

Re:fresh

AGED CARE

Finger Food

Unilever Food Solutions

Knorr PROFESSIONAL

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Finger Food Re:freshed

IMPORTANCE OF FINGER FOODS IN AGED CARE

Finger food is ideal for residents who have difficulty using or can no longer hold cutlery. Fine motor skills deteriorate with age, and food that is easy to eat with fingers can help aged care residents maintain their independence and dignity.

Finger food is also important for residents who find it difficult to sit at a dinner table for any length of time, for example those with dementia. It can be used to encourage continuous snacking throughout the day, ensuring residents are receiving the right nutrients, and consuming the right volume of food to stay healthy.

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

These recipes have been developed specially for aged care menus:

- FAVOURITE MEALS in an easy to eat mouthful of taste. These simple, no-fuss finger foods are great meal and snack options for the elderly.
- TASTY AND DELICIOUS recipes, tested and tasted by our team of chefs and nutritionists to ensure consistency of flavour and texture.
- FULL OF FLAVOUR thanks to the addition of UFS cooking sauces & pastes. Sense of taste deteriorates with age, so food may taste bland. Stronger flavours may help increase meal appeal.
- NUTRITIONALLY BALANCED to satisfy protein and calorie needs of the elderly with adequate ingredients. Nutritional analysis is included with each recipe.
- ATTRACTIVE presentation suggestions to help prompt and motivate people to eat.
- EASY TO COOK, these finger food recipes have been specially developed for aged care commercial kitchens.

These recipes have been developed to provide inspiration to create tasty meals for your menus. Consult your resident dietitian to ensure they are suitable for specific nutritional and dietary requirements.

Tandoori
Chicken Bites

Tandoori chicken is a classic Indian favourite. **Knorr Patak's Tandoori Paste** is mild but full of flavor. Adding yoghurt to the paste balances the dish perfectly.



Tandoori Chicken Bites

Serves 10

Ingredients

80g	**Knorr Professional Patak's Tandoori Paste**
50ml	Canola oil
60g	Greek style yoghurt
1kg	Chicken thigh fillets, trimmed
125g	**Knorr Professional Patak's Sweet Mango Chutney**
40g	Greek style yoghurt, extra

Method

Tandoori Chicken

1. Place **Knorr Patak's Tandoori Paste** in a large non- metallic bowl with oil and yoghurt. Stir until combined.
2. Cut each chicken thigh fillet into three pieces. Add to the prepared marinade and mix to coat chicken. Cover and refrigerate for 2-3 hours.
3. Cook chicken on an oiled grill plate until cooked through and slightly charred.

Mango Yoghurt Dipping Sauce

4. Combine **Knorr Patak's Sweet Mango Chutney** and extra yoghurt.

Serving Suggestion

Serve the tandoori chicken with mango yoghurt dipping sauce, lemon wedges, salad or steamed vegetables and naan bread.

Nutrition Information

	Average Quantity Per Serve
Energy (kJ)	1138
Energy (Cals)	272
Protein (g)	16.4
Total Fat (g)	24.6
Saturated Fat (g)	6.4
Carbohydrate (g)	9.6
Sugars (g)	2.4
Sodium (mg)	343

Knorr Professional Patak's Tandoori Paste 1.15kg



- A medium spice blend that contains lemon juice, tamarind, ginger, coriander, garlic and spices

Knorr Professional Patak's Sweet Mango Chutney 2.9kg



- A blend of mango chutney with spices for a sweet accompaniment to Indian dishes
- Suitable for vegetarians

Creamy Tuna and *Tomato Vol au Vents*

An-easy-to-eat appetizer that can also be a meal with a few extra veggies. The filling of tuna, **Knorr Italiana Pronto Napoli** and **Knorr Hollandaise Sauce** makes a great flavour mix.



