

A top-down view of a white bowl filled with a red soup, containing yellow corn kernels and small pieces of vegetables. The bowl sits on a white plate, which is placed on a brown woven placemat. A green cloth napkin is folded next to the bowl. The background shows a rustic wooden surface.

RE:FRESH

Homestyle Soups & Meals



Homestyle Soups

RE:FRESHED

..26 DELICIOUS HOMESTYLE SOUP AND MEAL RECIPES..

No matter what the season is, soup is always a welcome part of any Aged Care menu. It can be served at any time of the day, as a starter, a main meal or as a nourishing and full flavoured mid-meal such as morning and afternoon tea.

There is nothing more comforting than homestyle soups and meals to warm the body and the soul that your residents will enjoy - that is why Andrew Ballard, Executive Chef of Unilever Food Solutions has created 13 inspiring soup recipes and 13 homestyle meal recipes using our Continental Professional Soups range, made especially for Aged Care Chefs for you to include in your next menu plan.

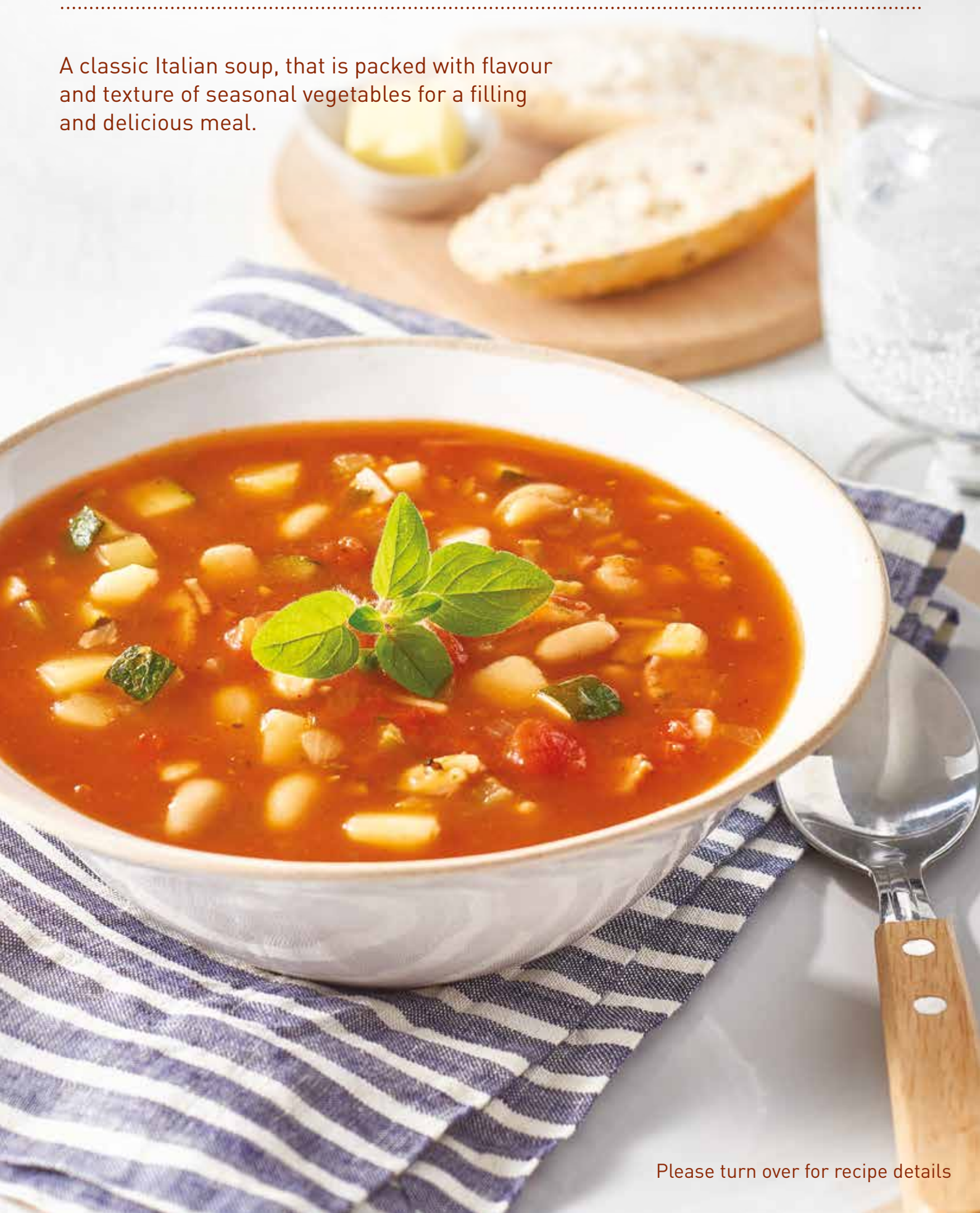
These recipes have been developed to create meals that are rich in flavour, helping to boost food and liquid intake. They can be used on their own to create delicious soups or they can be used as a base to prepare inspiring meals, by adding a variety of ingredients to increase calories, dairy, protein and micronutrients, as well as adding texture and flavour.

TAKE INSPIRATION FROM OUR COLLECTION OF SOUP RECIPES

- ✓ **CLASSIC HOMESTYLE** soups are loved by everyone. From traditional tomato soup to chunky chowder - there is a soup for all tastes.
- ✓ **FULL FLAVOUR** for a tasty and appetising meal, so your residents will be asking for second helpings!
- ✓ **VERSATILE** soup bases mean you can create a variety of meals by combining different soup bases with additional vegetables, herbs and spices.
- ✓ **APPETISING AND APPEALING** soups can be served as a main meal or as a mid-meal, helping your residents to eat the right amount of food each day.
- ✓ **HYDRATING** it is an effective and delicious way to help residents to meet their daily fluid requirement levels throughout the day.
- ✓ **ADAPTABLE** to texture modified diets, soup can be thickened or thinned to make swallowing easier for residents with dysphagia.

Chunky Minestrone Soup

A classic Italian soup, that is packed with flavour and texture of seasonal vegetables for a filling and delicious meal.



Please turn over for recipe details

Chunky Minestrone Soup

Serves 10

Ingredients

20ml	Oil
100g	Short cut gluten free bacon, chopped
20g	Garlic, chopped
100g	Leek, diced
300g	Potato, diced
300g	Zucchini, diced
1.5L	Water
110g	Continental Professional Gluten Free Minestrone Soup Mix
400g	Can cannellini beans, drained
400g	Knorr Pronto Napoli
10g	Oregano, chopped, to garnish

Method

1. Heat oil in a large saucepan. Add bacon, garlic, leek, potato, zucchini and cook for 4-5 minutes stirring regularly.
2. Stir in water and **Continental Professional Gluten Free Minestrone Soup Mix** and bring to the boil. Add cannellini beans and **Knorr Pronto Napoli** and simmer for 10-15 minutes or until vegetables are tender.
3. Serve soup garnished with oregano.

Serving Suggestion

Grilled toast.

Tip

Use any spare in season vegetables to bulk out the soup and garnish with grated parmesan cheese and fresh oregano.

Nutrition Information

	Per Serve (326g)
Energy (kJ)	691
Energy (Cal)	165
Protein (g)	6
Total Fat (g)	6
Saturated Fat (g)	2
Carbohydrate (g)	19
Sugars (g)	5
Sodium (mg)	578

Continental Professional Gluten Free Minestrone Soup Mix 2.1kg



- Made with real vegetables for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Knorr Pronto Napoli 4.15kg



- Made in Italy from sustainably grown Italian tomatoes
- Authentic Napoli base sauce with 95% tomato content and real tomato chunks throughout

Creamy Cauliflower Chowder

A budget friendly soup made with the creamy velvety texture of cauliflower - that helps to add volume and bulk up vegetable portions for your diners.



