SUMMER
-POWERED
RECIPES



PFD FOODSERVICES EXCLUSIVE

Knorr PROFESSIONAL

HELLMANN'S EST.1913

CHARGE UP YOUR PANTRY

details inside!

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PFD FOODSERVICES EXCLUSIVE

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Power up your summer menu with these essentials and drive away in a brand new car.

HOW TO ENTER

STEP 1: Spend **$120*** on selected PFD Meats/ Seafood products + **$150*** on selected UFS products in 1 transaction = **1 entry**.

STEP 2: ADD INVOICE NUMBER(S) HERE →

UFS PRODUCTS

Knorr PROFESSIONAL · HELLMANN'S EST.1913

253554	Knorr Rich Brown Gravy GF 2kg
253555	Knorr Rich Brown Gravy GF 6.5kg
397971	Knorr Gravy Mix 6kg
031240	Knorr Jus 1.8kg
274156	Knorr Demi Glace 6kg
270580	Knorr Potato Flakes 4kg
029428	Knorr Hollandaise Sauce 1L
029401	Knorr Béarnaise Sauce 1L
023747	Knorr Italian Glaze with Balsamic 500g
252015	Knorr Mexican Chunky Salsa Mild 1.95kg
207402	Knorr Italiana Pronto Napoli 4.15kg
016928	Hellmann's Real Mayonnaise 2.4kg
016927	Hellmann's Real Mayonnaise 20kg
028689	Hellmann's Real Aioli 2.35kg
246871	Hellmann's Real Aioli 10kg
019464	Hellmann's Tartare Sauce 2.6kg

PFD MEAT AND SEAFOOD PRODUCTS

ARLO

386885	R/W MSA 100 DAY GF STRIPLOIN 1-RIB	VIC, NSW, QLD, SA
386874	R/W MSA 100 DAY GF STRIPLOIN 1-RIB	TAS
383062	R/W MSA 100 DAY GF STRIPLOIN 1-RIB	WA
386884	R/W MSA 100 DAY GF CUBE ROLL 7-RIB A4X4 16K CTN	VIC, NSW, QLD, SA
386873	R/W MSA YP CUBE ROLL 7-RIB A4K+X4	TAS
383065	R/W YP MSA CUBE ROLL 7-RIB 4.5K	WA

OAKLANDS

075533	PORK BELLY R/ON BONELESS 4.5k(4)	NATIONWIDE

Neptune

274142	5K 180/220 SKINLESS SALMON PORTIONS NEPTUNE	NATIONWIDE
220003	5K 180/220 SKIN ON SALMON PORTIONS NEPTUNE	NATIONWIDE
089033	5K 100/200 BARRAMUNDI FILLETS SKINLESS NEPTUNE	NATIONWIDE
089031	5K 200/300 BARRAMUNDI FILLETS SKINLESS NEPTUNE	NATIONWIDE
087595	5K 300/500 BARRAMUNDI FILLETS SKINLESS NEPTUNE	NATIONWIDE
262579	1K (10) 16/20 RAW PRAWN CUTLET VAN VIET NEPTUNE	NATIONWIDE
262576	1K (10) 31/40 RAW PRAWN MEAT VAN VIET NEPTUNE	NATIONWIDE

PROMO PERIOD: 02-29 NOVEMBER 2026

*Excluding GST. T&Cs apply. Open to Aus. organisations that are PFD Foodservice customers only, excluding QSR chains - see full T&Cs for details. Starts 12:01 am AEDT 2/11/26. Ends 11:59pm AEDT 29/11/26. Draw: 2pm AEDT, 10/12/26, Level 9, 628 Bourke Street, Melbourne VIC 3000. Winner published at www.unileverfoodsolutions.com.au by 24/12/26. Prize: 1 x new MG4 EV Essence 64 2026 (up to $40,000). See https://www.unileverfoodsolutions.com.au/pfdchargeupyourpantry.html for Terms and Conditions. Authorised under: ACT Permit No. TP 26/02191, NSW Authority No. TP/02893 and SA Permit No. T26/1650.

SUMMER -POWERED RECIPES

Taste the season with a collection of summer-inspired recipes designed to bring fresh flavours and menu excitement.

Created in collaboration with Arlo Meats, Sutherland Meats, Neptune Seafood, complemented by Knorr and Hellmann's sauces, these dishes showcase quality proteins, vibrant ingredients and versatile sauces that help chefs make the most of summer dining occasions.

From light seafood dishes to crowd-pleasing meat favourites, this recipe collection delivers practical inspiration and on-trend flavours for every professional kitchen.



