



RE:FRESH

Pureed Food



RE:FRESHED

..10 DELICIOUS PUREED FOOD RECIPES..

Pureed food can be unappealing to residents on a smooth pureed diet resulting in lack of interest in eating.

It is important that texture, taste, food value, calories and visual appeal of pureed meals are not compromised so that these residents can still enjoy their food and receive the necessary nutritional intake.

This can be hard to achieve without adding complexity to the kitchen prep.

TAKE INSPIRATION FOR YOUR MENU WITH OUR COLLECTION OF 10 PUREED FOOD RECIPES

Created by Mark Baylis, Executive Chef of Unilever Food Solutions, these meals have been designed specifically to the needs of Aged Care.

They are simple to make by modifying popular standard recipes to suit pureed diets, utilising the same cooking ingredients and kitchen equipment.

This means residents on pureed diets will be able to enjoy the 'same' meal as everybody else, without compromise on:



FLAVOUR

Using Knorr and Continental Professional sauces, gravies and pastes to enhance flavours and achieve desired consistency of pureed meals.



NUTRITION

Using instant mash mix, like Knorr or Continental Professional, to thicken pureed foods instead of food additives such as modified starch.



VISUAL APPEAL

Utilising moulds or simple techniques to form pureed foods into shapes that look like real food to help stimulate appetite and enjoyment of meals.

We recommend that you consult a speech pathologist or a dietician to determine appropriate texture and consistency of food for individual residents with swallowing difficulties as well as getting these recipes approved to suit each resident on a texture-modified diet.

Butter Chicken Pie with Sweet Potato Mash

A popular mild curry dish with plenty of flavour, goes perfectly with **Knorr Instant Sweet Potato Mash**.



Please turn over for recipe details

Butter Chicken Pie with Sweet Potato Mash

Serves 10

Ingredients

1kg	Chicken thigh fillets, diced
600ml	Knorr Patak's Butter Chicken Sauce
900ml	Water
250g	Knorr Instant Sweet Potato Mash Mix

Method

1. Heat oil in a large pan, add chicken and **Knorr Patak's Butter Chicken Sauce**. Bring to the boil and simmer for 15-20 minutes or until cooked through. Remove from heat, cool slightly, then puree in a blender and place in individual pie dishes.
2. Place water in a large pot and bring to the boil, remove from heat and whisk in **Knorr Instant Sweet Potato Mash Mix** until well combined and smooth.
3. Top butter chicken with sweet potato mash and bake for 25 minutes at 160°C or until heated through.

Chef's Tip

Use **Continental Professional Instant Mashed Potato Mix** as an alternative topping. To avoid skin forming on the mash during reheating of dishes, simply cover with foil.

Standard Meal Option

For full recipe visit ufs.com



Nutrition Information

	Per serve (275g)
Energy (kJ)	1698
Energy (Cal)	404
Protein (g)	18
Total Fat (g)	25
Saturated Fat (g)	9
Carbohydrate (g)	26
Sugars (g)	8
Sodium (mg)	605

Knorr Patak's Butter Chicken Sauce 2.2L



- A rich, sweet, butter flavoured simmer sauce

Knorr Instant Sweet Potato Mash Mix 4kg



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

Chicken Mornay

Meat can often lose moisture and flavour after being pureed. This can be solved by cooking the chicken in a delicious sauce or liquid.



Please turn over for recipe details

Chicken Mornay

Serves 10

Ingredients

1.5L	Milk, warm
150g	Knorr Roux
15g	Knorr Chicken Booster
500g	Chicken thigh fillets, diced
100g	Zucchini, chopped
50g	Continental Professional Instant Mashed Potato Mix

Method

1. Bring milk to the boil in a large pan and whisk in **Knorr Roux** until thickened. Add **Knorr Chicken Booster**, whisking constantly until smooth and combined.
2. Add chicken and zucchini, place over medium heat and cook, stirring constantly until chicken is cooked through.
3. Strain chicken and zucchini, place in a blender, add **Continental Professional Instant Mashed Potato Mix** and puree until smooth. Place into chicken moulds and freeze for 24 hours.
4. Refrigerate the sauce and reheat to use.

To Serve

Reheat chicken portions on a tray. Place the reheated chicken on a serving plate and pour over the sauce.

Serving Suggestion

Serve with pureed broccoli and pumpkin shaped in their respective moulds.

Chef's Tip

Adding vegetables to the meat puree helps with nutrient intake and adds flavour.

Nutrition Information

	Per serve (227g)
Energy (kJ)	1364
Energy (Cal)	325
Protein (g)	15
Total Fat (g)	21
Saturated Fat (g)	11
Carbohydrate (g)	20
Sugars (g)	10
Sodium (mg)	421