Creamy Tuna *Tomato Vol au Vents*

Serves 10

Ingredients

185g	Canned tuna
125g	**Knorr Professional Italiana Pronto Napoli**
40g	**Knorr Professional Hollandaise Sauce**
	Salt and cracked black pepper
2.5g	Flat leaf parsley, chopped
2.5g	Basil, chopped
36	Mini vol au vent cases
30g	Tasty cheese, finely grated

Method

1. Combine tuna, **Knorr Italiana Pronto Napoli**, **Knorr Hollandaise Sauce**, salt, pepper and herbs.
2. Spoon mixture into vol au vent cases. Sprinkle with cheese.
3. Bake at 175˚C for 20 minutes or until golden and heated through.

Serving Suggestion

Serve with salad or steamed vegetables.

Nutrition Information

	Average Quantity Per Serve
Energy (kJ)	1905
Energy (Cals)	354
Protein (g)	11.6
Total Fat (g)	27.4
Saturated Fat (g)	11.8
Carbohydrate (g)	40.4
Sugars (g)	1.7
Sodium (mg)	591

Knorr Professional Italiana Pronto Napoli 4.15kg



- Bursting with Italian freshness
- More than 6kg of tomatoes per can—lightly seasoned and gently reduced
- From field to can in under 48 hours
- **Gluten free**

Knorr Professional Hollandaise Sauce 1L



- The boss of hollandaise that won't split under pressure, no matter how you prepare it
- Made with 100% cage-free eggs
- Suitable for vegetarians
- **Gluten free**

Devilled *Eggs*

These curried devilled eggs are simple to make with ingredients you are likely to have in your kitchen. The addition of **Knorr Patak's Mild Curry Paste** and **Hellmann's Real Mayonnaise** makes them extra creamy.



Devilled Eggs

Serves 10

Ingredients

10	Eggs
15g	**Knorr Professional Patak's Mild Curry Paste**
50g	**Hellmann's Real Mayonnaise**
20ml	Water
2g	Chives, chopped
2.5g	Flat leaf parsley, chopped

Method

1. Hard boil eggs, then cool. Remove shells and cut eggs in half.
2. Remove the yolk from each egg and mix together with **Knorr Patak's Mild Curry Paste**, **Hellmann's Real Mayonnaise**, water and herbs.
3. Spoon or pipe mixture back into the eggs.

Serving Suggestion

Garnish the eggs with a little extra of chopped chives and serve with salad or steamed vegetables.

Nutrition Information

	Average Quantity Per Serve
Energy (kJ)	424
Energy (Cals)	101
Protein (g)	5.5
Total Fat (g)	8.6
Saturated Fat (g)	2.0
Carbohydrate (g)	0.57
Sugars (g)	0.26
Sodium (mg)	167.43

Knorr Professional Patak's Mild Curry Paste 1.05kg



- A medium spice blend of coriander, cumin, turmeric, chilli, tomato and spices
- Suitable for vegetarians

Hellmann's Real Mayonnaise 2.4kg/10kg/20kg



- The world's #1 mayonnaise brand*
- Made to an authentic egg yolk recipe for a balanced & versatile, scratch-made taste
- **Gluten free**

**Source: Euromonitor, Cooking Ingredients & Meals, retail value RSP in 2025*

Smoked *Cod Balls*

This recipe is packed with rich, smoky flavour from the cured cod, plus it is easy to prepare with **Knorr Mashed Potato Mix** saving a good deal of prep time.



Smoked Cod Balls

Serves 10

Ingredients

300g	Smoked cod
900ml	Water
5g	Dill, chopped
250g	**Knorr Professional Mashed Potato Mix**
5g	Flat leaf parsley, chopped
5g	Chives, chopped
	Plain flour
3	Eggs, lightly beaten
100g	Panko breadcrumbs
250g	**Hellmann's Real Mayonnaise**
30ml	Lemon juice

Method

Cod Balls

1. Poach smoked cod until cooked. Allow to cool, then remove skin and bones. Flake.
2. Bring water to a boil in a pot. Once boiling, remove from heat.
3. Add **Knorr Mashed Potato Mix**, whisking until thickened and smooth.
4. Allow to cool. Combine mash with flaked cod, dill, parsley, and chives.
5. Roll mixture into 60g balls. Dust balls in flour, dip in egg, and coat with panko.
6. Chill for 20 minutes.

