leaves
TT	Beetroot (julienne)
TT	Carrot (julienne)
TT	Coriander (chopped)
TT	Lemon zest
TT	Balsamic vinaigrette
TT	Potato and sweet potato crisps

Method

1. To prepare the burgers, form the meat into 4 equal size patties. Season with salt and pepper on both sides and then set aside until ready to cook.
2. To make the blueberry compote, place the finely chopped chili in a small saucepan over medium heat with a little oil. Sauté for 1-2 minutes.
3. Next, add the whole blueberries, lemon zest, lemon juice and sugar. Cook for 5-8 minutes until blueberries soften and begin to release their juices. Finally, add a pinch of salt and the corn starch. Stir to combine and cook until compote begins to thicken. Remove from heat and let cool completely before serving.
4. Fry the burger patties. Add the cheddar cheese during the last minute of cooking.

Assemble

1. On the burger roll, place spinach leaves, then place a fried burger patty on each roll and top with a generous amount of the blueberry compote.
2. Mix the beetroot, carrot, coriander, lemon zest and balsamic vinaigrette. Place on top of the compote.
3. Sprinkle with the crispy bacon bits and then add the top bun on each burger.
4. Serve with a side of sweet potato and potato fries.



SO BERRY GLAD IT'S SPRING!

**Cranberry, caramelised
red onion and feta**

Burger



CHEF GESINA ERASMUS
Fedics Eastern & Southern Cape



Ingredients

200 g	Red onion (sliced)
30 ml	Vinegar
100 ml	Water
150 g	Cranberry sauce
30 g	Sugar
2 g	Salt
4	Burger rolls
480 g	Beef mince
120 g	Feta cheese (crumbled)
2 g	Salt
1 g	Black pepper

To serve

TT	Spinach leaves
TT	Onion rings
TT	Rosemary
TT	Skinny fries, dusted with dried chili salt

Method

1. In a pan, cook red onion, vinegar, water, sugar, salt, and cranberry sauce over medium heat for about 20 minutes, stirring frequently, until onion is tender, and sauce is reduced and thickened.
2. In a large bowl, mix beef mince, feta cheese, salt, and pepper. Shape mixture into patties.
3. Fry patties in a pan or on a grill or a flat top, until just cooked through.
4. Cut rolls in halve and toast. Top with spinach leaves, then patties, onion and cranberry sauce, onion rings and burger bun tops.
5. Serve with hand cut skinny fries.

SO BERRY GLAD IT'S SPRING!

Flaming hot Veggie Burger



CHEF BYRON D'ARAUJO

Executive Chef – Hout Bay International School, Fedics WC

Ingredients for patties

2 cups	Mixed vegetables
½ cup	Brown rice
½ cup	Lentils
½ cup	Breadcrumbs
1 Tbsp	Garlic (finely chopped)
½ tsp	Cumin
½ tsp	Coriander powder (fine)
TT	Salt and pepper
TT	Oil
1	Egg

Method for patties

1. Roast mixed vegetables in oven with oil, salt, pepper, cumin, and coriander powder.
2. Finely chop vegetables.
3. Mix the rest of the ingredients together.
4. Form 6 patties.

Ingredients for crumbs

1 cup	Flour
2	Eggs
2 x 145 g	Doritos, Flaming Hot (finely crushed)

Method for crumbs

Put patty in flour, then egg then crushed Doritos

Ingredients for marinade

1 tsp	Tahini
1 Tbsp	Maple syrup (or maple-flavoured syrup)
50 ml	Oil
TT	Salt and pepper
5 g	Paprika (preferably smoked)
5 g	Cumin
20 ml	Soya sauce
1	Carrot (large)

Method for marinade

1. Mix all ingredients together for marinade.
2. Peel carrot, cut thin slices with a vegetable peeler and add to marinade.
3. Put on a nonstick tray and bake golden brown and crispy, about 5 minutes at 180°C.