Please turn over for recipe details

Creamy Cauliflower Chowder

Serves 10

Ingredients

40g	Butter
400g	Cauliflower, diced
150g	Carrot, diced
20g	Garlic, finely chopped
100g	Onion, chopped
1.5L	Water
110g	Continental Professional Gluten Free Cream of Cauliflower Soup Mix
100ml	Cream
150g	Gluten free short cut bacon, chopped
20g	Chives, chopped, to garnish

Method

1. Melt butter in a large saucepan. Add cauliflower, carrot, garlic, onion and cook until tender without browning.
2. Add the water and **Continental Professional Gluten Free Cream of Cauliflower Soup Mix** and simmer for 10-15 minutes, stirring continuously. Stir in the cream and cook gently until heated through.
3. Lightly pan fry bacon until golden, drain.
4. Serve soup garnished with bacon and chives.

Serving Suggestion

Crusty bread with butter.

Tip

Use roasted cauliflower to boost the flavour or add a little curry powder for an aromatic and flavourful twist.

Nutrition Information

	Per Serve (259g)
Energy (kJ)	680
Energy (Cal)	162
Protein (g)	51
Total Fat (g)	12
Saturated Fat (g)	6
Carbohydrate (g)	9
Sugars (g)	4
Sodium (mg)	486

Continental Professional Gluten Free Cream of Cauliflower Soup Mix 1.8kg



- Made with real cauliflower for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Cream of Pumpkin Soup with Smoked Ham and Roasted Garlic

The addition of caramelised roasted garlic and smoky ham will really boost flavour and complement the creamy golden pumpkin in this soup recipe.



Please turn over for recipe details

Cream of Pumpkin Soup with Smoked Ham and Roasted Garlic

Serves 10

Ingredients

1.5L	Water
100g	Continental Professional Gluten Free Cream of Pumpkin Soup Mix
1 x	Garlic bulb
500g	Pumpkin, diced
200g	Shredded smoked ham hock
100ml	Cream
20g	Basil, to garnish

Method

1. Simmer water and **Continental Professional Gluten Free Cream of Pumpkin Soup Mix** in a large saucepan for 5 minutes, stirring continuously.
2. Slice garlic bulb in half, combine with pumpkin and drizzle with a little oil and bake for 20 minutes at 160°C.
3. Allow the garlic to cool slightly then squeeze the flesh from the skins and add to pan, along with the pumpkin and ham. Cook for a further 10 minutes, then blend and stir through cream just before serving.
4. Serve soup garnished with basil.

Serving Suggestion

Bread roll.

Tip

Bulk out with carrot or any starchy vegetables such as sweet potato, parsnips or potatoes.

Nutrition Information

Per Serve (244g)

Energy (kJ)	416
Energy (Cal)	99
Protein (g)	1
Total Fat (g)	5
Saturated Fat (g)	3
Carbohydrate (g)	12
Sugars (g)	5
Sodium (mg)	190

Continental Professional Gluten Free Cream of Pumpkin Soup Mix 1.7kg



- Made with real pumpkin for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Creamy Tomato and Basil Soup

A classical soup with the zesty addition of rich tomato puree and fresh basil.



Please turn over for recipe details

Creamy Tomato and Basil Soup

Serves 10

Ingredients

20ml	Oil
100g	Onion, chopped
1.5L	Water
110g	Continental Professional Gluten Free Tomato Soup Mix
500g	Knorr Pronto Napoli
150ml	Cream
20g	Basil, chopped

Method

1. Heat oil in a large saucepan, add onion and cook until softened.
2. Stir in water, **Continental Professional Gluten Free Tomato Soup Mix** and **Knorr Pronto Napoli** and bring to the boil. Simmer for 5 minutes.
3. Add cream, basil and simmer for a further 5 minutes. Remove from heat and blend soup with a stick blender until smooth.

Serving Suggestion

Bread roll.

Tip

Add more **Knorr Pronto Napoli** for a richer tomato flavour or stir through cooked pasta at the end for a heartier soup.

Nutrition Information

	Per Serve (239g)
Energy (kJ)	562
Energy (Cal)	131
Protein (g)	2
Total Fat (g)	9
Saturated Fat (g)	4
Carbohydrate (g)	11
Sugars (g)	7
Sodium (mg)	495

Continental Professional Gluten Free Tomato Soup Mix 2kg



- Made with real tomato for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Knorr Pronto Napoli 4.15kg



- Made in Italy from sustainably grown Italian tomatoes
- Authentic Napoli base sauce with 95% tomato content and real tomato chunks throughout

Seasonal Spring Vegetable Soup

A perfect soup for all seasons topped with a fresh herb pesto.



Please turn over for recipe details

Seasonal Spring Vegetable Soup

Serves 10

Ingredients

20ml	Oil
100g	Leek, chopped
200g	Green beans, trimmed
200g	Zucchini, diced
1.5L	Water
55g	Continental Professional Gluten Free Spring Vegetable Soup Mix
	<i>Pesto</i>
100g	Basil
100g	Macadamias
25g	Parmesan cheese, roughly grated
100ml	Olive oil

Method

1. Heat oil in a deep frypan and gently sauté vegetables for 5 minutes or until just softened.
2. Add water and **Continental Professional Gluten Free Spring Vegetable Soup Mix** and bring to the boil, stirring continuously. Simmer for 10 minutes.
3. In a food processor blitz basil, macadamia and parmesan until roughly chopped. With the motor running slowly add olive oil and continue blitzing until fully combined.
4. Serve spring vegetable soup topped with pesto.

Serving Suggestion

Bread roll.

Tip

Make sure you use vegetables that are in season to keep your costs down and ensure only the freshest and most flavourful ingredients are used.

Nutrition Information

	Per Serve (384g)
Energy (kJ)	920
Energy (Cal)	219
Protein (g)	3
Total Fat (g)	20
Saturated Fat (g)	3
Carbohydrate (g)	6
Sugars (g)	2
Sodium (mg)	234

