

The **SHOPPER**

MAY 2024

INFLATION HEROES

RECIPES FROM OUR CHEFS

COMPETITION WINNERS

Clinix Dr SK Matseke Memorial Hospital

WE RECOMMEND

Chicken Thighs
Pollock Fillets
John Dory Fish
Fresh Cut Potato Chips

NEW LAUNCH

KNORR Prego Sauce

BEST BUYS

Foodmakers Snack Range
N1 Bakery

CATERING 2024
TSEBO CATERING SOLUTIONS
www.tsebo.com

TSEBO

TOP PERFORMING UNIT

CLINIX DR SK MATSEKE MEMORIAL HOSPITAL

Clinix



WIN SHOPPING *vouchers*

PROMOTE OUR

Off The
COALS

COMBOS FOR AN OPPORTUNITY TO WIN
SHOPPING VOUCHERS FOR YOURSELF!

WINNING CANTEEN - R 200.00 EACH
SECOND RUNNER UP - R 150.00 EACH
THIRD PLACE - R 100.00 EACH



CHICKEN THIGHS

THE STAR OF THE SHOW

TSEBO SOURCE CODE

ITEM

3109	CHICKEN MCP 150 - 180 g Thigh
3162	CHICKEN MCP 180 - 210 g Thigh
3149	CHICKEN MCP 210 - 240 g Thigh
114311	CHICKEN MCP 240 - 270 g Thigh

JUICY BRAAIED CHICKEN THIGHS

CHEF TSHEGOFATSO SEKELE
Regional Executive Chef – TSS



Ingredients

8	Chicken thighs bone-in, skin-on
¼ cup	Oil
¼ cup	Fresh lemon juice
4 cloves	Garlic, finely chopped
2 Tbsp	Mixed herbs
1 tsp	Paprika
2 tsp	Salt
1 tsp	Black pepper

Method

1. Whisk together oil, lemon juice, garlic, herbs, paprika, salt and pepper, then pour over chicken thighs.
2. Allow to marinate for at least 30 minutes but up to 24 hours covered in the fridge.
3. Preheat your grill for 15 minutes, medium to medium-low heat. It's a good idea to have a cool spot on your grill where you can move the thighs if they brown too quickly. Cook the thighs for 10-12 minutes per side.
4. For the last 5-10 minutes of cooking, turn the heat up and allow the thighs to char a little, making sure the skin is nice and crisp.
5. Remove the thighs from the grill and allow them to rest for at least 5 minutes before serving.

JERK CHICKEN

CHEF GESINA ERASMUS

Regional Executive Chef – Fedics Eastern and Southern Cape



Ingredients

10 g	Chilies, seeded
1 bunch	Spring onion, roughly chopped
40 g	Crushed garlic
20 g	Fresh ginger, peeled
120 g	Brown sugar
125 ml	Pineapple juice
2	Limes, use only the juice
12 sprigs	Fresh thyme
3	Bay leaves
10 g	Ground nutmeg
5 g	Salt
2 g	Black peppercorns
5 g	Ground cloves
125 ml	Soy sauce, plus 2 Tbsp for sauce
4	Chicken thighs
125 ml	Tomato sauce
TT	Lime wedges, for serving

Method

1. In a blender, mix chilies, spring onions, garlic, ginger, brown sugar, pineapple juice, lime juice, thyme, bay leaves, nutmeg, salt, peppercorns, cloves, and soy sauce until smooth. Reserve $\frac{1}{2}$ cup marinade; refrigerate until ready to serve. Transfer remaining marinade to a large bowl. Add chicken; toss to coat, making sure to rub marinade under skin. Cover and refrigerate at least overnight or up to 12 hours.
2. In a small bowl, stir tomato sauce and remaining 2 tablespoons soy sauce.
3. Heat oven to 180°C. Roast chicken thighs in oven. Baste often with the tomato soya sauce basting.
4. Transfer chicken to a platter. Top with spring onions. Serve with reserved marinade and lime wedges alongside.