Ingredients for mayonnaise

50 g	Chili (fresh)
10 g	Rosemary
2 cloves	Garlic
½	Lemon
TT	Salt and pepper
50 ml	Oil
1 L	Mayonnaise

Method for mayonnaise

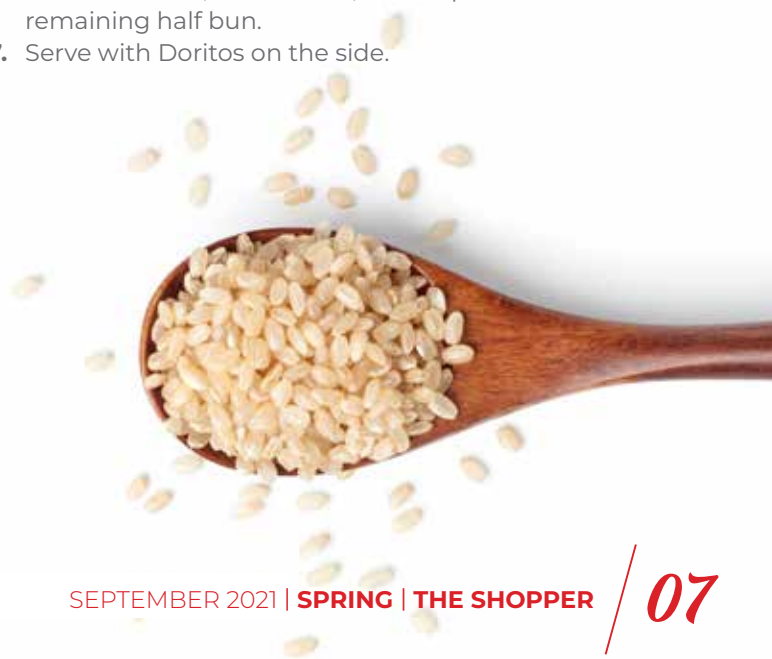
1. Cut the stems off the chili and deseed it.
2. Cut lemon in wedges.
3. Crush garlic.
4. Add all ingredients in roasting pan and roast at 180°C for 10 minutes.
5. Squeeze out lemon juice.
6. Remove skin off garlic.
7. Blend everything together until smooth.

Ingredients to assemble burger

1	Burger bun
10 g	Rocket (fresh)
30 g	Tomato (sliced)
2 slices	Dill cucumber
30 g	Red onion
45 g	Doritos, Flaming Hot (1 packet)
6 slices	Vegan bacon
50 g	Cheddar cheese
80 ml	Mayonnaise

Method to assemble burger

1. Place a patty on an oven tray with cheese on top and roast for 20 minutes at 180°C.
2. Cut the bun open and toast both insides.
3. Spread both halves of bun with mayonnaise.
4. Stack bottom half of bun with rocket, dill cucumber, tomato, and red onion.
5. Add the patty on top.
6. Add the bacon, and cheese, then top with remaining half bun.
7. Serve with Doritos on the side.



Vegetarian

Rainbow Crunch

Tortilla wrap



CHEF ANGELO CLOETE

Executive Chef – University Stellenbosch Medical School, Tygerberg Campus – Fedics WC



Ingredients

1	Tortilla wrap
60 ml	Tomato pesto
20 mg	Baby spinach
30 mg	Red cabbage (shredded)
30 mg	Carrots (julienne)
40 mg	Feta cheese
1	Potato (medium size)
20 mg	Peppadew
50 mg	Mayonnaise
180 mg	Sweet potato fries
TT	Oil (for deep frying)

Method

1. Cut the potato into baton size pieces, about 8 squares.
2. Deep fry until soft and golden brown in colour and keep aside.
3. Finely chop the peppadew. Mix it with the mayonnaise and keep aside.
4. Take the tortilla wrap and spread the tomato pesto evenly onto the wrap.
5. Add the baby spinach, layered by carrots, feta cheese, and deep-fried baton potato drizzled with peppadew mayonnaise on top.
6. In the meantime, deep fry the sweet potato fries until golden crisp and keep aside.
7. Neatly fold the wrap and toast for 5-6 seconds.
8. Slice wrap into two pieces and serve with sweet potato fries on the side.

SO BERRY GLAD IT'S SPRING!