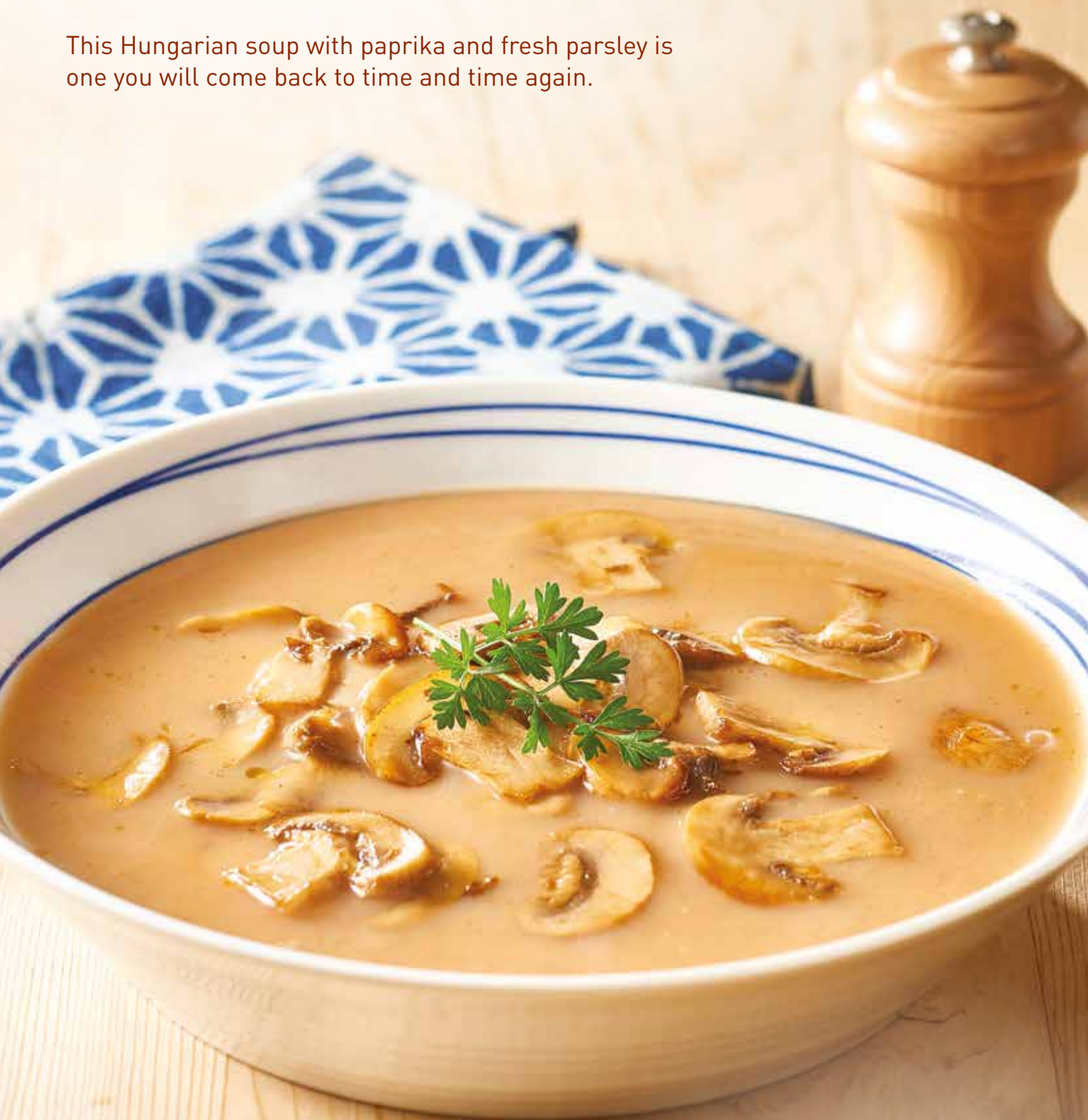
Continental Professional Gluten Free Spring Vegetable Soup Mix 2kg



- Made with real vegetables for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Hungarian Cream of Mushroom Soup

This Hungarian soup with paprika and fresh parsley is one you will come back to time and time again.



Please turn over for recipe details

Hungarian Cream of Mushroom Soup

Serves 10

Ingredients

20g	Butter
100g	Onion, diced
2.5g	Paprika
200g	Button mushrooms, sliced
1.5L	Water
100g	Continental Professional Gluten Free Cream of Mushroom Soup Mix
	Parsley, to garnish
150ml	Cream

Method

1. Lightly heat butter in a large saucepan, add onion and lightly sweat, then add paprika and mushrooms, and cook for 5 minutes over high heat.
2. Add water and **Continental Professional Gluten Free Cream of Mushroom Soup Mix** and bring to the boil, stirring continuously. Simmer for 10–15 minutes.
3. Garnish mushroom soup with parsley and cream.

Serving Suggestion

Bread roll.

Tip

Use any type of mushroom and just adjust cooking time or add sautéed onions or a bay leaf when cooking.

Nutrition Information

	Per Serve (208g)
Energy (kJ)	468
Energy (Cal)	111
Protein (g)	2
Total Fat (g)	8
Saturated Fat (g)	5
Carbohydrate (g)	8
Sugars (g)	2
Sodium (mg)	238

Continental Professional Gluten Free Cream of Mushroom Soup Mix 1.8kg



- Made with real mushroom for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Cream of Chicken Soup with Turmeric, Ginger and Shallots

A creamy chicken soup with a fresh Asian flavour influence of ginger and shallot matched with turmeric.



Please turn over for recipe details

Cream of Chicken Soup with Turmeric, Ginger and Shallots

Serves 10

Ingredients

1.5L	Water
92g	Continental Professional Gluten Free Cream of Chicken Soup Mix
2.5g	Turmeric powder
20g	Ginger, grated
150ml	Cream
30g	Shallots, sliced, to garnish
30g	Ginger, thinly sliced, to garnish

Method

1. Combine water and **Continental Professional Gluten Free Cream of Chicken Soup Mix** and bring to the boil, stirring continuously.
2. Add turmeric, ginger and simmer for 5 minutes.
3. Stir through cream and cook gently until heated through, then serve garnished with shallots and ginger.

Serving Suggestion

Add fresh herbs to finish.

Tip

Bulk out using some vermicelli noodles or add shredded cooked chicken and canned corn kernels for texture.

Nutrition Information

	Per Serve (192g)
Energy (kJ)	522
Energy (Cal)	124
Protein (g)	1
Total Fat (g)	8
Saturated Fat (g)	4
Carbohydrate (g)	13
Sugars (g)	2
Sodium (mg)	513

Continental Professional Gluten Free Cream of Chicken Soup Mix 1.6kg



- Made with real chicken for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Asian Chicken Noodle Soup

Fresh flavours of garlic and ginger mean this lighter style soup is still full of flavour.



Please turn over for recipe details

Asian Chicken Noodle Soup

Serves 10

Ingredients

20ml	Oil
20g	Garlic, finely chopped
20g	Ginger, finely chopped
1.7L	Water
95g	Continental Professional Gluten Free Chicken Noodle Soup Mix
200g	Chicken breast fillet, thinly sliced
300g	Boy choy, trimmed
150g	Bean shoots, trimmed, to garnish

Method

1. Heat oil in a large saucepan and gently cook garlic and ginger until aromatic.
2. Add water and **Continental Professional Gluten Free Chicken Noodle Soup Mix** and bring to the boil, stirring continuously.
3. Reduce heat, add chicken, bok choy and simmer for 10 minutes.
4. Serve chicken noodle soup garnished with bean shoots.

Serving Suggestion

Serve with fresh lemon or lime wedges.

Tip

Add extra (vermicelli) gluten free noodles for additional calories and garnish with coriander.

Nutrition Information

	Per Serve (250g)
Energy (kJ)	351
Energy (Cal)	84
Protein (g)	6
Total Fat (g)	2
Saturated Fat (g)	1
Carbohydrate (g)	8
Sugars (g)	1
Sodium (mg)	337

Continental Professional Gluten Free Chicken Noodle Soup Mix 2.3kg



- Made with real chicken for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Green Pea and Ham Soup

A fresher alternative to split pea and ham soup, this soup can be enjoyed all year round.



Please turn over for recipe details

Green Pea and Ham Soup

Serves 10

Ingredients

20ml	Oil
100g	Onion, chopped
3 x	Cloves garlic, chopped
1.7L	Water
145g	Continental Professional Gluten Free Garden Pea & Ham Soup Mix
350g	Ham, diced
300g	Frozen peas

Method

1. Heat oil in a large saucepan and add onion and garlic. Lightly cook for 5 minutes or until softened.
2. Add water and **Continental Professional Gluten Free Garden Pea & Ham Soup Mix** and bring to the boil, stirring continuously. Simmer for 10 minutes.
3. Reduce heat, add ham and peas, and simmer for another 2-3 minutes.
4. Serve green pea and ham soup with crusty bread.