CREAMY TUSCAN CHICKEN

CHEF GESINA ERASMUS

Regional Executive Chef – Fedics Eastern and Southern Cape



Ingredients

20 ml	Oil
4	Chicken thighs
5 g	Salt
2 g	Freshly ground black pepper
2 g	Dried oregano
20 g	Butter
40 g	Crushed garlic
200 g	Cherry tomatoes, halved
200 g	Baby spinach
125 ml	Cream
60 g	Freshly grated Parmesan
TT	Lemon wedges, for serving

Method

1. Heat oven to 180°C. Season chicken thighs with salt, pepper and oregano. Drizzle with oil. Roast until skin is golden and chicken is cooked through.
2. In a pan, melt the butter. Stir in garlic and cook until fragrant, about 1 minute. Add cherry tomatoes and season with salt and pepper. Cook until tomatoes are beginning to burst then add spinach and cook until spinach is beginning to wilt.
3. Stir in the cream and Parmesan and bring mixture to a simmer. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes. Add the chicken thighs to the pan and cook until heated through, 5-7 minutes.
4. Serve with lemon wedges.

GRILLED PINEAPPLE CHICKEN

CHEF GESINA ERASMUS

Regional Executive Chef – Fedics Eastern and Southern Cape



Ingredients

4	Chicken thighs
125 ml	Soy sauce
20 g	Crushed garlic
10 g	Grated fresh ginger
25 ml	Lemon juice
50 g	Brown sugar
10 g	Chili flakes
25 ml	Oil
½	Peeled pineapple
60 g	White sugar

Method

1. In a bowl, combine soy sauce, garlic, grated ginger, lemon juice, brown sugar, chili flakes, and oil. Marinate chicken in the mixture in the fridge for 3-8 hours.
2. Heat oven to 180°C. Place the chicken on an oven tray, bake in oven until cooked and skin crispy and brown.
3. Slice pineapple into thin rings and sprinkle each with some sugar. Grill, or bake in oven, until brown and just soft, about 3 minutes; serve alongside chicken.

SPICY COCONUT BASIL CHICKEN CURRY

CHEF GESINA ERASMUS

Regional Executive Chef – Fedics Eastern and Southern Cape



Ingredients

4	Chicken thighs
10 g	Curry powder
5 g	Ground turmeric
3 g	Cayenne pepper
3 g	Salt
45 ml	Oil
100 g	Zucchini, diced
2 ears	Sweet corn, kernels removed
200 g	Onion, chopped
10 g	Crushed garlic
5 g	Fresh ginger, grated
1 can	Coconut milk
½	Lemon, juice and zest
¼ cup	Fresh coriander, chopped
¼ cup	Fresh basil, roughly torn
2 cups	Cooked basmati rice
TT	Toasted sesame seeds

Method

1. In a medium bowl, toss together the chicken, curry powder, turmeric, cayenne, half of the oil, and salt.
2. Heat the remaining oil in a large pan over medium heat. When the oil shimmers, add the chicken and brown all over, about 5 minutes. Add the zucchini, corn, onion, garlic, and ginger. Season with salt. Cook the vegetables another 5-10 minutes or until they just begin to soften.
3. Stir in the coconut milk and a third to half cup water. Stir to combine, bring the mixture to a simmer over medium heat, cook 5-10 minutes or until the sauce thickens slightly. If the sauce thickens too much, add additional water to thin. Simmer until chicken is cooked through. Remove from the heat and stir in the lemon juice and zest, coriander, and basil.
4. To serve, divide the rice among bowls and spoon the curry on top. Top with sesame seeds and fresh herbs.