**Mushroom and
Chickpea**

Veggie Burger



CHEF MARKO ENGELBRECHT
Regional Executive Chef – Fedics Inland

Ingredients

3 Tbsp	Canola oil (or vegetable oil, divided)
1	Onion (small white or yellow, diced)
1 clove	Garlic (minced)
3	Green onions (diced)
100 g	Ricotta cheese
½ tsp	Cumin
¾ cup	Mushrooms (diced)
2 Tbsp	Warm water
1½ tsp	Egg replacer
440 g	Chickpeas (tinned)
1 tsp	Parsley (freshly minced)
TT	Kosher salt
TT	Black pepper (freshly ground)
4	Hamburger buns
TT	Baby spinach, sliced tomatoes, sliced cucumbers (for serving)

Method

1. Add 1 tablespoon of oil to a skillet over medium heat. Sauté the diced onion and garlic for 3-5 minutes, until the onion is soft.
2. Add the green onions, cumin, and mushrooms. Cook for another 5 minutes, or until the mushrooms are browned. If needed, add a little bit of oil. Set the cooked onion and mushroom mixture aside.
3. Combine the warm water and egg replacer, mix, and reserve. In a separate bowl, mash the chickpeas with a fork until well softened. Alternatively, pulse them in a food processor, but don't puree, simply coarsely process the beans. Add the egg replacer mixture and stir until thoroughly combined.
4. Combine the mashed chickpeas mixture with the onion and mushroom mixture and add the parsley, salt, and pepper. Mix well until you have a homogeneous mixture.
5. Shape the mixture into patties about 1 inch thick—the perfect thickness for the burgers to cook all the way through and develop a crusty outside.
6. Heat the remaining 2 tablespoons of oil in a skillet over medium heat. Cook patties for about 3 minutes on each side. An indoor grill pan is also a wonderful option to fry these patties.
7. Top patties with flaked Ricotta cheese.
8. Place patties on burgers, top with fresh vegetables and serve immediately.

Side serving

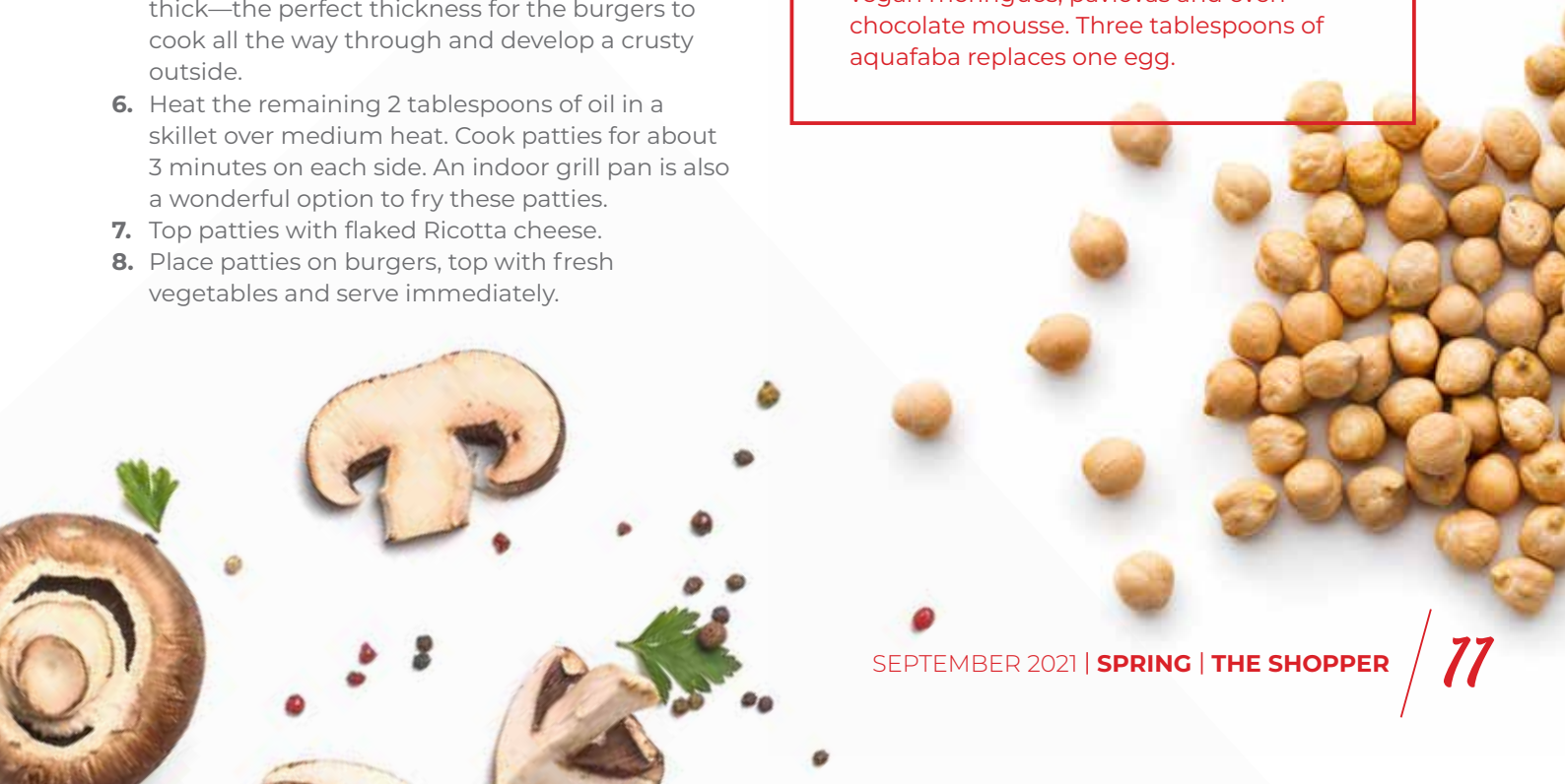
1	Sweet potato (600 grams)
3 Tbsp	Olive oil (extra virgin)
1 tsp	Garlic (dried flakes)
1 tsp	Rosemary (dried)
1 Tbsp	Oregano (dried)
1 tsp	Salt
½ tsp	Black pepper (freshly ground)