Serving Suggestion

Crusty bread.

Tip

Add garnish of diced ham and chives.

Nutrition Information

	Per Serve (262g)
Energy (kJ)	654
Energy (Cal)	156
Protein (g)	12
Total Fat (g)	6
Saturated Fat (g)	2
Carbohydrate (g)	11
Sugars (g)	3
Sodium (mg)	802

Continental Professional Gluten Free Garden Pea & Ham Soup Mix 1.9kg



- Made with real green pea for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Caramelised French Onion Soup

A hearty broth with rich caramelised onions, superb for cooler weather. Add grilled cheese toasties to really warm up your residents.



Please turn over for recipe details

Caramelised French Onion Soup

Serves 10

Ingredients

50g	Butter
500g	Brown onions, sliced
150ml	White wine
1.7L	Water
90g	Continental Professional Gluten Free French Onion Soup Mix
10 x	Slices gluten free bread
120g	Parmesan cheese, grated
	Rosemary, to garnish

Method

1. Melt butter in a large saucepan and add onion. Cook over low heat for 20 minutes or until soft and slightly caramelised.
2. Increase heat, add wine and reduce by half.
3. Add water and **Continental Professional Gluten Free French Onion Soup Mix** and bring to the boil, stirring continuously. Simmer for 10 minutes.
4. Grill bread, top with cheese and continue to grill until melted and golden.
5. Serve soup garnished with rosemary, accompanied with cheesy toast.

Serving Suggestion

Cheesy bread.

Tip

The longer and slower you cook the onions the more sweetness and flavour the soup will have.

Nutrition Information

	Per Serve (284g)
Energy (kJ)	881
Energy (Cal)	210
Protein (g)	8
Total Fat (g)	9
Saturated Fat (g)	5
Carbohydrate (g)	20
Sugars (g)	6
Sodium (mg)	586

Continental Professional Gluten Free French Onion Soup Mix 2.2kg



- Made with real onion for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Mexican Vegetable Soup

Bulking up soups with vegetables and beans adds extra nutrition for your residents.



Please turn over for recipe details

Mexican Vegetable Soup

Serves 10

Ingredients

10ml	Oil
100g	Onion, diced
150g	Carrot, diced
300g	Corn kernels
1.7L	Water
130g	Continental Professional Gluten Free Thick Vegetable Soup Mix
400g	Cannellini beans, drained

Method

1. Heat oil in a large saucepan and add vegetables. Cook for 3-4 minutes or until onion is just tender.
2. Add water and **Continental Professional Gluten Free Thick Vegetable Soup Mix** to the pan and bring to the boil, stirring continuously. Simmer for 10 minutes.
3. Add cannellini beans and simmer gently until warmed through.

Serving Suggestion

Avocado, coriander and sour cream.

Tip

Convert this recipe into a rich Mexican hot pot. Just add chunky diced beef and slow cook in the oven.

Nutrition Information

	Per Serve (254g)
Energy (kJ)	421
Energy (Cal)	100
Protein (g)	3
Total Fat (g)	2
Saturated Fat (g)	0.5
Carbohydrate (g)	18
Sugars (g)	3
Sodium (mg)	281

Continental Professional Gluten Free Thick Vegetable Soup Mix 1.9kg



- Made with real vegetables for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Beef, Vegetable and Parmesan Soup

A simple and cost effective soup made in less than 15 minutes.



Please turn over for recipe details

Beef, Vegetable and Parmesan Soup

Serves 10

Ingredients

1.6L	Water
130g	Continental Professional Gluten Free Beef & Vegetable Soup Mix
200g	Potato, diced
100g	Frozen peas
150g	Parmesan cheese, shaved

Method

1. Heat water, **Continental Professional Gluten Free Beef & Vegetable Soup Mix** and potato in a large saucepan and bring to the boil, stirring continuously. Simmer for 10 minutes or until potato is tender.
2. Add peas and cook for a further 2-3 minutes.
3. Serve soup garnished with parmesan.

Serving Suggestion

Bread roll.

Tip

Add cooked beef mince to recipe for more protein.

Nutrition Information

	Per Serve (218g)
Energy (kJ)	550
Energy (Cal)	130
Protein (g)	8
Total Fat (g)	5
Saturated Fat (g)	3
Carbohydrate (g)	12
Sugars (g)	2
Sodium (mg)	565

Continental Professional Gluten Free Beef & Vegetable Soup Mix 1.9kg



- Made with real vegetables for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Potato, Leek and Bacon Soup

Potato and leek soup will always be a classic. Add some smoky ham to give it some extra richness and warmth.



Please turn over for recipe details

Potato, Leek and Bacon Soup

Serves 10

Ingredients

10ml	Oil
200g	Gluten free short cut bacon, diced
150g	Leek, sliced
150g	Potato, diced
1.5L	Water
120g	Continental Professional Gluten Free Potato & Leek Soup Mix
	Chervil, to garnish

Method

1. Heat oil in a large saucepan. Add bacon, leek and sauté for 5 minutes or until golden.
2. Add water, **Continental Professional Gluten Free Potato & Leek Soup Mix** and potato, bring to the boil, stirring continuously. Simmer for 10 minutes or until potato is tender.
3. Serve soup garnished with chervil.

Serving Suggestion

Bread roll.

Tip

Add sour cream for a rich creamy finish.

Nutrition Information

	Per Serve (213g)
Energy (kJ)	537
Energy (Cal)	128
Protein (g)	4
Total Fat (g)	8
Saturated Fat (g)	3
Carbohydrate (g)	9
Sugars (g)	3
Sodium (mg)	462

Continental Professional Gluten Free Potato & Leek Soup Mix 1.7kg



- Made with real potato and leek for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare



Homestyle Meals

RE:FRESHED

Your residents love things that remind them of home, and mealtimes are an important way of reminiscing. When creating dishes for your residents, real ingredients not only provide better taste but also colour and texture.

Our Continental Professional Soups range is not only used to prepare delicious soups. This versatile range can be used as a base in many other recipes to enhance the flavour and texture on your meals as they are made with real ingredients to deliver a homestyle taste.

All our Continental Professional Soup recipes have been developed to ensure they are a welcome addition to a tasty and balanced diet for the residents.

We have included our soup bases in recipes for stews, pies, sauces and curries to create 13 delicious meals especially for Aged Care. Rich in flavour, moist and aromatic, these dishes are sure to become favourites.

See inside for delicious soup variation recipes as well as our full Continental Soup range for your kitchen.

Baked Tuscan Fish

Fish is popular in Aged Care but can lack flavour.
The Tuscan style sauce lifts the fish.



Please turn over for recipe details

Baked Tuscan Fish

Serves 10

Ingredients

20ml	Oil
100g	Onion, diced
50g	Continental Professional Gluten Free Minestrone Soup Mix
300ml	Water
300g	Knorr Pronto Napoli
400g	Canned cannellini beans, drained
200g	Frozen peas
10 x	Hoki fillets
3 x	Lemons, quartered

Method

1. Heat oil in a large saucepan and add onion. Cook for 3-4 minutes then stir in water and **Continental Professional Gluten Free Minestrone Soup Mix**. Bring to the boil, add **Knorr Pronto Napoli** and simmer for 10 minutes.
2. Add cannellini beans and peas and cook for 2-3 minutes or until heated through.
3. Cook hoki fillets in combi oven on 20% steam at 160°C for 10-12 minutes or until cooked through.
4. Spoon sauce over fish and serve with lemon wedges and a side salad.