CHICKEN CACCIATORE

CHEF GESINA ERASMUS

Regional Executive Chef – Fedics Eastern and Southern Cape



Ingredients

37.5 ml	Oil, divided
6	Chicken thighs
3 g	Salt
200 g	Onion, chopped
20 g	Garlic, crushed
100 g	Yellow bell pepper, diced
100 g	Red bell pepper, diced
100 g	Carrot, peeled and sliced
300 g	Mushrooms, sliced
60 g	Pitted black olives
5 g	Fresh thyme
5 g	Freshly chopped parsley
5 g	Basil plus more to garnish
2 g	Dried oregano
150 ml	Chicken stock
820 g	Tinned tomatoes
20 g	Tomato paste
200g	Cherry tomatoes, halved
2 g	Red chili flakes

Method

1. Season chicken thigh with salt.
2. Heat 20 ml oil in a pan. Sear chicken on both sides until golden, about 3-4 minutes each side. Remove from pan and set aside.
3. Add remaining oil to the pan. Sauté the onion until transparent, about 3-4 minutes. Add in garlic and cook until fragrant, about 30 seconds. Add the peppers, carrot, mushrooms and herbs; cook for 5 minutes until vegetables begin to soften.
4. Pour in the stock, scraping up browned bits from the bottom of the pan. Cook until stock is reduced, about 2 minutes.
5. Add tinned tomatoes, tomato paste, cherry tomatoes and chill flakes. Season with salt. Return chicken pieces to the pan. Reduce heat to low and allow to simmer for 40 minutes or until the sauce has thickened. Add in the olives, allow to simmer for a further 10 minutes. Garnish with parsley and serve.

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TO *Plate*

WITH
Knorr
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Introducing our
NEW Prego Sauce –
the perfect balance
of flavour and heat!



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A versatile and delicious
classic red sauce with
a flavourful balance of
ripe tomatoes, herbs and
seasonings, and a hint of
chilli, garlic and lemon.

PRODUCT BENEFITS

- Multi-Use: Use as a cook-in sauce, pour-over sauce, dip-in sauce or even a marinade or basting.
- Versatile: Can be used on burgers, pizzas, pastas, veggie and fish dishes, giving the end dish a beautiful visual.
- Made with a perfect blend of rich tomatoes, lemon, garlic, spices & herbs.
- A great base sauce for Chefs to build on.
- Heat stable - sauce does not split.
- Gluten free.



PRODUCT DETAILS

DESCRIPTION	Knorr Professional Prego Sauce 6 x 2L
SKU CODE	PIC9683
SHELF LIFE	12 months



TSEBO SOURCE CODE	ITEM	REGION	SUPPLIER CODE	SUPPLIER
30301	KNORR Prego Sauce	National	PIC9683	Bidfood



PREGO CHICKEN MAYO

FULLY Loaded FRIES

SERVES: 10 | PREP TIME: 20 min



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PREGO CHICKEN MAYO

FULLY Loaded FRIES

Crispy fries loaded with Prego chicken, juicy tomatoes, and a duo of cheeses that'll make the taste buds dance.

INGREDIENTS

1.5 kg	Fries	250 g	Hellmann's Tangy Mayonnaise
20 g	Robertsons Chip & Potato Seasoning	400 g	Tomatoes, cut into cubes
800 g	Rotisserie chicken, shredded	100 g	Cheese, grated
200 g	Knorr Professional Prego Sauce	200 g	Feta cheese

METHOD

1. Fry the chips and season with the Robertsons Chip & Potato Seasoning and set aside.
2. Mix the rotisserie chicken, Knorr Professional Prego Sauce and Hellmann's Tangy Mayonnaise, and set aside.
3. In your packaging of choice, start with a portion of chips, followed by the prego-chicken mix, tomatoes, cheese and feta, then seal.

Recipe by:
Chef Heidi

@chefheckmannheidi





CHICKEN PREGO

Pasta

WITH WILTED BABY SPINACH

SERVES: 2 | PREP TIME: 20 min



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CHICKEN PREGO

Pasta

WITH WILTED BABY SPINACH

Comfort food redefined! A hearty pasta dish enriched with succulent chicken and tender baby spinach.