Method

1. Preheat the oven to 200°C.
2. Wash the sweet potato thoroughly under running water, making sure to remove any dirt. Trim off the ends.
3. Cut it in half crosswise. Place each half onto a chopping board (the wide side down) and cut it into quarters. That way the potato stands on the chopping board without moving which makes it easier to cut them through. Place the quarters (thick wedges) onto a chopping board skin side down, cut each in half again and you are done!
4. Transfer the wedges into a large mixing bowl. Add the rest of the ingredients and toss the wedges well making sure every single one is covered with the seasoning.
5. Transfer them onto a baking tray lined with baking parchment and spread them around.
6. Bake them in the preheated oven for 20 minutes or until they are cooked through.

Tip

The liquid drained from canned chickpeas is called aquafaba. Aquafaba can be used as an egg replacement to bind ingredients, can be whipped to make vegan meringues, pavlovas and even chocolate mousse. Three tablespoons of aquafaba replaces one egg.



SO BERRY GLAD IT'S SPRING!

Garlic, Lemon Mayo, Crunch Chicken

Wrap



CHEF OLIVER REDDY

Regional Executive Chef – Fedics KZN

Ingredients

150 g	Chicken breast (sliced and 12-hour brined)
1	Tortilla wrap (flavour and colour of choice)
20 g	Crisp lettuce or mixed fresh herb mix (rocket, baby spinach, radicchio)
30 g	Cherry tomatoes (roasted)
20 g	Flour (for dusting)
4 g	Chicken spice
20 g	Carrots (julienne)
10 g	Red onion (finely sliced)
20 g	Grilled zucchini
TT	Lemon juice (squeeze)
15 g	Mayonnaise
2 g	Garlic paste

Method

1. Mix lemon juice, mayonnaise and garlic paste together and set aside.
2. Remove chicken breast from brine solution and drench in mixture of flour and chicken spice.
3. Deep fry until golden brown. Dry on paper towel.
4. Assemble by pasting the tortilla with garlic lemon mayonnaise.
5. Top with lettuce, roasted tomatoes, onion, carrot, zucchini, and crunchy chicken strips.
6. Roll tightly and slice through (angle wise).
7. Serve with seasoned crisp sweet potato crisps or chips.

How to make a quick chicken brine

½ liter	Water
100 g	Salt
TT	Sprigs fresh herbs
4 cloves	Garlic
500 g	Ice

1. Combine water, salt and aromatics in a medium saucepan over high heat. Bring to a boil. Cover and remove from heat. Let stand for 10 minutes.
2. Place ice in a large bowl and pour brine over ice. Stir until ice is melted.
3. Place chicken in the brine and refrigerate for 4 to 6 hours. Drain the chicken and pat dry.