Serving Suggestion

Side salad or mashed potato.

Tip

Use any firm white fish in place of Hoki if desired or pan fried chicken breasts.

Nutrition Information

	Per Serve (434g)
Energy (kJ)	1262
Energy (Cal)	300
Protein (g)	49
Total Fat (g)	6
Saturated Fat (g)	1
Carbohydrate (g)	9
Sugars (g)	4
Sodium (mg)	396

Continental Professional Gluten Free Minestrone Soup Mix 2.1kg



- Made with real vegetables for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Knorr Pronto Napoli 4.15kg



- Made in Italy from sustainably grown Italian tomatoes
- Authentic Napoli base sauce with 95% tomato content and real tomato chunks throughout

Grilled Chicken Breast, Cauliflower Puree

Cauliflower puree has become very popular over the years. Here is a very simple way to make it for your residents without all the bother of boiling cauliflower and peeling potatoes.



Grilled Chicken Breast, Cauliflower Puree

Serves 10

Ingredients

20ml	Oil
10 x	Chicken breast fillets, skin on
600ml	Hot water
40g	Continental Professional Gluten Free Cream of Cauliflower Soup Mix
50g	Continental Professional Gluten Free Instant Mashed Potato Mix
20g	Butter
40ml	Cream

Method

1. Heat the oil and pan fry chicken breasts, finish cooking in the oven at 170°C until cooked through.
2. Combine water and **Continental Professional Gluten Free Cream of Cauliflower Soup Mix** and simmer for 5 minutes, stirring continuously.
3. Whisk in **Continental Professional Gluten Free Instant Mashed Potato Mix** until thickened then add cream and butter, and continue whisking until fully combined.
4. Serve chicken breasts with cauliflower puree.

Serving Suggestion

Sautéed red cabbage.

Tip

Skin on chicken adds extra flavour and looks great on the plate but you can use skinless breast as a healthier alternative.

Nutrition Information

	Per Serve (277g)
Energy (kJ)	1209
Energy (Cal)	288
Protein (g)	45
Total Fat (g)	9
Saturated Fat (g)	4
Carbohydrate (g)	6
Sugars (g)	1
Sodium (mg)	242

Continental Professional Gluten Free Cream of Cauliflower Soup Mix 1.8kg



- Made with real cauliflower for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Continental Professional Gluten Free Instant Mashed Potato Mix 7kg



- An instant mash mix, made with real potatoes to create a rich and creamy mashed potato

Pumpkin Alfredo

Try this recipe for a different option to your usual tomato based pasta sauces. The creamy pumpkin is perfect with egg pasta and sprinkled with fresh grated parmesan.



Please turn over for recipe details

Pumpkin Alfredo

Serves 10

Ingredients

20ml	Oil
20g	Knorr Professional Garlic Puree
400ml	Hot water
100g	Continental Professional Gluten Free Cream of Pumpkin Soup Mix
350g	Fettuccine pasta
350g	Baby spinach leaves
50g	Parmesan cheese, grated

Method

1. Heat oil in a large saucepan. Add **Knorr Professional Garlic Puree**, lightly cook then add water and **Continental Professional Gluten Free Cream of Pumpkin Soup Mix**. Simmer for 5 minutes, stirring continuously. Keep warm.
2. Cook pasta until al dente in boiling salted water. Drain then toss through baby spinach to wilt.
3. Add pumpkin sauce to pasta and toss to combine.
4. Serve pasta garnished with parmesan.

Serving Suggestion

Tomato salad.

Tip

For a different flavour combination add some sage which matches perfectly with pumpkin.

Nutrition Information

	Per Serve (129g)
Energy (kJ)	560
Energy (Cal)	133
Protein (g)	5
Total Fat (g)	5
Saturated Fat (g)	2
Carbohydrate (g)	18
Sugars (g)	2
Sodium (mg)	320

Knorr Professional Garlic Puree 750g



- The fresh flavour and natural colour of garlic in a smooth paste

Continental Professional Gluten Free Cream of Pumpkin Soup Mix 1.7kg



- Made with real pumpkin for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Chicken Lasagne Primavera

A classical Italian dish with ricotta, Napoli tomato sauce and chicken mince is also great for the budget.



Please turn over for recipe details

Chicken Lasagne Primavera

Serves 10

Ingredients

20g	Butter
200g	Leek, sliced
150g	Frozen peas
20ml	Oil
100g	Onion, chopped
1kg	Chicken mince
20g	Knorr Professional Garlic Puree
100ml	White wine
300ml	Water
60g	Continental Professional Gluten Free Tomato Soup Mix
400g	Knorr Pronto Napoli
300g	Dried lasagne sheets
200g	Baby spinach leaves
600g	Ricotta
100g	Tasty cheese, grated
10g	Oregano leaves, to garnish

Method

1. Melt butter in a large frying pan, add leek and cook for 5 minutes or until softened. Add peas, cook for another 2-3 minutes then remove from heat and set aside.
2. Heat oil and onion in the frying pan and cook until softened, then add chicken mince, stirring to break up the mince.
3. Add **Knorr Professional Garlic Puree** and cook for another minute. Pour in wine and allow to reduce by half.
4. Stir in water, **Continental Professional Gluten Free Tomato Soup Mix** and **Knorr Pronto Napoli** and bring to the boil. Simmer for 5 minutes.
5. Spoon a rough cup measure of chicken tomato mixture into base of a half gastronome tray. Top with a third of lasagne sheets. Continue with half the remaining chicken tomato mixture, then spoon over half the sautéed leek and peas, half the spinach leaves and half the ricotta. Continue layering with rest of the lasagne sheets, chicken tomato mixture, leek, peas and spinach. Finish with lasagne sheets, ricotta and top with tasty cheese.
6. Bake for 40 minutes at 170°C or until golden.
7. Serve lasagne garnished with oregano leaves.

Serving Suggestion

Steamed vegetables.

Nutrition Information

	Per Serve (358g)
Energy (kJ)	1692
Energy (Cal)	403
Protein (g)	31
Total Fat (g)	21
Saturated Fat (g)	10
Carbohydrate (g)	19
Sugars (g)	8
Sodium (mg)	623

Knorr Professional Garlic Puree 750g



- The fresh flavour and natural colour of garlic in a smooth paste

Continental Professional Gluten Free Tomato Soup Mix 2kg



- Made with real tomato for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Knorr Pronto Napoli 4.15kg



- Made in Italy from sustainably grown Italian tomatoes
- Authentic Napoli base sauce with 95% tomato content and real tomato chunks throughout

Tip

A great way to get extra nutrition by bulking out layers with baby spinach.

Chicken Maryland, Seasonal Roasted Vegetables

Seasonal vegetables matched with a chicken maryland is a great lighter style option for your residents.



Please turn over for recipe details

Chicken Maryland, Seasonal Roasted Vegetables

Serves 10

Ingredients

500g	Baby carrots, peeled and trimmed
500g	Cauliflower, cut in florets
200g	Asparagus spears, halved
200g	Broccolini, chopped
200g	Cherry tomatoes
20ml	Oil
10 x	Chicken marylands

Spring Vegetable Sauce

400ml	Water
38g	Continental Professional Gluten Free Spring Vegetable Soup Mix

Method

1. Drizzle vegetables with oil and roast in oven for 25 minutes at 170°C. Keep warm.
2. Meanwhile, heat a little extra oil in a large frying pan and brown chicken marylands. Finish cooking in the oven at 170°C until cooked through.
3. In a saucepan bring water and **Continental Professional Gluten Free Spring Vegetable Soup Mix** to boil, stirring continuously. Simmer for 10 minutes.
4. Serve baked vegetables with chicken marylands and spring vegetable sauce.