INGREDIENTS

250 g	Penne pasta, raw, cooked 570 g	100 g	Knorr Professional Tomato Pronto
250 g	Chicken fillets, cut into strips	250 ml	Knorr Professional Prego Sauce
30 ml	Olive oil	10 g	Knorr Professional Chicken Stock Granules
20 g	Butter	125 ml	Fresh cream
2 g	Robertsons Smoked Paprika	45 g	Baby spinach leaves, 2 handfuls
50 g	Onions, finely diced	15 ml	Fresh parsley
7 g	Garlic, crushed, 1 clove		Parmesan cheese, grated to serve

METHOD

1. Cook the pasta per package instructions.
2. Heat a pan, add oil and butter, add in chicken strips, 45 ml Knorr Professional Prego Sauce and Robertsons Smoked Paprika. When cooked, remove chicken from the pan.
3. In the same pan, add in finely diced onions, sauté until soft, and add crushed garlic.
4. Add Knorr Professional Tomato Pronto, remaining Knorr Professional Prego Sauce, Knorr Professional Chicken Stock granules, and lastly the fresh cream.
5. Simmer for a few minutes, then fold in cooked chicken, cooked pasta and lastly the baby spinach and chopped parsley.
6. Plate and serve with grated parmesan cheese.

Recipe by:
Chef Mary

@chefworthingtonmary



TOP Tips

1. Swap out the chicken for seafood or chicken livers, or keep it vegetarian and substitute the chicken with mushrooms, brinjal or roast veggies.
2. Omit the pasta, make up the sauce and serve with a crusty bread roll or sliced toasted ciabatta bread.





PREGO *Line* FISH



SERVES: 2 | PREP TIME: 5 min



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PREGO *Line* FISH

Tender fish dish enhanced with a creamy Prego marinade sauce served alongside fresh veggies or a zesty salad.

INGREDIENTS

Fish

600 g Hake/Line fish medallions
30 ml Olive oil

Sauce

5 g Garlic, crushed
5 ml Lemon juice
250 ml Knorr Professional Prego Sauce
30 g Butter
50 ml Fresh cream
Salt & pepper to season

METHOD

Fish

1. Mix all sauce ingredients and marinate the fish in the sauce for 1 hr.
2. Grease an oven tray with the oil and place the fish portions on skin-side down.
3. In a pre-heated oven, roast the fish at 200 °C for 5-6 min.

Sauce

1. In a saucepan, heat the left-over marinade on low heat, add butter and fresh cream. Season if necessary.
2. Serve with the fish.
3. Serve with fresh vegetables or a salad.

Recipe by:
Chef Tebogo

@chef_tebogo



POLLOCK FILLETS

TSEBO SOURCE CODE	ITEM	REGION
115402	FISH Pollock Fillets 4/6	INLAND / WC / EC
115403	FISH Pollock Fillets 6/8	INLAND / WC / EC

MOROCCAN POLLOCK WITH COUSCOUS

CHEF JACKIE GELUK
Regional Executive Chef – TSA



Ingredients

2 Tbsp	Olive oil
1	Onion, finely chopped
2 cloves	Garlic, crushed
1 g	Dried chili flakes
1 tsp	Ground cumin
½ tsp	Ground coriander
1 tsp	Paprika
TT	Saffron, a pinch
1 stick	Cinnamon
400 g tin	Tomatoes, crushed
2 cups	Fish or vegetable stock
400 g tin	Chickpeas, drained and rinsed
200 g	Carrot batons
4 Tbsp	Seedless raisins
4 x 150 g	Pollock fillets
TT	Sea salt
TT	Freshly ground black pepper
TT	Fresh coriander
TT	Hot couscous, for serving

Method

1. Heat the olive oil in a pan. Add the onion and cook gently until soft, but still pale. Add the garlic and spices and stir for 1 minute, or until fragrant, adding more oil if necessary.
2. Add the tomatoes and simmer for 5 minutes. Pour in the stock and bring to the boil. Cook, uncovered, for 5 minutes. Stir in the chickpeas, carrots and raisins and cook for another 5 minutes.
3. Submerge the fish in the sauce, cover and cook on the lowest possible heat for 5 minutes, or until the fish is just cooked and still moist. Check seasoning.
4. Add the fresh coriander and serve with the hot couscous.