Spring Specials

Spring promotion valid until end October

BUYER CODE	ITEM	REGION	SUPPLIER
900041	BEEF BURGER 100g	INLAND & WC	N1 REST
900008	BEEF BURGER 150g		
2183	VEG BURGER		
3141	CRUMBED CHICKEN BURGER		
100236	CHIPS 10mm		
19070	HASH BROWN		



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BURGERS



CRUMBED CHICKEN BURGER
3141



VEG BURGER
2183



BEEF BURGER
100GR
900041

BEEF BURGER
150GR
900008

POTATO PRODUCTS



CHIPS 10MM
100236



HASH BROWN
19070

MALORA FOODS

Spring promotion valid until end September

Welcome in Spring and Heritage Day with the Malora Premium Spices, Seasonings and Sauces.

Burgers



Beef Burger with Malora Premium Grill Seasoning



Fish Burger with Tempura Battermix and 1000 Island Sauce



Grilled Chicken Burger with Lemon and Herb Glaze



Calamari Burger with Tempura Battermix and 1000 Island Sauce

PREMIUM SPICES

Grill Seasoning - MSPICE240 (MM CODE 0)

Lemon and herb Seasoning - MSPICE083 (MM CODE 26039)

Portuguese Peri-Peri Seasoning - MSPICE 242 (MM CODE 0)

All Season Spices - MSPICE047 (MMCODE 26519)

Wraps and vetkoek



Beef burger patty on a vetkoek bun



Chicken strips with Malora Gourmet Coating in a vetkoek mix wrap with Malora Sweet Chili Glaze

Malora Vetkoek Mix (10x1Kg) - MCATER126 (MM CODE 13200)

Sauces, glazes and seasonings



PREMIUM SAUCY GLAZES (MM CODE 30496)

Sweet Chili Saucy Glaze - MCATER401
Honey and Mustard Saucy Glaze - MCATER3R403
BBQ Saucy Glaze - MCATER404/1
Lemon and Herb Saucy Glaze - MCATER405
Prego Saucy Glaze - MCATER406

MALORA PREMIUM SPICES

Salt and Vinegar Shake - MSPICE137 (MM CODE100936)
Flavourmate - MSPICE043 (MMCODE26519)
Masala Chip Seasoning (MMCODE 0)

MALORA SALAD DRESSING

1000 Island Sauce - MSAUCE038 (MMCODE30234)

Basket snacks and sides



Loaded fries with Malora Cheese Sauce



Crumbed Mushrooms with Tempura Battermix



Onion rings with Tempura Battermix



Chicken strips with Malora Gourmet Coating

Malora Premium Tempura Battermix - MCATER184 (MM CODE 16139)
 Malora Premium Gourmet Coating - MCATER185 (MM CODE 101750)
 Malora Premium Gourmet Coating Spicy - MCATER185 (MM CODE 101750)
 Malora Premium Cheese Sauce- MCATER151 (MM CODE 30138)

Johnny Bags (Pty) Ltd

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EASTERN CAPE

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FREE STATE

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Crockery



BUYER CODE	ITEM	REGION	SUPPLIER CODE	SUPPLIER
61757	Blanco Dinner Plate 250mm	NATIONAL	CRK6200	BIDFOOD
61759	Polaris Dinner Plate Large 270mm		CRK5775	
61761	Blanco Fish Plate 230mm		CRK6205	
61761	Polaris Fish Plate 230mm		CRK5705	
61764	Blanco Side Plate 170mm		CRK6215	
61764	Polaris Side Plate 170mm		CRK5715	
61703	Polaris Cereal/Soup Bowl 180mm		CRK5740	
106310	Blanco Dessert Bowl 160mm		CRK6225	
106413	Blanco Soup Bowl Stackable 280ml		CRK6415	
61719	Continental Cup Stackable 200ml		CRK4130	
107352	Continental Sauce Double Well 150ml		CRK4100	
106347	Continental Mug Coffee Euro 280ml		CRK7052	
106890	Continental Mug Stackable 280ml		CRK6290	

ADD CONTINENTAL CHINA TO YOUR BASKET

AVAILABLE NATIONALLY



	CODE	BRAND	DESCRIPTION	SIZE	BASE OF UNIT MEASURE
1.	CRK6360	BLANCO	Large Dinner Plate	270 mm	Each
2.	CRK6200	BLANCO	Dinner Plate	250 mm	Each
3.	CRK6205	BLANCO	Fish Plate	230 mm	Each
4.	CRK6240	BLANCO	Large Side Plate	202.5 mm	Each
5.	CRK6215	BLANCO	Side Plate	170 mm	Each
6.	CRK6225	BLANCO	Dessert Bowl	160 mm	Each
7.	CRK6415	BLANCO	Stackable Soup Bowl	280 ml	Each