Serving Suggestion

Fresh garden salad.

Tip

Add cheese to the vegetable bake if desired.

Nutrition Information

	Per Serve (206g)
Energy (kJ)	291
Energy (Cal)	69
Protein (g)	3
Total Fat (g)	2
Saturated Fat (g)	0.5
Carbohydrate (g)	7
Sugars (g)	5
Sodium (mg)	178

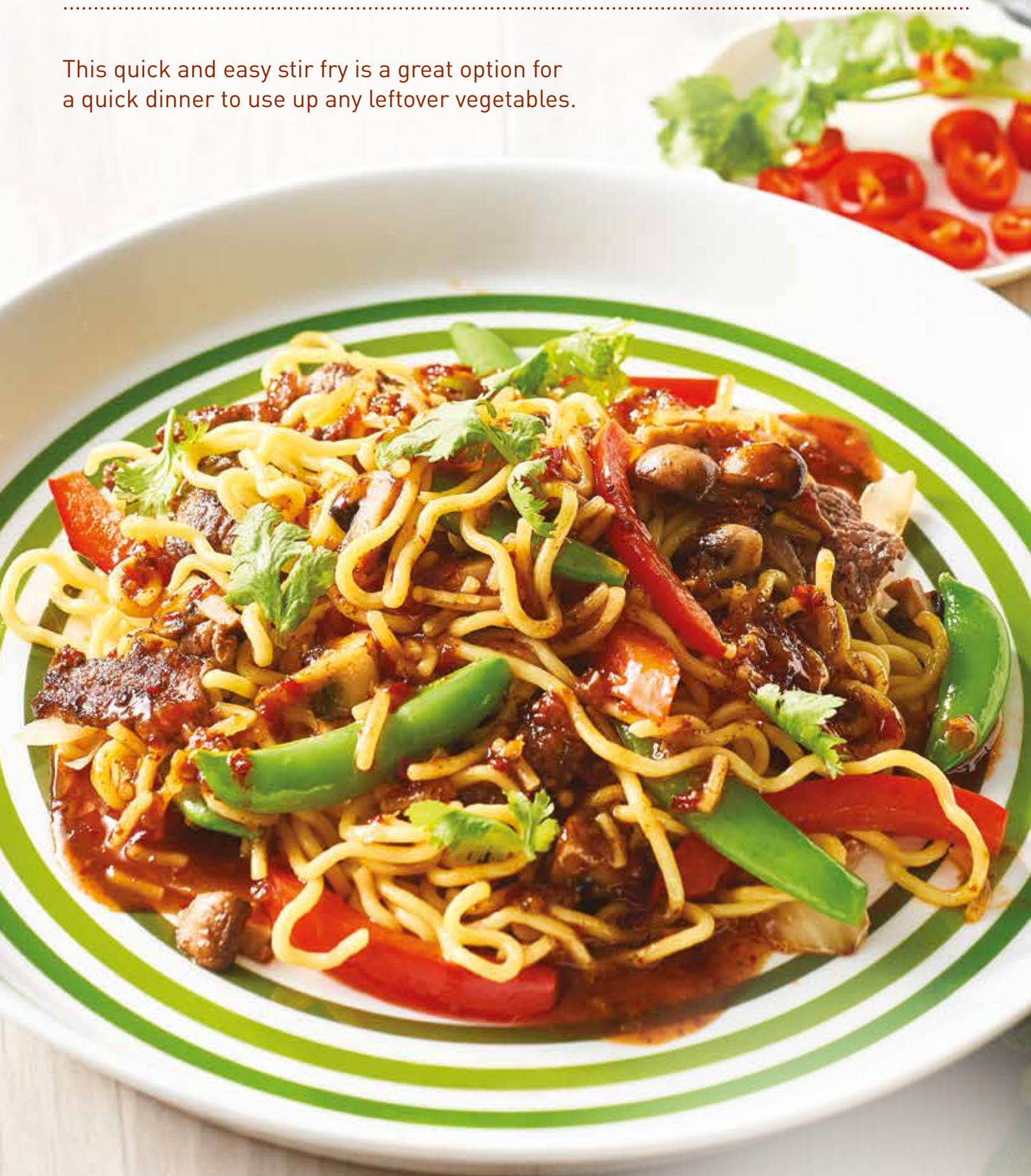
Continental Professional Gluten Free Spring Vegetable Soup Mix 2kg



- Made with real vegetables for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Hokkien Noodle Stir Fry

This quick and easy stir fry is a great option for a quick dinner to use up any leftover vegetables.



Please turn over for recipe details

Hokkien Noodle Stir Fry

Serves 10

Ingredients

400ml	Water
60g	Continental Professional Gluten Free Chicken Noodle Soup Mix
50g	Knorr Thai Sweet Chilli Jam
20ml	Oil
500g	Beef steak, thinly sliced
250g	Red capsicum, sliced
250g	Sugar snap peas, trimmed
100g	Button mushrooms, sliced
500g	Hokkien noodles

Method

1. Heat water and **Continental Professional Gluten Free Chicken Noodle Soup Mix** in a saucepan and bring to the boil, stirring continuously. Simmer for 10 minutes. Add **Knorr Thai Sweet Chilli Jam** and whisk to combine. Keep warm.
2. Heat oil in a deep frying pan or wok over high heat and brown beef in batches. Remove and set aside.
3. Add vegetables to the pan and cook for 3-4 minutes over high heat until just tender. Return beef to pan and add Hokkien noodles.
4. Pour sauce into pan and toss until stir fry is fully combined and warmed through. Serve immediately.

Serving Suggestion

Serve with fresh herb salad.

Tip

Use a selection of left over vegetables to avoid any wastage.

Nutrition Information

	Per Serve (208g)
Energy (kJ)	669
Energy (Cal)	159
Protein (g)	13
Total Fat (g)	6
Saturated Fat (g)	2
Carbohydrate (g)	13
Sugars (g)	3
Sodium (mg)	332

Continental Professional Gluten Free Chicken Noodle Soup Mix 2.3kg



- Made with real chicken for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Knorr Thai Sweet Chilli Jam 920g



- A traditional Thai sweet chilli paste made with quality ingredients such as fresh shallots and garlic, fried and blended with chilli and shrimps

Garden Pea and Ham Quiche

A quick and easy creamy quiche, perfect to be served with vegetables as a lighter meal option.



Please turn over for recipe details

Garden Pea and Ham Quiche

Serves 10

Ingredients

2 x	Sheets shortcrust pastry
20ml	Oil
100g	Onion, diced
400ml	Cream
30g	Continental Professional Gluten Free Garden Pea & Ham Soup Mix
4 x	Eggs
300g	Ham, diced
200g	Frozen peas

Method

1. Line a 26-cm tart tin with shortcrust pastry. Freeze for 10 minutes.
2. Transfer tart tin to oven and blind bake pastry case for 10 minutes at 180°C. Cool.
3. Heat oil in a saucepan and cook onion until softened. Add cream and **Continental Professional Gluten Free Garden Pea & Ham Soup Mix** and simmer, stirring continuously for 5 minutes. Transfer to a bowl and cool.
4. Add eggs, ham and peas to the mixture and season with pepper.
5. Pour into tart shell. Bake for 25 minutes at 180°C until set.
6. Serve quiche with steamed broccoli and tomatoes.

Serving Suggestion

Side salad.