Knorr Roux
1.8kg/6kg



- A clean tasting, white roux. Use as a thickener for soups and other sauces

Knorr Chicken Booster
2.4kg/8kg



- Can be added as a seasoning during the cooking process

Continental Professional Instant Mashed Potato Mix 7kg



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

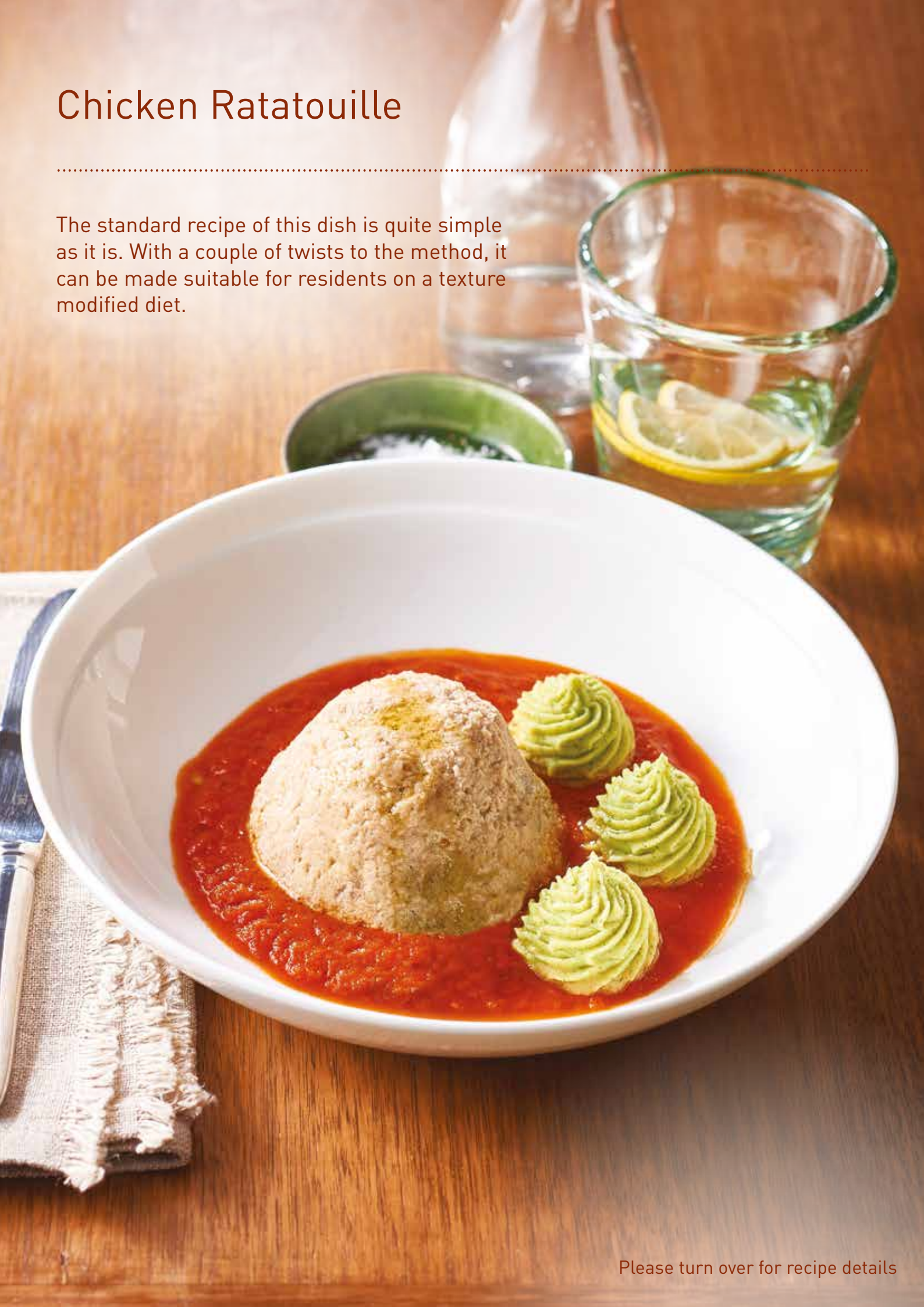
Standard Meal Option: Chicken Mornay Lasagne

For full recipe visit [ufs.com](https://www.ufs.com)



Chicken Ratatouille

The standard recipe of this dish is quite simple as it is. With a couple of twists to the method, it can be made suitable for residents on a texture modified diet.



Please turn over for recipe details

Chicken Ratatouille

Serves 10

Ingredients

<i>Chicken</i>	
50ml	Vegetable oil
200g	Red onion, diced
1.2kg	Chicken thigh fillets, diced
100g	Continental Professional Instant Mashed Potato Mix
20ml	Knorr Concentrated Liquid Stock
<i>Ratatouille Sauce</i>	
40g	Knorr Paprika Puree
800ml	Knorr Pronto Napoli
40g	Knorr Garlic Puree
100ml	Olive oil
500g	Zucchini, chopped
80g	Continental Professional Instant Mashed Potato Mix

Method

Chicken

- Heat oil in a large pan. Cook onion and chicken until soft.
- Puree chicken mixture in a blender with **Continental Professional Instant Mashed Potato Mix** and **Knorr Concentrated Liquid Stock**.
- Place into moulds and freeze for 24 hours.

Ratatouille Sauce

- Combine the ratatouille sauce ingredients in a large pan and simmer for 10 minutes then puree.

Zucchini Mash

- Drizzle oil over chopped zucchini and bake for 15 minutes at 180°C.
- Remove and blend with the **Continental Professional Instant Mashed Potato Mix** while hot.

To Serve

Place chicken portions on a tray and heat through. Heat the sauce and serve with the chicken on top and some zucchini mash.