SIRLOIN

WITH AGUACHILE VERDE, PEPPERBERRY GRAVY & MEXICAN GARDEN SALAD

This rounded dish is a fusion of Australian and Mexican flavours where premium sirloin is elevated with the vibrant heat and freshness of aguachile verde and balanced by rich native pepperberry gravy and a crisp, colourful Mexican garden salad.

INGREDIENTS (10 serves)

- 10 Sirloin steaks
- 4 Green tomatoes, rough diced
- 2 Jalapeños, deseeded, rough diced
- 1 Brown onion, rough diced
- 4 Limes, juiced
- 5g Cumin, ground
- 2 Coriander bunches, fresh
- 10g Salt, flakes
- 2 Avocados, peeled
- 200g Cucumber, rough diced
- 50g **Knorr Professional Rich Brown Gravy Gluten Free**
- 5g Pepperberry, ground
- 1 White onion, thinly sliced
- 200g Cucumber, baby, thinly sliced
- 1 Watercress bunch
- 2 Corn cobs, charred and shaved
- 1 Beetroot bunch, target, thinly shaved
- Lime, to garnish

METHOD

STEAK

- Grill the steak to medium-rare, or your preferred doneness, then set aside to rest.

AGUACHILE VERDE

- Place the green tomatoes, jalapeños, brown onion, lime juice, cumin, half amount of coriander, salt, avocado, cucumber and water (120g per 10 serves) in a blender. Blitz until smooth.

PEPPERBERRY GRAVY

- Combine **Knorr Rich Brown Gravy**, pepperberry and warm water (500ml per 10 serves). Bring to a boil, whisking for 2–3 minutes or until thickened.

MEXICAN SALAD

- Combine the white onion, cucumber, watercress, remaining half amount of coriander, corn and beetroot in a bowl.

TO ASSEMBLE

- Place a generous spoonful of aguachile verde on the base of the plate. Top with the grilled sirloin steak, pepperberry gravy and serve the salad alongside.



253555 Knorr Professional Rich Brown Gravy GF 6.5kg

SCOTCH FILLET

WITH CRISPY OKRA FRIES, JERUSALEM ARTICHOKE-POTATO PURÉE & JUNIPER-CHERRY JUS

This Scotch fillet is elevated with crispy okra fries, a silky Jerusalem artichoke-potato purée and a rich juniper-cherry jus to deliver a contemporary balance of texture, comfort and bold flavour.

INGREDIENTS (10 serves)

10 Scotch fillet steaks
500g Okra, sliced in strips
30g Ginger, paste
30g Garlic, paste
30g Cornflour
140g Chickpea flour
10g Salt, flakes
5g Paprika, ground
10g Turmeric, ground
20g Semolina
100ml Vegetable oil
1kg Jerusalem artichokes, sliced
20g **Knorr Professional Vegetable Booster Gluten Free**
500g Milk, full cream
100g Butter, unsalted
100g **Knorr Professional Potato Flakes Gluten Free**
120g Cherries, halved and pitted
5g Juniper berries, ground
150g **Knorr Professional Jus Gluten Free**

METHOD

STEAK

- Grill the steak to medium-rare, or your preferred doneness, then set aside to rest.

OKRA FRIES

- Combine the okra, ginger, garlic, cornflour, chickpea flour, salt, paprika, turmeric, and semolina in a bowl. Mix well to evenly coat the okra. Fry at 180°C until golden and crispy. Remove from the oil, drain well and set aside.

JERUSALEM ARTICHOKE-POTATO PURÉE

- In pot with oil, sauté the Jerusalem artichoke for a few minutes until lightly softened. Add **Knorr Vegetable Booster**, water (500ml per 10 servings) and milk.
- Bring to a simmer and cook for approximately 20 minutes, or until the Jerusalem artichoke is completely tender. Transfer the mixture to a jug blender and blend until smooth. Add the butter and **Knorr Potato Flakes**, then blend for a further 2 minutes until silky smooth.

JUNIPER-CHERRY JUS

- Heat a large saucepan over medium heat. Add the cherries and juniper berries and simmer for 2 minutes, allowing them to soften slightly. Add the **Knorr Jus** and water (1L per 10 serves), whisking well to combine. Bring to a gentle simmer and cook for 3–4 minutes, whisking regularly until the sauce is smooth and lightly thickened.

TO ASSEMBLE

- Spoon the Jerusalem artichoke-potato purée onto the base of the plate. Place the rested steak on top of the purée. Arrange the crispy okra fries alongside the steak. Finish by spooning the juniper-cherry jus over the steak.



029603 Knorr Professional Vegetable Booster 2.4kg



031240 Knorr Professional Jus 1.8kg



270580 Knorr Professional Potato Flakes 4kg





CRISPY SKIN SALMON

WITH SUMMER SQUASH RATATOUILLE & GREEN TOMATO SALSA

This dish pairs crispy-skinned salmon with vibrant summer squash ratatouille and fresh green tomato salsa to deliver a balance of rich flavour, bright acidity and seasonal freshness, in a combination that feels premium yet approachable.