Lemon Mayo

7. Combine **Hellmann's Real Mayonnaise** and lemon juice. Set aside.

To Serve

8. Deep fry cod balls until golden and cooked through. Drain.
9. Serve with lemon mayo, lemon wedges and a side of salad or steamed vegetables.

Nutrition Information

	Average Quantity Per Serve
Energy (kJ)	1354
Energy (Cals)	323
Protein (g)	9.3
Total Fat (g)	26.3
Saturated Fat (g)	4.1
Carbohydrate (g)	12.2
Sugars (g)	1.3
Sodium (mg)	890

Knorr Professional Mashed Potato Mix 7kg



- An instant creamy mashed potato made with real potatoes
- **Gluten free**

Hellmann's Real Mayonnaise 2.4kg/10kg/20kg



- The world's #1 mayonnaise brand*
- Made to an authentic egg yolk recipe for a balanced & versatile, scratch-made taste
- **Gluten free**

**Source: Euromonitor, Cooking Ingredients & Meals, retail value RSP in 2025*

Lamb Korma *Sausage Rolls*

Homemade sausage rolls are sure to be a favorite with your residents. **Knorr Patak's Korma Paste** is a perfect match with lamb.



Lamb Korma *Sausage Rolls*

Serves 10

Ingredients

500g	Lean lamb mince
40g	**Knorr Professional Patak's Korma Paste**
40g	Panko breadcrumbs
25g	Frozen peas, thawed
100g	Carrot, roughly grated
2	Green onions (shallots), chopped
2	Sheets ready rolled puff pastry
1	Egg, lightly beaten
	Poppy seeds, to garnish
	Knorr Professional Patak's Sweet Mango Chutney, to serve

Method

1. Combine lamb mince, **Knorr Patak's Korma Paste**, breadcrumbs, peas, carrot and green onions.
2. Cut each pastry sheet in half. Place a quarter of the mince mixture along the middle of each halved sheet of pastry. Roll up the pastry to enclose filling, then cut each roll into five pieces.
3. Brush with egg and sprinkle with poppy seeds.
4. Bake at 190˚C for 25 minutes until golden and cooked through.

Serving Suggestion

Serve with **Knorr Patak's Sweet Mango Chutney**, salad or steamed vegetables.

Nutrition Information

	Average Quantity Per Serve
Energy (kJ)	1124
Energy (Cals)	245
Protein (g)	14.4
Total Fat (g)	14.7
Saturated Fat (g)	7.1
Carbohydrate (g)	19.2
Sugars (g)	1.6
Sodium (mg)	323

Knorr Professional Patak's Korma Paste 1.05kg



- A mild spice blend with coconut, tomato, ginger and spices

Knorr Professional Patak's Sweet Mango Chutney 2.9kg



- A blend of mango chutney with spices for a sweet accompaniment to Indian dishes
- Suitable for vegetarians

Spinach, Feta *and Tomato Quiches*

Quiche is always a crowd favourite. The delicious combination of **Knorr Italiana Pronto Napoli** and **Knorr Hollandaise Sauce** works beautifully with all the filling ingredients in this recipe.



Spinach, Feta and Tomato Quiches

Serves 10

Ingredients

10ml	Canola oil
250g	Frozen spinach, thawed
125g	**Knorr Professional Italiana ronto Napoli**
60g	**Knorr Professional Hollandaise Sauce**
2	Eggs
75g	Danish feta, crumbled
2g	Basil, chopped
36	Savoury mini tartlet cases
45g	Parmesan, finely grated

Method

1. Heat a frying pan over low heat, add oil, then spinach and cook until liquid has evaporated from the spinach. Allow to cool slightly.
2. Combine the spinach with **Knorr Italiana Pronto Napoli**, **Knorr Hollandaise Sauce**, eggs, feta and basil.
3. Spoon the mixture into tartlet cases and sprinkle with parmesan.
4. Bake at 175˚C for 25 minutes or until set and golden.