Chef's Tip

Combine different vegetables together to add new flavours to pureed foods.

Nutrition Information

	Per serve (312g)
Energy (kJ)	2198
Energy (Cal)	523
Protein (g)	22
Total Fat (g)	39
Saturated Fat (g)	10
Carbohydrate (g)	20
Sugars (g)	8
Sodium (mg)	1052

Continental Professional Instant Mashed Potato Mix 7kg



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

Knorr Concentrated Liquid Stock 1kg



- Made with chicken bones cooked for 3 hours. Dissolves easily in all stages of cooking

Knorr Paprika Puree 750g



- With the fresh flavour of red capsicum and a hint of cayenne pepper

Knorr Garlic Puree 750g



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

Knorr Pronto Napoli 4.15kg



- Authentic Napoli base sauce. Made in Italy from sustainably grown tomatoes

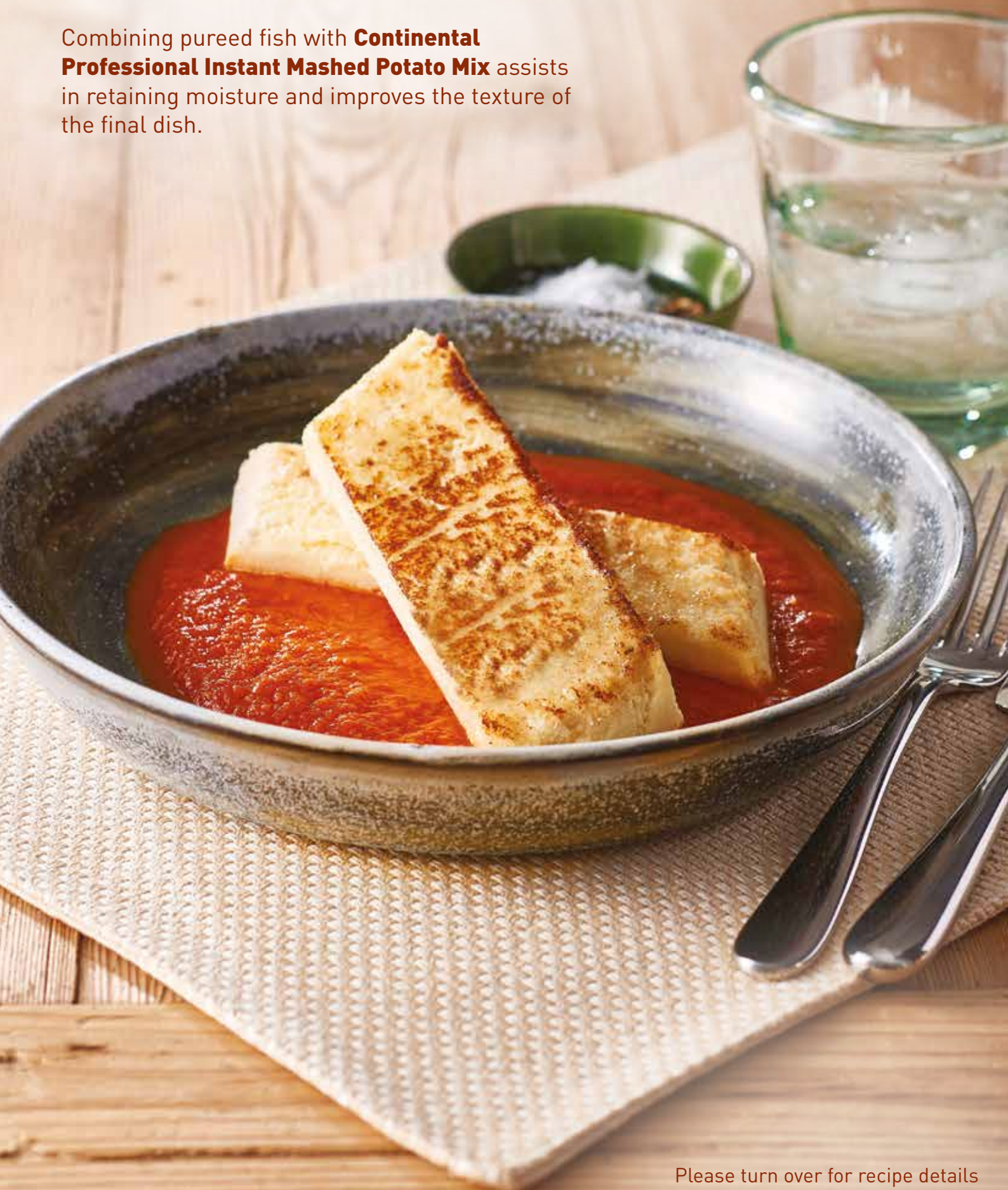
Standard Meal Option

For full recipe visit [ufs.com](https://www.ufs.com)



Provincial Fish Cacciatore

Combining pureed fish with **Continental Professional Instant Mashed Potato Mix** assists in retaining moisture and improves the texture of the final dish.