PUB STYLE POLLOCK FILLETS

CHEF JACKIE GELUK
Regional Executive Chef – TSA



Ingredients

Batter

1 Tbsp	Baking powder
2 Tbsp	Cornflour
1 Tbsp	Cake flour
TT	Sea salt
TT	Freshly ground black pepper
340 ml	Soda water

Fish

TT	Sea salt
TT	Freshly ground black pepper
4 x 200 g	Portions pollock fillets
1	Lemon, only the juice
3 cups	Oil, for deep frying
TT	Flour, for coating

Tartar sauce

1 cup	Mayonnaise
½ cup	Minced gherkin
½ cup	Minced caper
½ cup	Minced onion
TT	Sea salt
TT	Freshly ground black pepper
1 clove	Garlic, chopped
1	Lemon, only the juice
2 tsp	Chopped parsley

Method

1. To make the batter: Sift together the dry ingredients. Slowly whisk in the soda water, until the batter has a pancake-mixture consistency.
2. To prepare the fish: Season the fish and squeeze over the lemon juice. Heat the oil to 200°C – this should take approximately 3 minutes. Dust the fish in flour then dip it into the batter. Deep-fry in the hot oil for 7 minutes, or until crisp and golden. Remove and drain on paper towel.
3. To prepare the tartar sauce: Combine all ingredients and mix well.



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- Butter and Margarine
- Beverages – water, juices, and juice concentrates
- Coconut Milk and Cream



SNACK RANGE



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Barcode:	Platter name:	Items per platter:
FOM101	TS PLATTER 1	Chicken Chakalaka Pie Mini
	(70 Units)	Ranch Meatballs
		Springroll Beef
		Samoosa Chicken
		Mini Cheese Puffs
		Mini Mince Pie
		Buffalo Wings
FOM102	TS PLATTER 2	Rissole Chicken
	(70 Units)	Cheese Beef Dog
		Mini Pepper Steak Pie
		Mini Chicken Pie
		Springroll Bobotie
		Chicken Wings Honey
		Chilli Cheese Nugget
FOM103	TS PLATTER 3	Greek Meatballs
	(70 Units)	Rissole Jalapeno
		Springroll Chicken
		Chicken Cordon Bleu
		Kebab Rump
		Buffalo Wings (Raw)
		Seasoned Mozzarella Sticks
FOM104	TS PLATTER 4	Rissole Biltong & Cheese
	(60 Units)	Beef Kofta
		Crumbed Chicken & Mushroom Pancake
		Kebab Chicken
		Quiche Spinach & Feta
		Crumbed Halloumi
FOM104	TS PLATTER SWEET	Koeksisters
	(60 Units)	Pancake Milktart
		Peppermint Crisp Tartlet
		Springroll White Choc Caramel Crunch
		Kadaifi
		Kourambie
		Syrup

FRESH CUT POTATO CHIPS

CHEF MARKO ENGELBRECHT

Regional Executive Chef, Business, Industry
& Automotive Inland



Ingredients

500 g	Fresh cut potato chips
15 g	Salt
TT	Oil for frying

Method

1. Place potatoes in a pot. Add 1.5 litres cold water and salt to taste, cover and bring to the boil.
2. As soon as the potatoes start to boil let them boil for 5 minutes, they need to be al dente.
3. Strain the potatoes and let them cool down. When the potatoes are cooled, fry in oil that is heated to 165°C, until chips are cooked golden brown and crispy.