INGREDIENTS (10 serves)

- 100ml Vegetable oil
- 10 Salmon portions
- 1L **Knorr Professional Italiana Pronto Napoli Gluten Free**
- 10 Yellow squash, thinly sliced
- 5 Green zucchini, thinly sliced
- 5 White zucchini, thinly sliced
- 20g Salt flakes
- 100ml Olive oil
- 5 Green tomatoes, halved
- 1 Brown onion, rough diced
- 1 Jalapeño chilli, deseeded, diced
- 1 Coriander bunch, chopped
- 10g **Knorr Professional Thai Lime Powder**
- Witlof, red, charred, to garnish
- Micro herbs, to garnish
- 500ml **Knorr Professional Béarnaise Sauce**

METHOD

SALMON

- Place the salmon skin-side down in a heated pan with vegetable oil and cook until the skin is golden and crispy. Turn the salmon and continue cooking until it reaches your preferred level of doneness. Set aside.

SUMMER SQUASH RATATOUILLE

- Spoon **Knorr Italiana Pronto Napoli** evenly over the base of a cast iron dish. Arrange the sliced yellow squash, green zucchini and white zucchini in an alternating pattern, slightly overlapping each slice. Season lightly with salt and drizzle with olive oil.
- Cook in a preheated oven at 200°C for 15 minutes or until the vegetables are tender and lightly golden. with salt and drizzle with olive oil.

GREEN TOMATO SALSA

- Add the green tomatoes, brown onion, jalapeño, coriander and **Knorr Thai Lime Powder** to a food processor. Pulse until the mixture is roughly chopped, slightly chunky and well combined. Transfer to a bowl and set aside.

TO ASSEMBLE

- Spoon the green tomato salsa onto the base of the plate. Place the crispy skin salmon on top of the salsa. Serve the summer squash ratatouille alongside the salmon. Arrange the charred red witlof next to the salmon. Garnish with micro herbs.
- Finish with a drizzle of **Knorr Béarnaise Sauce**.



076983 Knorr Professional Thai Lime Powder 500g



029401 Knorr Professional Béarnaise Sauce 1L



207402 Knorr Professional Italiana Pronto Napoli 4.15kg

BARRAMUNDI,
FENNEL CHUTNEY & PRESERVED LEMON GREMOLATA

This barramundi dish with aromatic fennel chutney and zesty preserved lemon gremolata creates a fresh, flavour-packed plate that's at once familiar and elevated.

INGREDIENTS (10 serves)

500g Sugar, caster
20g Salt, flakes
500g White balsamic vinegar
1 Lemon thyme bunch, chopped finely
10g Chilli, flakes
80g White wine vinegar
150g Olive oil
80g Honey
100g Eschalots, finely chopped
100g Parsley, finely chopped
100g Almonds, roasted, finely chopped
100g Preserved lemons skins, finely chopped
5g Paprika, smoky
5g Black pepper, cracked
2kg Barramundi
500ml **Knorr Professional Hollandaise Sauce**
Kipfler potatoes, roasted, to garnish
Seasonal beans, to garnish
Pomegranate pearls, to garnish
Yuzu, freeze dried, for dusting



029428 Knorr Professional Hollandaise Sauce 1L

METHOD

FENNEL CHUTNEY

- In a saucepan, combine the sugar, salt, white balsamic vinegar and thyme. Place over medium heat and stir until the sugar has completely dissolved. Add the sliced fennel and chilli flakes and cook over high heat, stirring continuously. Continue cooking until the fennel reaches a chutney-like consistency. Remove from the heat and set aside to cool.

PRESERVED LEMON GREMOLATA

- In a bowl, whisk together the white wine vinegar, olive oil and honey until well combined. Add the eschalots, parsley, almonds, preserved lemon, paprika and black pepper. Mix well to combine all ingredients evenly. Set aside to allow the flavours to develop before serving.

BARRAMUNDI

- Place the barramundi fillets onto perforated gastronorm trays. Steam in a combi oven at 100°C, full steam for 10 minutes or until the fish is cooked through. Remove from the oven and set aside. Keep warm until ready to serve.

TO ASSEMBLE

- Spoon the **Knorr Hollandaise Sauce** onto the plate. Place the barramundi on top of the sauce. Finish the fish with the preserved lemon gremolata. Serve the fennel chutney alongside the barramundi. Arrange the kipfler potatoes and seasonal beans with pomegranate next to the fish.