Please turn over for recipe details

Provincial Fish Cacciatore

Serves 10

Ingredients

Fish

- 100g Butter, unsalted
1.2kg White fish fillets, diced

100ml Knorr Garde d'Or Hollandaise Sauce

70g Continental Professional Instant Mashed Potato Mix

Sauce

800g Knorr Pronto Napoli

50g Knorr Garlic Puree

200ml White wine

Method

Fish

- Heat butter in a large pan and sear fish until cooked. Stir through **Knorr Garde d'Or Hollandaise Sauce** and **Continental Professional Instant Mashed Potato Mix**. Remove from heat, cool slightly then puree the fish mixture in a blender.
- Place into moulds or shallow long trays and freeze for 24 hours.

Sauce

- Simmer **Knorr Pronto Napoli** with **Knorr Garlic Puree** and wine for 10 minutes then puree.

To Serve

Place fish portions on a tray and heat through. Heat the sauce and place on a serving plate with the reheated fish on top.

Chef's Tip

The fish can be lightly brushed with Parisian essence (browning essence) to add colour before heating.

Nutrition Information

	Per serve (252g)
Energy (kJ)	1201
Energy (Cal)	286
Protein (g)	20
Total Fat (g)	17
Saturated Fat (g)	8
Carbohydrate (g)	10
Sugars (g)	5
Sodium (mg)	683

Continental Professional Instant Mashed Potato Mix 7kg



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

Knorr Garde d'Or Hollandaise Sauce 1L



- A convenient, close to scratch Hollandaise sauce, made with real egg yolks

Knorr Pronto Napoli 4.15kg



- Authentic Napoli base sauce. Made in Italy from sustainably grown tomatoes

Knorr Garlic Puree 750g



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

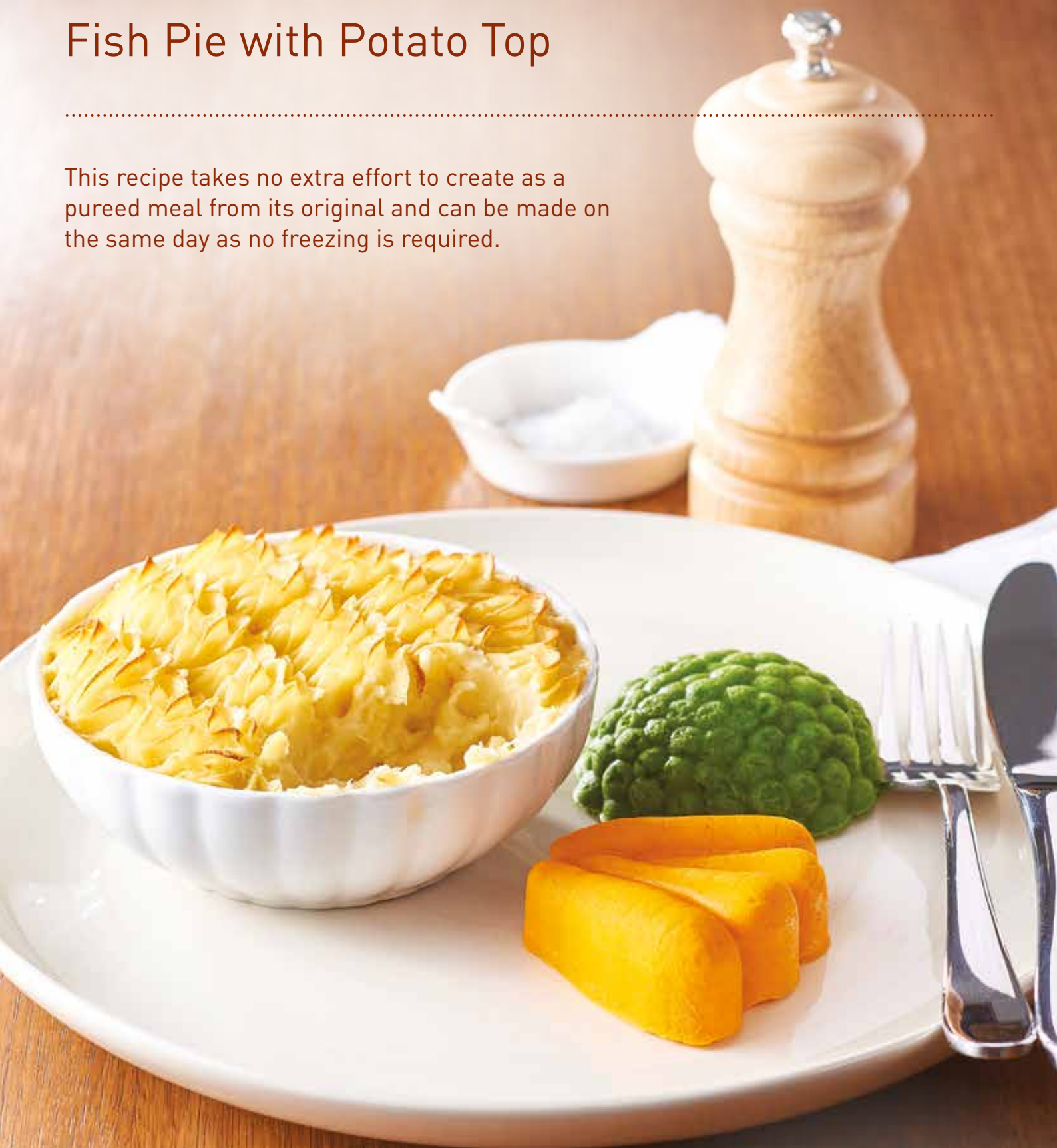
Standard Meal Option

For full recipe visit [ufs.com](https://www.ufs.com)



Fish Pie with Potato Top

This recipe takes no extra effort to create as a pureed meal from its original and can be made on the same day as no freezing is required.