Serving Suggestion

Serve with salad or steamed vegetables.

Nutrition Information

	Average Quantity Per Serve
Energy (kJ)	2200
Energy (Cals)	526
Protein (g)	12.4
Total Fat (g)	27.7
Saturated Fat (g)	16.5
Carbohydrate (g)	56.3
Sugars (g)	22.09
Sodium (mg)	363

Knorr Professional Italiana Pronto Napoli 4.15kg



- Bursting with Italian freshness
- More than 6kg of tomatoes per can—lightly seasoned and gently reduced
- From field to can in under 48 hours
- **Gluten free**

Knorr Professional Hollandaise Sauce 1L



- The boss of hollandaise that won't split under pressure, no matter how you prepare it
- Made with 100% cage-free eggs
- Suitable for vegetarians
- **Gluten free**

Teriyaki Chicken *Lollipops*

Popular in both Chinese and Indian cuisine these chicken lollipops are a frenched chicken winglet. Matched with **Knorr Japanese Teriyaki Sauce**, they are full of flavour and easy to eat.



Teriyaki Chicken *Lollipops*

Serves 10

Ingredients

300g	**Knorr Professional Japanese Teriyaki Sauce**
2	Garlic cloves, crushed
15ml	Lemon juice
20ml	Canola oil
1g	Cracked black pepper
30	Chicken lollipops
	Knorr Professional Thai Sweet Chilli Sauce, to serve

Method

1. Combine **Knorr Japanese Teriyaki Sauce**, garlic, lemon juice, oil and pepper in a non-metallic bowl.
2. Add chicken lollipops and toss to coat. Cover and refrigerate for 2 hours.
3. Drain chicken from the marinade and wipe bones clean so they don't burn when cooking.
4. Bake at 180˚C for 30-40 minutes or until cooked through and slightly sticky.

Serving Suggestion

Serve with **Knorr Thai Sweet Chilli Sauce**, asian style slaw or steamed vegetables.

Nutrition Information

	Average Quantity Per Serve
Energy (kJ)	1279
Energy (Cals)	305
Protein (g)	18.5
Total Fat (g)	21.8
Saturated Fat (g)	6.1
Carbohydrate (g)	9.0
Sugars (g)	7.6
Sodium (mg)	437

Knorr Professional Japanese Teriyaki Sauce 2.1kg



- Made with soy sauce and ginger with a great balance of sweet and salty
- Suitable for vegetarians
- **Gluten free**

Knorr Professional Thai Sweet Chilli Sauce 2.2kg



- A deliciously sweet and spicy sauce made with garlic and chillies
- Suitable for vegetarians
- **Gluten free**

Lemon Sesame *Salmon Skewers*

An interesting flavour combination, achieved by combining lemon juice and **Knorr Japanese Teriyaki Sauce**. The dish goes beautifully with salmon. Quickly marinate and grill for a quick meal idea.



Lemon Sesame Salmon Skewers

Serves 10

Ingredients

200ml	Lemon juice
75g	**Knorr Professional Japanese Teriyaki Sauce**
5ml	Sesame oil
1kg	Salmon fillets
5g	Sesame seeds, toasted

Method

1. Combine lemon juice, **Knorr Japanese Teriyaki Sauce** and sesame oil in a non-metallic bowl.
2. Cut salmon fillets into 2cm cubes. Add salmon to the marinade and toss to coat. Cover and refrigerate for 15 minutes.
3. Thread salmon onto 20 small skewers.
4. Grill or pan fry skewers for 10 minutes or until cooked through.

Serving Suggestion

Sprinkle salmon skewers with sesame seeds and serve with rice and steamed asian vegetables.

Note

For dementia patients, cook cubed salmon without skewers if preferred.