Tip

Add extra vegetables to the quiche to bulk out.

Nutrition Information

	Per Serve (153g)
Energy (kJ)	1599
Energy (Cal)	381
Protein (g)	14
Total Fat (g)	28
Saturated Fat (g)	14
Carbohydrate (g)	18
Sugars (g)	5
Sodium (mg)	679

Continental Professional Gluten Free Garden Pea & Ham Soup Mix 1.9kg



- Made with real green pea for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Beef Meatballs, Creamy Onion Sauce

Beef is popular among residents but can be expensive. This classic meatball dish offers a cheaper option.



Please turn over for recipe details

Beef Meatballs, Creamy Onion Sauce

Serves 10

Ingredients

1kg	Beef mince
150g	Onion, diced
100g	Carrot, grated
50g	Colman's Dijon Mustard
20ml	Oil

Creamy Onion Sauce

400ml	Water
58g	Continental Professional Gluten Free French Onion Soup Mix
100ml	Cream

Method

1. Combine beef mince, onion, carrot and **Colman's Dijon Mustard**. Roll into even size balls.
2. Heat oil in a large frying pan and brown meatballs then transfer to oven and continue cooking at 170°C until cooked through. Keep warm.
3. Meanwhile, combine water and **Continental Professional Gluten Free French Onion Soup Mix** and bring to the boil. Simmer for 10 minutes, add cream and cook gently until warmed through.
4. Serve meatballs on a bed of **Continental Professional Gluten Free Instant Mashed Potato Mix**. Spoon over creamy onion sauce and accompany with oven roasted tomatoes.

Serving Suggestion

Serve with a fresh green salad or mashed potato with wholegrain mustard stirred through.

Tip

- Use lean or extra lean mince (less than 5% fat) to reduce saturated fat per serve.
- Add chopped dill or tarragon to the sauce before serving for a Swedish style sauce.

Nutrition Information

	Per Serve (186g)
Energy (kJ)	1209
Energy (Cal)	288
Protein (g)	26
Total Fat (g)	18
Saturated Fat (g)	8
Carbohydrate (g)	6
Sugars (g)	3
Sodium (mg)	359

Colman's Dijon Mustard 2.25L



- A smooth, medium strength mustard

Continental Professional Gluten Free French Onion Soup Mix 2.2kg



- Made with real onion for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Continental Professional Gluten Free Instant Mashed Potato Mix 7kg



- An instant mash mix, made with real potatoes to create a rich and creamy mashed potato

Steamed Hoki, Parsley, White Wine Sauce

A simple steamed fish brought to life with parsley and white wine sauce matched with sweet potato mash.



Please turn over for recipe details

Steamed Hoki, Parsley, White Wine Sauce

Serves 10

Ingredients

10 x	Hoki fillets
150ml	White wine
500ml	Water
80g	Continental Professional Gluten Free Potato & Leek Soup Mix
10g	Dill, chopped

Method

1. Cook Hoki fillets in combi oven on 20% steam for 10-12 minutes at 160°C or until cooked through. Keep warm.
2. Meanwhile, simmer wine in a large saucepan and reduce by half.
3. Add water and **Continental Professional Gluten Free Potato & Leek Soup Mix** to the pan and bring to the boil, stirring continuously. Simmer for 10 minutes then stir through dill.
4. Pour sauce over fish and serve with **Knorr Instant Sweet Potato Mash Mix**, steamed broccolini and lemon wedges.

Serving Suggestion

As an alternative, serve with **Continental Professional Instant Mashed Potato Mix**.

Tip

Add some cream or sour cream to the sauce for more flavour.

Nutrition Information

	Per Serve (375g)
Energy (kJ)	1127
Energy (Cal)	268
Protein (g)	46
Total Fat (g)	6
Saturated Fat (g)	1
Carbohydrate (g)	5
Sugars (g)	1
Sodium (mg)	315

Continental Professional Gluten Free Potato & Leek Soup Mix 1.7kg



- Made with real potato and leek for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Knorr Instant Sweet Potato Mash Mix 4kg



- Made from real potato and sweet potato
- Creates a creamy and delicious mash

Curried Vegetable Pie

A hearty full flavoured vegetarian option.



Please turn over for recipe details

Curried Vegetable Pie

Serves 10

Ingredients

100g	Onion, diced
350g	Zucchini, diced
350g	Carrot, diced
500g	Cauliflower, into florets
80g	Knorr Patak's Mild Curry Paste
500ml	Water
44g	Continental Professional Gluten Free Thick Vegetable Soup Mix
3 x	Sheets puff pastry, cut into rounds

Method

1. Combine vegetables with **Knorr Patak's Mild Curry Paste** and roast for 25 minutes at 170°C until tender.
2. Heat water and **Continental Professional Gluten Free Thick Vegetable Soup Mix** in a saucepan and bring to the boil, stirring continuously. Simmer for 10 minutes.
3. Add vegetables to pan and stir to combine.
4. Place vegetable mixture into a baking dish and top with pastry. Bake for 20 minutes at 180°C or until pastry is crisp and golden.
5. Serve vegetable pie with a side salad.

Serving Suggestion

Side salad.

Tip

Use any of the **Knorr Patak's** range of pastes in this pie such as Vindaloo or Butter Chicken Paste.

Nutrition Information

	Per Serve (262g)
Energy (kJ)	1707
Energy (Cal)	406
Protein (g)	7
Total Fat (g)	24
Saturated Fat (g)	11
Carbohydrate (g)	38
Sugars (g)	6
Sodium (mg)	669

Knorr Patak's Mild Curry Paste 1.05kg



- A mild spice blend of coriander, cumin, turmeric, chilli, tomato and spices

Continental Professional Gluten Free Thick Vegetable Soup Mix 1.9kg



- Made with real vegetables for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Roast Chicken, Chasseur Sauce

A twist on a classic French sauce sometimes called *hunter sauce*, made with any available vegetables found on hunting trips.



Please turn over for recipe details

Roast Chicken, Chasseur Sauce

Serves 10

Ingredients

20ml	Oil
10 x	Chicken breast fillets, skin off
100g	Onion, diced
100ml	White wine
400ml	Water
30g	Continental Professional Gluten Free Cream of Mushroom Soup Mix
200g	Knorr Pronto Napoli
100ml	Cream

Method

1. Heat half the oil in a large frying pan and brown chicken breasts, finish cooking in the oven at 170°C until cooked through. Keep warm.
2. Add the remaining oil, onions and cook for 3-4 minutes or until softened. Add wine to frypan and reduce by half.
3. Transfer wine and onion to a saucepan, add water and **Continental Professional Gluten Free Cream of Mushroom Soup Mix** and **Knorr Pronto Napoli** while stirring continuously. Simmer for 10 minutes.
4. Add cream to sauce and cook gently until heated through.
5. Serve chicken breasts with chasseur sauce.

Serving Suggestion

Roasted potatoes with thyme and sugar snap peas.

Tip

Substitute chicken for pork or beef.