Please turn over for recipe details

Fish Pie with Potato Top

Serves 10

Ingredients

300g	White onion, diced
120g	Butter, unsalted
1.2kg	White fish fillets, diced
600ml	Knorr Garde d'Or Hollandaise Sauce
1L	Water
225g	Continental Professional Instant Mashed Potato Mix

Method

1. Sweat onions with 60g butter in a large pan, add fish and cook through, then stir through **Knorr Garde d'Or Hollandaise Sauce**.
2. Remove from heat, cool slightly, then puree in a blender. Place in individual pie dishes.
3. Boil water, remove from heat and whisk in **Continental Professional Instant Mashed Potato Mix**, until smooth. Add remaining butter and spoon over the fish mixture.
4. Bake at 180°C for 15 minutes until potato topping is golden.

Serving Suggestion

Serve with pureed carrots and peas shaped in their respective moulds.

Chef's Tip

To avoid skin forming on the mash during reheating of dishes, simply cover with foil.

Nutrition Information

	Per serve (347g)
Energy (kJ)	2416
Energy (Cal)	575
Protein (g)	22
Total Fat (g)	46
Saturated Fat (g)	20
Carbohydrate (g)	18
Sugars (g)	4
Sodium (mg)	1146

Knorr Garde d'Or Hollandaise Sauce 1L



- A convenient, close to scratch Hollandaise sauce, made with real egg yolks

Continental Professional Instant Mashed Potato Mix 7kg



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

Standard Meal Option

For full recipe visit [ufs.com](https://www.ufs.com)



Braised Chicken in Honey Soy Sauce

Simply adding **Knorr Sakims Honey Soy Sauce** and **Knorr Garlic Puree** gives the chicken a great flavour that your residents will love.



Please turn over for recipe details

Braised Chicken in Honey Soy Sauce

Serves 10

Ingredients

40ml Oil
 200g Red onions, diced
 1kg Chicken thigh fillets, diced
400ml Knorr Sakims Honey Soy Sauce
20g Knorr Garlic Puree
400ml Knorr Sakims Honey Soy Sauce, to serve

Method

1. Heat oil in a large pan and sauté onion and chicken.
2. Add **Knorr Sakims Honey Soy Sauce** and **Knorr Garlic Puree**, bring to the boil and simmer for 15-20 minutes or until cooked through. Remove from heat, cool slightly then puree in a blender.
3. Place into moulds and freeze for 24 hours.
4. Remove the chicken from the moulds and reheat.

To Serve

Place chicken portions on a tray and heat through. Heat extra **Knorr Sakims Honey Soy Sauce**. Place reheated chicken on a serving plate and pour over the sauce.

Serving Suggestion

Serve with pureed peas and pumpkin shaped in their respective moulds.

Chef's Tip

Use any other sauce from the **Knorr Sakims** range for a different take and delight your residents with a new dish on your menu next time.

Nutrition Information

Per serve (306g)

Energy (kJ)	2555
Energy (Cal)	608
Protein (g)	33
Total Fat (g)	41
Saturated Fat (g)	12
Carbohydrate (g)	27
Sugars (g)	24
Sodium (mg)	1140