Nutrition Information

	Average Quantity Per Serve
Energy (kJ)	1131
Energy (Cals)	270
Protein (g)	28.7
Total Fat (g)	13.8
Saturated Fat (g)	3.5
Carbohydrate (g)	7.8
Sugars (g)	6.3
Sodium (mg)	292

Knorr Professional Japanese Teriyaki Sauce 2.1kg



- Made with soy sauce and ginger with a great balance of sweet and salty
- Suitable for vegetarians
- **Gluten free**

Crumbed Chicken Tenderloins *with Lime Aioli*

Chicken tenderloins, crumbed and baked, and served with a creamy lime mayonnaise are simple and quick to make. Your residents will love them.



Crumbed Chicken Tenderloins *with Lime Aioli*

Serves 10

Ingredients

20	Chicken tenderloins, trimmed (approx. 70g per piece)
50g	Plain flour
	Salt and cracked black pepper
4	Eggs, lightly beaten
40ml	Water
150g	Panko breadcrumbs
30g	Parmesan, finely grated
100g	**Hellmann's Real Aioli**
5g	**Knorr Professional Lime Powder**
20g	Wholegrain mustard
	Oil, for deep frying

Method

Chicken Tenderloins

1. Dust the tenderloins in seasoned flour, then dip in combined egg and water, and combined breadcrumbs and parmesan. Refrigerate for 20 minutes.
2. Bake the tenderloins at 180°C for 15 minutes or until golden and cooked through.

Lime Aioli

3. Combine **Hellmann's Real Aioli**, **Knorr Lime Powder** and the wholegrain mustard.

Serving Suggestion

Serve with lime aioli, salad or steamed vegetables.

Nutrition Information

	Average Quantity Per Serve
Energy (kJ)	1362
Energy (Cals)	166
Protein (g)	37.3
Total Fat (g)	12.5
Saturated Fat (g)	3.0
Carbohydrate (g)	15.0
Sugars (g)	1.5
Sodium (mg)	416

Hellmann's Real Aioli 2.35kg



- The world's #1 mayonnaise brand*
- Made to an authentic egg yolk recipe with an infusion of garlic for a real garlic taste
- **Gluten free**

Knorr Professional Lime Powder 500g



- Made with real limes
- Equivalent to 100 limes in one pouch

**Source: Euromonitor, Cooking Ingredients & Meals, retail value RSP in 2025*

Mexican Pulled Pork *Quesadillas*

These delicious quesadillas can be a great way to use up good leftover protein and are quick to prepare. Pork in this recipe could easily be swapped for leftover beef or chicken.



Mexican Pulled Pork *Quesadillas*

Serves 10

Ingredients

90g	**Knorr Professional Mexican Chunky Salsa Mild**
12	16cm Corn tortillas
350g	Cooked pulled pork
400g	Tasty cheese, grated

Method

1. Spread **Knorr Mexican Chunky Salsa Mild** over half the tortillas. Top with pulled pork and cheese, then place remaining tortillas over the filling.
2. Heat a flat grill plate or large frying pan and spray with cooking oil spray. Cook the quesadillas, turning over gently, until golden and slightly crisp. Remove from heat and cut each one into six pieces.

Serving Suggestion

Serve quesadillas with simple fresh salsa style salad, sour cream and extra **Knorr Mexican Chunky Salsa Mild**.

Nutrition Information

	Average Quantity Per Serve
Energy (kJ)	1168
Energy (Cals)	279
Protein (g)	18.1
Total Fat (g)	19.1
Saturated Fat (g)	11.3
Carbohydrate (g)	8.3
Sugars (g)	7.5
Sodium (mg)	468

Knorr Professional Mexican Chunky Salsa Mild 1.95kg



- A thick and chunky salsa made with jalapeño, tomato and onion
- Suitable for vegetarians
- **Gluten free**



At **Unilever Food Solutions ANZ**, we're part of a global network of 250 chefs in 76 countries covering 50 cuisines. We help you get **#Prepped for tomorrow** with high-quality ingredients, the hottest global trends and expert culinary support, to help your kitchen thrive today, and inspire you for the future.

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Time-saving, quality ingredients

Our authentic, **high-quality** ingredients are made for the modern kitchen. They save you precious prep-time and help you get creative with on-trend flavours.

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Re:fresh AGED CARE

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