Nutrition Information

	Per Serve (295g)
Energy (kJ)	1205
Energy (Cal)	287
Protein (g)	45
Total Fat (g)	9
Saturated Fat (g)	4
Carbohydrate (g)	4
Sugars (g)	2
Sodium (mg)	242

Continental Professional Gluten Free Cream of Mushroom Soup Mix 1.8kg



- Made with real mushroom for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

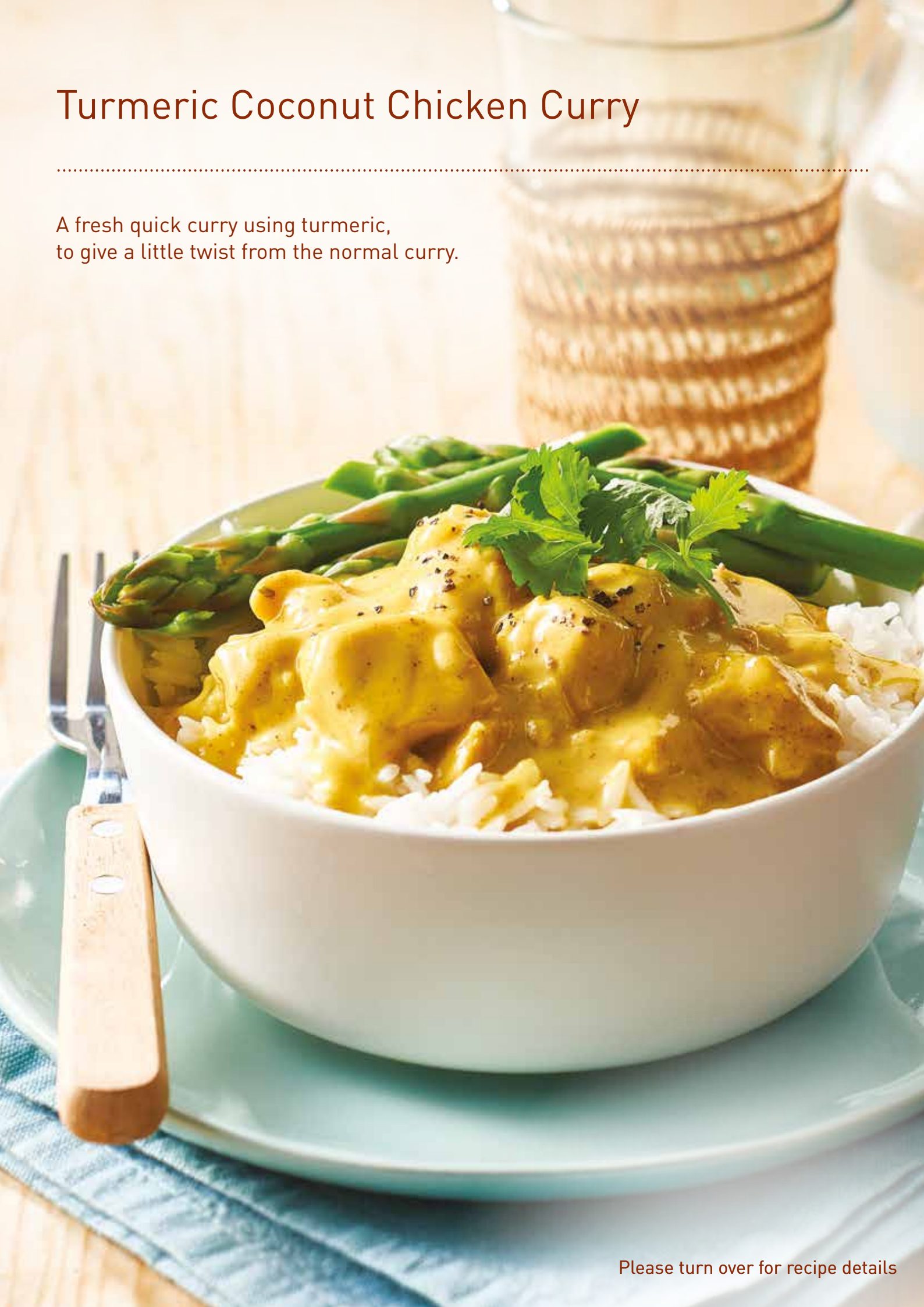
Knorr Pronto Napoli 4.15kg



- Made in Italy from sustainably grown Italian tomatoes
- Authentic Napoli base sauce with 95% tomato content and real tomato chunks throughout

Turmeric Coconut Chicken Curry

A fresh quick curry using turmeric,
to give a little twist from the normal curry.



Please turn over for recipe details

Turmeric Coconut Chicken Curry

Serves 10

Ingredients

20ml	Oil
100g	Onion, diced
5g	Cardamom, ground
5g	Turmeric powder
1kg	Chicken thigh fillets, diced
500ml	Water
50g	Continental Professional Gluten Free Cream of Chicken Soup Mix
40g	Knorr Coconut Milk Powder
	Coriander, to garnish

Method

1. Heat the oil in a large saucepan and lightly cook the onion, spices and chicken until chicken is sealed.
2. Add water, **Continental Professional Gluten Free Cream of Chicken Soup Mix** and **Knorr Coconut Milk Powder**, stirring continuously. Simmer for 15 minutes or until the chicken is cooked through.
3. Serve curry garnished with coriander, accompanied with asparagus and steamed rice.

Serving Suggestion

Steamed asparagus and steamed rice.

Tip

Steam rice with **Knorr Coconut Milk Powder** for coconut rice.

Nutrition Information

	Per Serve (206g)
Energy (kJ)	1264
Energy (Cal)	301
Protein (g)	17
Total Fat (g)	23
Saturated Fat (g)	8
Carbohydrate (g)	5
Sugars (g)	2
Sodium (mg)	221

Continental Professional Gluten Free Cream of Chicken Soup Mix 1.6kg



- Made with real chicken for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Knorr Coconut Milk Powder 1kg



- Made with real coconut

Cottage Pie

Cottage pie is a dish that regularly appears on Aged Care menus. Using soup as a base, napoli sauce and potato mash means you get a great result in half the time.



Please turn over for recipe details

Cottage Pie

Serves 10

Ingredients

20ml	Oil
100g	Carrot, diced
100g	Onion, diced
100g	Celery, diced
1kg	Beef mince
1.4L	Water
40g	Continental Professional Gluten Free Beef & Vegetable Soup Mix
300g	Knorr Pronto Napoli
225g	Continental Professional Gluten Free Instant Mashed Potato Mix
30g	Butter
50ml	Cream

Method

1. Heat the oil in a large saucepan and lightly cook carrot, onion and celery until just tender. Add mince and continue to cook until browned.
2. Add 400ml water and **Continental Professional Gluten Free Beef & Vegetable Soup Mix**, **Knorr Pronto Napoli** and simmer for 15 minutes. Remove from the heat.
3. Bring 1L of water to the boil, remove from heat and whisk in the **Continental Professional Gluten Free Instant Mashed Potato Mix**, add the butter and cream. Whisk until smooth.
4. Place the cooked mince mixture into a large baking dish and cover with mashed potato. Cook in the oven at 170°C until golden.
5. Serve cottage pie with salad.

Serving Suggestion

Fresh salad with cabbage, lettuce, tomato and cucumber.

Tip

Add lamb mince for a Shepherd's Pie.

Nutrition Information

	Per Serve (286g)
Energy (kJ)	1648
Energy (Cal)	392
Protein (g)	28
Total Fat (g)	22
Saturated Fat (g)	10
Carbohydrate (g)	21
Sugars (g)	4
Sodium (mg)	571

Continental Professional Gluten Free Beef & Vegetable Soup Mix 1.9kg



- Made with real vegetables for a delicious home-style taste
- Gluten free
- Versatile, easy to use and prepare

Knorr Pronto Napoli 4.15kg



- Made in Italy from sustainably grown Italian tomatoes
- Authentic Napoli base sauce with 95% tomato content and real tomato chunks throughout

Continental Professional Gluten Free Instant Mashed Potato Mix 7kg



- An instant mash mix, made with real potatoes to create a rich and creamy mashed potato