Knorr Sakims Honey Soy Sauce 2.1kg



- Made using fermented soy sauce and light amber honey

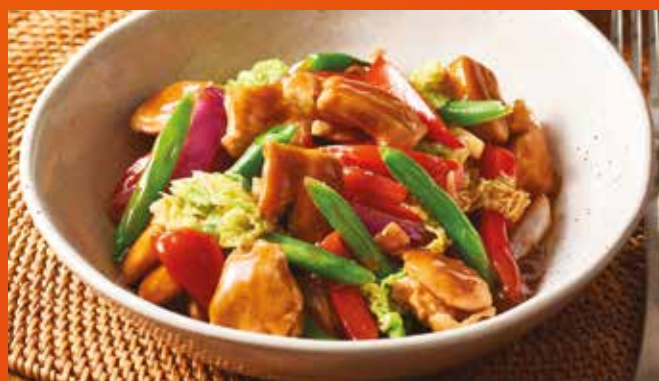
Knorr Garlic Puree 750g



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

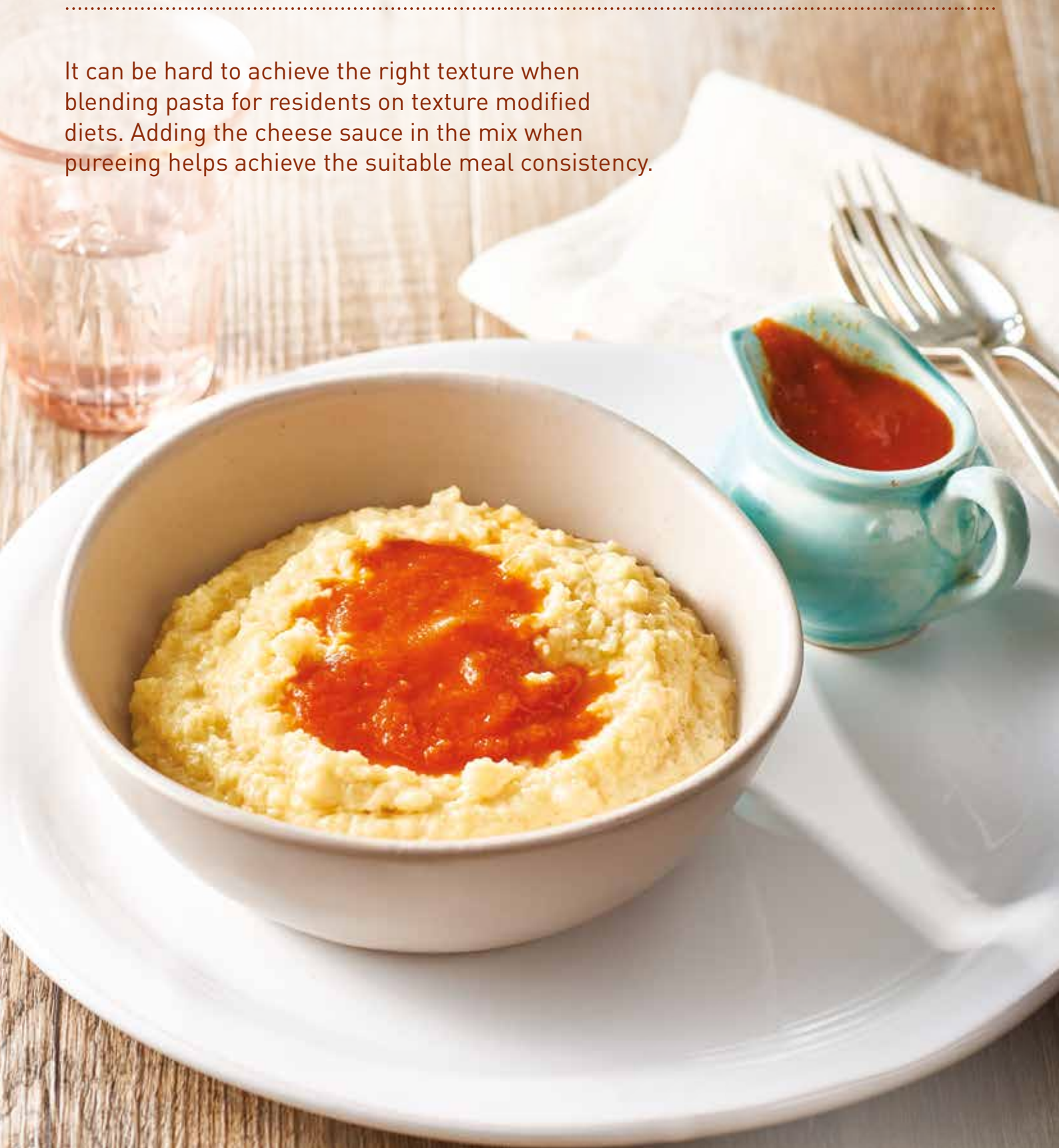
Standard Meal Option

For full recipe visit [ufs.com](https://www.ufs.com)



Macaroni Cheese Lasagne

It can be hard to achieve the right texture when blending pasta for residents on texture modified diets. Adding the cheese sauce in the mix when pureeing helps achieve the suitable meal consistency.



Please turn over for recipe details

Macaroni Cheese Lasagne

Serves 10

Ingredients

	Beef Mix
100g	Onion, diced
40ml	Vegetable oil
1kg	Beef mince
1kg	Knorr Pronto Napoli
	Macaroni Cheese
250g	Macaroni elbows
500ml	Milk
75g	Knorr Roux
350g	Grated cheese

Method

Beef Mix

1. In a large pan sauté onion in oil with beef mince. Add **Knorr Pronto Napoli** and simmer for ½ hour. Remove from heat, cool slightly then puree mince mixture in a blender. Place in individual pie dishes and refrigerate for 6 hours.

Macaroni Mix

1. Cook macaroni in boiling water and drain. Allow pasta to steam off on a large tray.
2. Bring milk to the boil and whisk in **Knorr Roux** until thickened. Add 250g grated cheese and cooked macaroni. Remove from heat, cool slightly then puree.

Spoon pureed macaroni over set mince.

Serving Suggestion

Serve on a bed of pureed **Knorr Pronto Napoli**.

Chef's Tip

Puree the pasta with the sauce to give it a smooth texture.