BAKERY



BAKERY

freshness



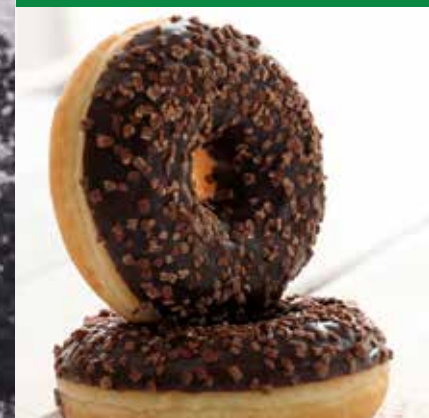
Plain Wraps
R67.05 / BAK068 (25cmx12)



Pizza Bases
R338.80 / DR007 (24 units)



Puff Pastry
R17.62 / KING10 (400gr)



Chocolote Sprinkle
R252 / PASP1202 (52gx36)



English Muffins
R282.33 / BAK071 (48 units)



Frozen Muffin Batter
R283.51 / GSB005 (1kg x5)



Croissants Hostelero
R730 / PASP1002 (45gx180)



Croissants
R465.86 / PASP1001 (75gx64)



Mini Sweet Puff Assorted
R848.82 / PASP1008 (35gx180)

Product List


Standard Range *MORE FILLING. less pastry.*

SKU	PRODUCT	PACK
UBO001P	Beef & Onion	36
UCU001P	Beef Curry	36
UON001P	Cheese & Onion	36
UCM001P	Chicken & Mushroom	36
UMY001P	Chicken Mayo	36
UCR001P	Chicken Roll	48
UCO001P	Cornish	36
UPS001P	Pepper Steak	36
USR001P	Sausage Roll	48
USK001P	Steak & Kidney	36
UPC001B	Peri-Peri Chicken	36

Burger & Gourmet Pies *MORE FILLING. less pastry.*

SKU	PRODUCT	PACK
UCH001P	Chakalaka Pie	36
UCG001P	Cheese Griller	42
UCB001G	Cheese Burger	30
UCKB001	Chicken Burger	30
UBT001G	Butter Chicken	36
UBC001G	Biltong & Cheese	36
UCSB001P	Cheese & Smokey Beef	36
UCS001P	Jalapeno Sausage Roll	48