Continental
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POPCORN CHICKEN, BEETROOT WRAP

BUYER CODE	ITEM	REGION	SUPPLIER CODE	SUPPLIER
15767	KNORR Original Chicken Breeding	NATIONAL	BIS4823	BIDFOOD
110973	HELLMANN'S Honey & Mustard Salad Dressing		PIC2055	
30096	HELLMANN'S Tangy Mayonnaise		PIC7046	

CURRIED LENTILS AND AVOCADO WRAP

BUYER CODE	ITEM	REGION	SUPPLIER CODE	SUPPLIER
26528	ROBERTSON'S Medium Rajah	NATIONAL	SPH1240	BIDFOOD
26273	ROBERTSON'S Veggie Seasoning		SPH0134	
30459	FINE FOODS Fruit Chutney		PIC3140	
30096	HELLMANN'S Tangy Mayonnaise		PIC7046	

WAFFLE ON BURGER

BUYER CODE	ITEM	REGION	SUPPLIER CODE	SUPPLIER
30262	KNORR Honey & Soy Sauce	NATIONAL	PIC6823	BIDFOOD
26445	ROBERTSON'S Barbeque Spice		SPH0151	
26273	ROBERTSON'S Veggie Seasoning		SPH0134	
26001	KNORR Chicken Stock Granules		SOG2900	
30491	KNORR Sweet Chili Sauce		PIC6838	

SPICY CHUNKY BEAN BURGER

BUYER CODE	ITEM	REGION	SUPPLIER CODE	SUPPLIER
26050	ROBERTSON'S Cayenne Pepper	NATIONAL	PIC6823	BIDFOOD
26445	ROBERTSON'S Barbeque Spice		SPH0151	
26273	ROBERTSON'S Veggie Seasoning		SPH0134	
30096	HELLMANN'S Tangy Mayonnaise		SOG2900	
21200	KNORR Tomato Pronto		PIC6838	



POPCORN CHICKEN, BEETROOT WRAP

WITH CRISP, SWEET & SOUR SLAW



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POPCORN CHICKEN, BEETROOT WRAP WITH CRISP, SWEET & SOUR SLAW

INGREDIENTS:



Yield:
3 kg



Prep Time:
15 min



Cook Time:
10 min



Serves:
10 x 300 g



1 kg
Chicken breast,
(diced into 1 x 1cm)



100 ml
Water
(for dipping)



5 kg
**KNORR PROFESSIONAL
ORIGINAL CHICKEN
BREEDING**



250 g
White cabbage
(shredded thinly)



250 g
Red cabbage
(shredded thinly)



5 kg
Carrots
(grated)



100 g
Almonds
(toasted and
coarsely chopped)



200 g
Parsley
(finely chopped)



100 g
Cranberries
(dried and
roughly chopped)



1 L
**HELLMANN'S HONEY
& MUSTARD SALAD
DRESSING**



2 L
**HELLMANN'S TANGY
MAYONNAISE**



10 large
Beetroot wraps



400 g
Lettuce leaves
(washed and
roughly chopped)

METHOD:

1. Dip cubed chicken in water, remove chicken from water and roll in **Knorr Professional Original Chicken Breeding**. Deep fry at 160 °C until brown and crispy.
2. In a mixing bowl, place all the slaw ingredients and mix together until well combined.
3. Heat the wraps on both sides.
4. Fill the wraps with slaw, lettuce and popcorn chicken. Roll up to enclose and serve.

CHEF'S TIP:

Protein option:
substitute chicken
breast with fish, or
for a vegetarian option
replace with chickpeas.
To glue the wrap,
spread Hellmann's
Tangy Mayonnaise
on the sides
before wrapping.