Nutrition Information

Per serve (333g)

Energy (kJ)	2576
Energy (Cal)	613
Protein (g)	40
Total Fat (g)	36
Saturated Fat (g)	18
Carbohydrate (g)	30
Sugars (g)	8
Sodium (mg)	767

Knorr Pronto Napoli 4.15kg



- Authentic Napoli base sauce. Made in Italy from sustainably grown tomatoes

Knorr Roux 1.8kg/6kg



- A clean tasting, white roux. Use as a thickener for soups and other sauces

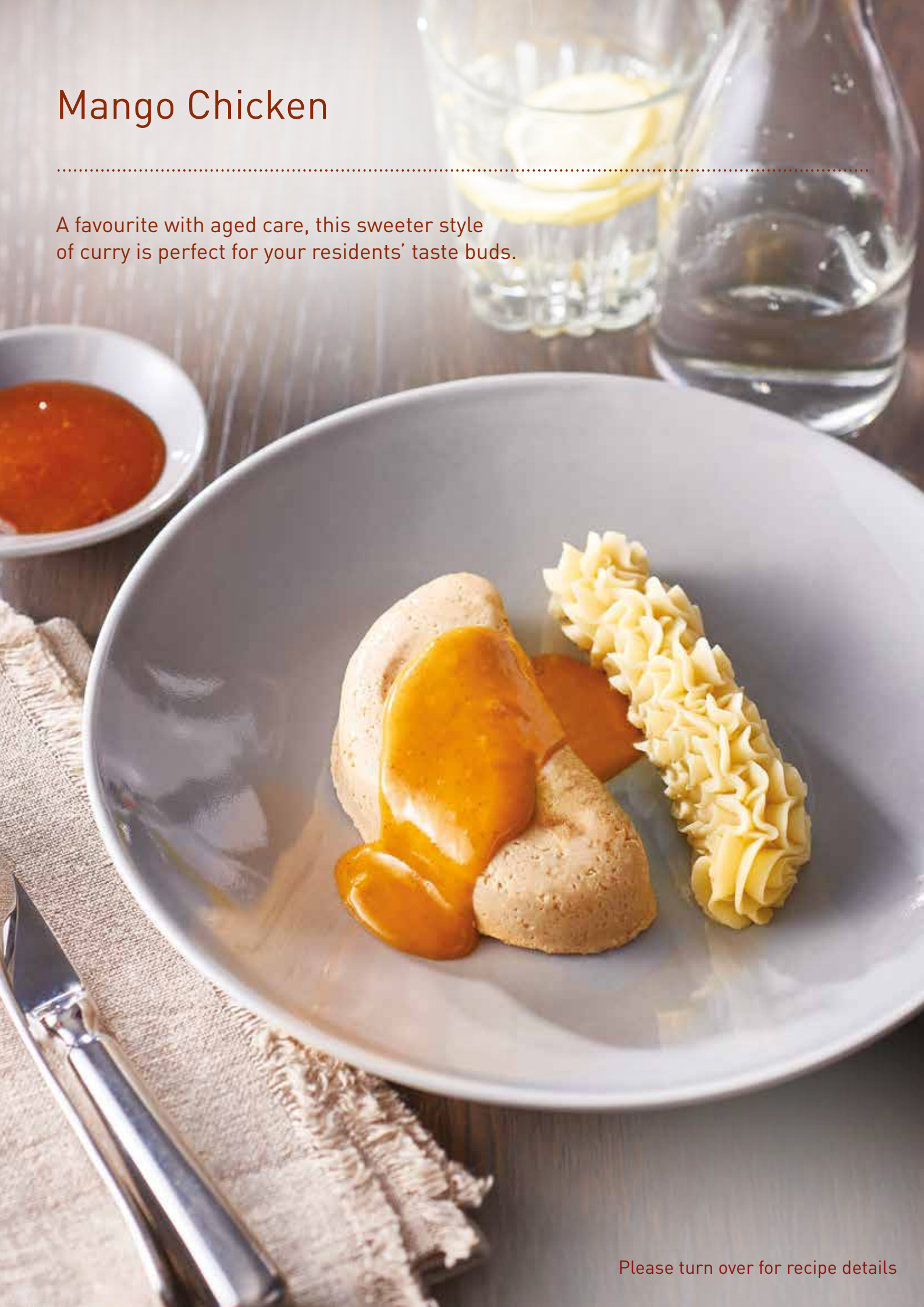
Standard Meal Option

For full recipe visit [ufs.com](https://www.ufs.com)



Mango Chicken

A favourite with aged care, this sweeter style of curry is perfect for your residents' taste buds.



Please turn over for recipe details

Mango Chicken

Serves 10

Ingredients

- 200ml Vegetable oil
- 1kg Chicken thigh fillets, diced
- 400ml Knorr Patak's Mango Chicken Sauce**
- 100g Knorr Patak's Sweet Mango Chutney**
- 400ml Knorr Patak's Mango Chicken Sauce, to serve**

Method

1. Heat oil in a large pan and cook chicken until lightly golden.
2. Add **Knorr Patak's Mango Chicken Sauce** and simmer until chicken is cooked through. Remove from heat, cool slightly then puree in a blender. Place into moulds and refrigerate for 24 hours.
3. Puree **Knorr Patak's Sweet Mango Chutney**.

To Serve

Place chicken portions on a tray and heat through. Heat extra **Knorr Patak's Mango Chicken Sauce** and pour over the chicken.

Serving Suggestion

Serve with mashed potato and pureed **Knorr Patak's Sweet Mango Chutney**.

Chef's Tip

Try this recipe with any other sauce from **Knorr Patak's** range to offer a new menu option to your residents next time.