Cocktail Pies *MORE FILLING. less pastry.*

SKU	PRODUCT	PACK
USRC001	Beef Sausage Roll	180



Pepper Steak



Steak & Kidney



Chicken & Mushroom



Beef & Onion



Chicken Mayo



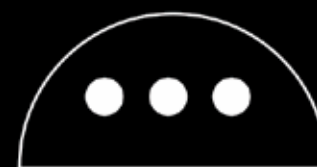
Peri Chicken



Cornish



Beef Curry



Cheese & Onion



Sausage Roll



Chicken Roll



Chakalaka



Biltong & Cheese



Butter Chicken



Cheese & Smokey Beef



Cheese Burger



Chicken Burger



Giant Rib Burger



Cheesy Griller



Jalapeno Roll





WE RECOMMEND

WE RECOMMEND

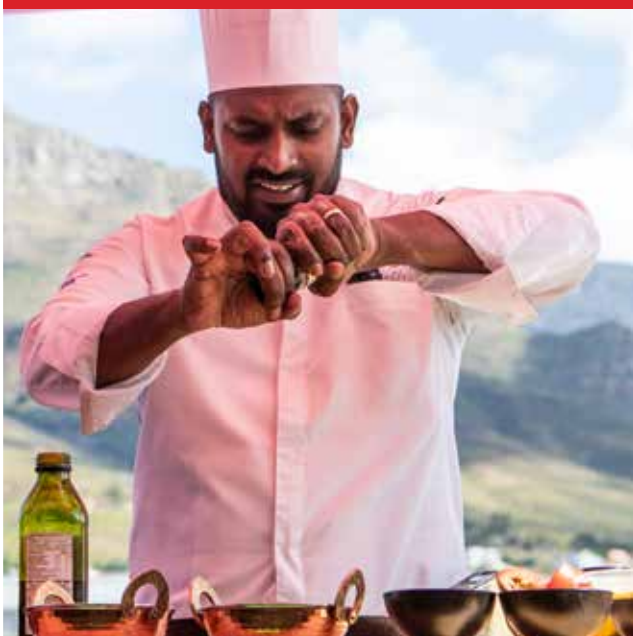
JOHN DORY FISH

SOURCE CODE	ITEM	REGION	SUPPLIER CODE	SUPPLIER
4063	JOHN DORY FILLETS	INLAND/WC/EC	FISH100	N1
		KZN	JDFISH	CARENDALE

CRUMBED JOHN DORY

CHEF LUKE REDDY

Coastal Regional Chef, Healthwise



Ingredients

2	Large eggs
¾ tsp	Salt
½ tsp	Ground black pepper
1 cup	All-purpose flour
3½ cups	Fresh breadcrumbs
1.8 kg	John Dory fillets (180 g portions)
¼ cup	Extra virgin olive oil
TT	Lemon wedges

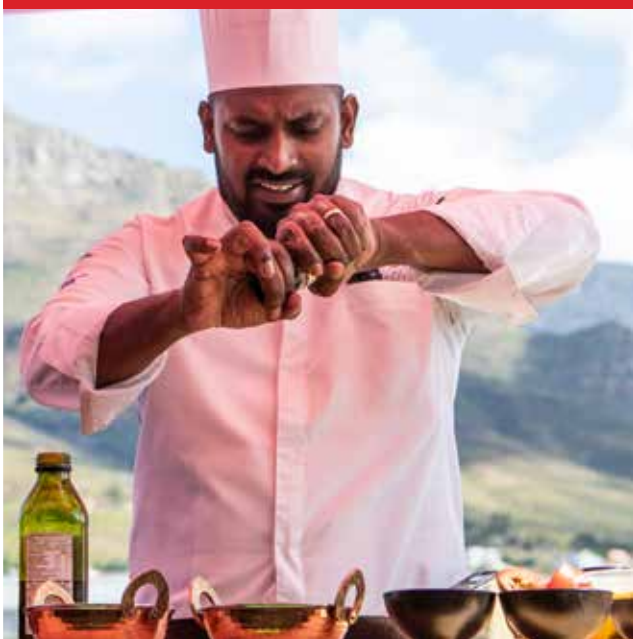
Method

1. Preheat oven to 180°C. Whisk eggs with ¾ teaspoon salt and ½ teaspoon pepper in shallow dish. Place flour on plate. Place breadcrumbs on another plate. Dredge fish in flour; shake off excess. Dip fish into seasoned eggs, then coat completely with breadcrumbs. Transfer to baking sheet.
2. Heat oil in heavy large skillet over medium-high heat. Add 2 fillets and cook until coating is golden brown, and fillets are opaque in centre, about 3 minutes per side. Using 2 spatulas, transfer to rimmed baking sheet; keep warm in oven. Repeat with remaining fillets. Transfer fish to platter. Garnish with lemon wedges and serve.

JOHN DORY FISH CAKES

CHEF LUKE REDDY

Coastal Regional Chef, Healthwise



Ingredients

30 ml	Oil
5 g	Garlic cloves, smashed and peeled
500 g	John Dory (N1)
1½ tsp	Salt, more as needed¼
¼ tsp	Black pepper
200 g	Potatoes, peeled and boiled
1	Egg
3 Tbsp	Dhania, roughly chopped
3 Tbsp	Spring onion, roughly chopped
1	Chili, finely chopped
1	Lemon, only zest finely grated
⅓ cup	Breadcrumbs
½ cup	All-purpose flour
50 g	Red onion, finely chopped

Method

1. Steam John Dory and shred. Add breadcrumbs and mashed potato (no wet ingredients).
2. Add egg, spring onion, chili, garlic, salt, pepper, oil, dhania and red onion.
3. Combine until it form a stiff mix that can be shaped into forms.
4. In a frying pan, heat oil.
5. Form fish cakes into 10 equal formed disks, dust in flour and pan fry until golden brown.
6. Serve with tartar sauce and a lemon wedge.

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