CHEF TIP

- For an even more elevated flavour profile, substitute the **Knorr Hollandaise Sauce** for **Knorr Béarnaise Sauce**. The tarragon and herb notes in the béarnaise complement the barramundi beautifully and pair exceptionally well with the sweet fennel chutney and zesty preserved lemon gremolata. Sprinkle freeze dried yuzu for extra flavour.



POTATO-CRUSTED

PRAWN CUTLETS

WITH YUZU COCKTAIL AIOLI

Golden, crispy and packed with flavour, this dish combines crunchy potato-coated prawns with a bright yuzu aioli for a contemporary twist on a crowd favourite.

INGREDIENTS (10 serves)

- 2kg Prawn cutlets, large and thawed
- 300g Cornflour
- 6 Eggs, whisked
- 300g **Knorr Professional Potato Flakes Gluten Free**
- 500g **Hellmann's Real Aioli Gluten Free**
- 5g Tabasco sauce
- 10g Worcestershire sauce
- 75g Tomato sauce
- 6g Yuzu, juice
- Lemon, wedges, to garnish
- Raddichio, leaves, to garnish
- Seaweed salt, to garnish

METHOD

PRAWN CUTLETS

- Crumb prawns by coating first in cornflour then egg and finally **Knorr Potato Flakes**. Fry in preheated oil at 170°C until golden brown and cooked through.

YUZU COCKTAIL AIOLI

- Combine **Hellmann's Real Aioli**, Tabasco sauce, Worcestershire sauce, tomato sauce and yuzu in a bowl. Mix well until smooth and fully combined.

TO SERVE

- Place the potato-crusted prawns on the plate and serve the yuzu cocktail aioli to the side. Accompany with lemon wedges and radicchio, then finish with a sprinkle of seaweed salt.



246871 Hellmann's Real Aioli 10kg



270580 Knorr Professional Potato Flakes 4kg

PORK BELLY LOLLIPOPS, MANGO DEMI-GLACE, PICKLED NECTARINE & BURNT CARROT MISO PURÉE

Crispy pork belly meets sweet mango demi-glace, sharp pickled nectarine and rich burnt carrot miso purée, delivering a bold balance of sweet, savoury, tangy and umami flavours.

INGREDIENTS (10 serves)

2kg Pork belly, deboned
1kg Salt, rock
20g Star anise
10g Juniper berries
150ml Olive oil
1kg Carrots, peeled and rough diced
300g Brown onion, finely diced
20g **Knorr Professional Vegetable Booster Gluten Free**
20g Miso, white, paste
500ml Cream, thickened
100g **Knorr Professional Potato Flakes Gluten Free**
300g **Knorr Professional Patak's Sweet Mango Chutney**
200g **Knorr Professional Demi Glace Gluten Free**
300g Nectarine, pickled
Baby endive, to garnish
Micro herbs, to garnish

METHOD

PORK BELLY

- Cover the pork belly with rock salt, star anise and juniper berries. Refrigerate for 4 hours. Remove from the fridge, rinse off the cure thoroughly and pat dry.
- Place the pork belly into vacuum bags and seal tightly. Cook in a combi oven using the sous vide setting or alternatively steam at 82°C for a minimum of 8 hours and up to 12 hours (overnight). Once cooked, remove the pork belly from the bags and drain any excess liquid. Transfer to a gastronorm tray, cover with baking paper, then place a second gastronorm tray on top. Add weight to the top tray and refrigerate overnight to press.
- Once chilled and pressed, cut the pork belly into 3cm x 3cm cubes and skewer. Fry the skewered pork belly in preheated oil at 180°C until golden brown and crispy. Set aside.

BURNT CARROT MISO PURÉE

- In a heated pan with olive oil, sauté the carrots and onion until the carrots begin to caramelise. Add the **Knorr Vegetable Booster**, miso, cream and **Knorr Potato Flakes** then simmer until the mixture has reduced by half. Blend with a stick blender until smooth.

MANGO DEMI-GLACE

- In a pot, combine warm water (2L per 10 serves), **Knorr Patak's Sweet Mango Chutney** and **Knorr Demi Glace**. Bring to the boil, then reduce to a simmer and cook for 2 minutes.

TO SERVE

- Place the burnt carrot miso purée onto the base of the plate. Glaze the pork belly lollipops with the mango demi-glace and arrange them on top of the purée. Garnish each lollipop with pickled nectarine, then finish with baby endive and micro herbs. Serve with extra **Knorr Patak's Sweet Mango Chutney** to the side.



092512 Knorr Professional Patak's Sweet Mango Chutney 2.9kg



029603 Knorr Professional Vegetable Booster 2.4kg



274156 Knorr Professional Demi Glace 6kg



270580 Knorr Professional Potato Flakes 4kg



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