Nutrition Information

	Per serve (330g)
Energy (kJ)	3057
Energy (Cal)	723
Protein (g)	31
Total Fat (g)	61
Saturated Fat (g)	15
Carbohydrate (g)	18
Sugars (g)	15
Sodium (mg)	649

Knorr Patak's Mango Chicken Sauce 2.2L



- A mildly spiced, sweet mango simmer sauce

Knorr Patak's Sweet Mango Chutney 2.9kg



- A blend of mango chutney with spices

Standard Meal Option

For full recipe visit [ufs.com](https://www.ufs.com)



Roast Salmon with Corn Puree

The corn puree in this recipe is made with **Knorr Concentrated Liquid Stock** to help add rich flavour to it. It goes perfectly with salmon.



Please turn over for recipe details

Roast Salmon with Corn Puree

Serves 10

Ingredients

<i>Corn Puree</i>	
100g	Onion, chopped
50ml	Vegetable oil
500g	Frozen corn kernels
100ml	Water
150ml	Cream
30g	Knorr Concentrated Liquid Stock
30g	Knorr Ginger Puree
<i>Roast Salmon</i>	
50ml	Oil
10 x	120g Skinless salmon portions
100g	Knorr Garde d'Or Hollandaise Sauce

Method

Corn Puree

1. Lightly cook onion in oil in a large pan for 2-3 minutes or until soft. Add corn and water, and cook for 10 minutes.
2. Add cream, **Knorr Concentrated Liquid Stock** and **Knorr Ginger Puree**, cook for another 3 minutes. Remove from heat, cool slightly and puree in a blender until smooth. Pass through a sieve to remove any skin or lumps.

Salmon

1. Drizzle oil over salmon and bake for 15 minutes at 160°C.
2. Puree salmon in a blender with **Knorr Garde d'Or Hollandaise Sauce** until smooth.
3. Place into moulds or shallow long tray and freeze for 24 hours.

To Serve

Heat fish portions and the corn puree. Serve by placing fish on top of the corn puree.

Serving Suggestion

Serve with pureed and shaped broccoli and **Knorr Instant Sweet Potato Mash**.

Nutrition Information

	Per serve (221g)
Energy (kJ)	1867
Energy (Cal)	444
Protein (g)	36
Total Fat (g)	29
Saturated Fat (g)	9
Carbohydrate (g)	10
Sugars (g)	3
Sodium (mg)	443

Knorr Concentrated Liquid Stock 1kg



- Made with chicken bones cooked for 3 hours. Dissolves easily in all stages of cooking

Knorr Ginger Puree 750g



- The flavour of authentic chopped ginger in a paste

Knorr Garde d'Or Hollandaise Sauce 1L



- A convenient, close to scratch Hollandaise sauce, made with real egg yolks

Chef's Tip

Add char-grill marks to the fish with a heated steel skewer but ensure it doesn't change the texture of salmon.

Standard Meal Option

For full recipe visit [ufs.com](https://www.ufs.com)



Sausages, Mash & Gravy

A classic to delight your residents. Cooking mince with gravy adds flavour to the pureed meat, then blending and shaping it into sausages with good quality moulds, will make this dish look and taste like home.



Please turn over for recipe details

Sausages, Mash & Gravy

Serves 10

Ingredients

40ml	Olive oil
500g	Beef mince
500g	Beef sausage mince
40g	Knorr Beef Booster
1.2L	Water
50g	Knorr Rich Brown Gravy
25g	Knorr Roux
1.1L	Water
280g	Continental Professional Instant Mashed Potato Mix
500ml	Water, hot
50g	Knorr Rich Brown Gravy

Method

Sausages

1. Heat oil in a large pan. Brown the beef and sausage mince well. Add **Knorr Beef Booster**, water, **Knorr Rich Brown Gravy** and **Knorr Roux**, and simmer for 25 minutes. Remove from heat, cool slightly then puree in a blender.
2. Place into moulds and freeze for 24 hours.

Mash

1. Pour 1.1L of water in a large pot and bring to the boil. Remove from heat and whisk in **Continental Professional Instant Mashed Potato Mix**, until smooth. Cover and place aside for use.

Gravy

1. Add 500ml of water and **Knorr Rich Brown Gravy** to a pan, bring to the boil and simmer, whisking for 2 minutes.

Serving Suggestion

Remove sausages from their moulds, reheat and serve with **Continental Professional Instant Mashed Potato**, gravy, pureed and shaped carrots and peas.

Chef's Tip

Add char grill marks with a heated steel skewer taking care not to change the soft texture of the meat. To avoid skin forming on mash during reheating, simply cover with foil.

Nutrition Information

	Per serve (308g)
Energy (kJ)	1722
Energy (Cal)	410
Protein (g)	27
Total Fat (g)	22
Saturated Fat (g)	9
Carbohydrate (g)	25
Sugars (g)	4
Sodium (mg)	1592

Continental Professional Instant Mashed Potato Mix 7kg



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

Knorr Beef Booster 2.4kg/8kg



- Can be added as a seasoning during the cooking process

Knorr Rich Brown Gravy 7.5kg

- A deep rich classic sauce with the perfect balance of roasted beef and vegetables



Knorr Roux 1.8kg/6kg

- A clean tasting, white roux. Use as a thickener for soups and other sauces



Standard Meal Option

For full recipe visit [ufs.com](https://www.ufs.com)