CURRIED LENTILS AND AVOCADO WRAP



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CURRIED LENTILS AND AVOCADO WRAP

INGREDIENTS:



Yield:
3 kg



Prep Time:
30 min



Cook Time:
10 min



Serves:
10



84 ml
Sunflower oil



105 g
Onion
(finely chopped)



21 g
Garlic
(crushed)



30 g
**ROBERTSONS
MEDIUM RAJAH**



170 g
Lentils
(rinsed and drained)



21 g
**ROBERTSONS
VEGGIE SEASONING**



126 g
**FINE FOODS
FRUIT CHUTNEY**



126 g
Fresh coriander
(roughly chopped)



252 g
**HELLMANN'S
TANGY MAYONNAISE**



173 g
Avocado
(mashed)



10 large
Tortilla wraps



373 g
Iceberg lettuce
leaves
(shredded)



336 g
Cucumber
(sliced into ribbons)



168 g
Red onion
(sliced)



373 g
Rosa Tomatoes
(quartered)



418 g
Mozarella
(grated)

METHOD:

1. Heat oil and fry onions until soft. Add garlic, **Robertsons Medium Rajah Curry Powder**, lentils and **Robertsons Veggie Seasoning**. Cook for a few minutes. Add **Fine Foods Fruit Chutney** and leave to cool. Add coriander.
2. Mix the **Hellmann's Tangy Mayonnaise** with the avocado and season to taste.
3. To assemble: Lightly toast tortilla wrap on each side, spread avocado mayo on the wrap. Layer lettuce, cucumber, red onion, rosa tomatoes, cheese and lentils and fold into a cylinder shape.
4. Cut in half and package.

CHEF'S TIP:

Mash the avocado well before mixing with the Hellmann's Tangy Mayonnaise. Vegetable option: Chickpeas can be used instead of lentils.

Waffle on BURGER



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WAFFLE ON BURGER

INGREDIENTS: BURGER PATTIES:



Prep Time:
15 min



Cook Time:
15 min



Serves:
4



400 g
Beef mince



75 g
Onion
(finely chopped)



1
Egg



10 g
Garlic
(finely chopped)



60 ml
**KNORR PROFESSIONAL
HONEY & SOY SAUCE**



5 g
**ROBERTSONS
BARBECUE SPICE**



5 g
**ROBERTSONS
VEGGIE SEASONING**



5 g
**KNORR PROFESSIONAL
CHICKEN STOCK
GRANULES**



5 g
Fresh coriander
(roughly chopped)



60 g
Fresh breadcrumbs



16 Rashers
streaky bacon



Oil
(as required
for frying)

SAVOURY WAFFLE:



500 ml
Flour



20 g
Baking powder



10 g
Castor sugar



1 ml
Salt



2
Eggs



375 ml
Milk
(warm)



20 g
**ROBERTSONS
VEGGIE SEASONING**



60 g
Butter



GLAZE BASTING:



60 ml
**KNORR PROFESSIONAL
SWEET CHILLI SAUCE**



30 ml
Boiling water

METHOD:

1. Pre-heat oven and deep fryer to 180 °C. Burger patties: Mix all ingredients together, place in fridge for 30 min for flavours to infuse. Portion and press into patty shape. Wrap each patty in four rashers of streaky bacon. Pan fry in little oil, and transfer to a baking tray and bake until fully cooked.

2. Glaze basting: Mix together glaze basting ingredients and baste the patties. Gratiné cheese on top of patty.

3. Savoury waffle: Mix all dry ingredients into wet ingredients and cook in a waffle iron.

CHEF'S TIP:

Support local! Visit your local cheese suppliers and experiment with different cheese variants.

SPICY CHUNKY BEAN BURGER



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SPICY CHUNKY BEAN BURGER

INGREDIENTS:



Yield:
2.8 kg



Prep Time:
10 min



Cook Time:
20 min



Serves:
8



METHOD:

1. Pre-heat the oven to 180 °C. Grease a baking tray.
2. Place the beans, garlic, onions, **Robertsons Cayenne Pepper**, red pepper, spring onions, **Robertsons Barbecue Spice** and **Robertsons Veggie Seasoning** in a food processor and pulse a few times to roughly chop. Transfer to a bowl and add the egg, breadcrumbs and mix through. Divide mixture into 8 portions and shape into burgers. Place onto oven tray and cook for 20 min.
3. Mix **Hellmann's Tangy Mayonnaise** with garlic.
4. Assemble burgers with buns, burger patties, lettuce, tomatoes and onions.
5. Serve with garlic mayo, **Knorr Tomato Pronto** and fries.

CHEF'S TIP:

Ensure that the bean mixture is not too finely chopped.

NEW LAUNCH

HELLMANN'S
EST. 1913



BY YOUR SIDE

Hellmann's Dipping Sauces
come with the perfect amount
of your favourite sauce and
are takeaway ready!

HYGIENIC • SINGLE USE • VEGAN FRIENDLY



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