



RE:FRESH

Finger Food



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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 11 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 Patak's Tandoori Paste**
50ml Canola oil
60g Greek style yoghurt
1kg Chicken thigh fillets, trimmed
- 125g Knorr 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

1. 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 Patak's Tandoori Paste 1.15kg



- A medium spice blend that contains lemon juice, tamarind, ginger, coriander, garlic and spices
- No artificial flavours

Knorr Patak's Sweet Mango Chutney 2.9kg



- Sweet mango chutney blended with spices
- The perfect accompaniment for curries and Indian dishes
- No artificial flavours or colours

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 Pronto Napoli** and **Knorr Hollandaise Sauce** makes a great flavour mix.



Creamy Tuna and Tomato Vol au Vents

Serves 10

Ingredients

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

Method

1. Combine tuna, **Knorr 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 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

Knorr Hollandaise Sauce 1L



- Made with real cage free egg yolks for an authentic, close-to-scratch taste

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 x	Eggs
15g	Knorr 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 Patak's Mild Curry Paste 1.05kg



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

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



- Made to an authentic free range egg yolk recipe for a balanced & versatile, scratch-made taste

Smoked Cod Balls

Cod, cured by smoking, gives great flavour to the dish. This recipe is quick to prepare thanks to **Knorr Mashed Potato Mix** which saves precious prep time.



Smoked Cod Balls

Serves 10

Ingredients

300g	Smoked cod
900ml	Water
250g	Knorr Mashed Potato Mix
5g	Dill, chopped
5g	Flat leaf parsley, chopped
5g	Chives, chopped
	Plain flour
3 x	Eggs, lightly beaten
100g	Panko breadcrumbs
250g	Hellmann's Real Mayonnaise
30ml	Lemon juice
10g	Dijon mustard
	Oil, for deep frying

Method

1. Poach cod until cooked then cool, remove skin and any bones. Flake.
2. Heat the water, when boiling turn off heat, add **Knorr Mashed Potato Mix** and whisk until thick and smooth. Cool to room temperature.
3. Combine mash with cod and herbs. Roll mixture into 60g balls. Dust balls in flour, dip in egg and then bread crumbs. Chill for 20 minutes.
4. Combine **Hellmann's Real Mayonnaise**, lemon juice and dijon mustard.
5. Deep fry smoked cod balls in batches until golden and cooked through. Drain.

Serving Suggestion

Serve with lemon mayonnaise, lemon wedges and 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 Mashed Potato Mix 7kg



- An instant creamy mashed potato made with real potatoes
- Versatile - use as a topping for pies and as a thickener for soups and casseroles

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



- Made to an authentic free range egg yolk recipe for a balanced & versatile, scratch-made taste

Mango Chicken Tartlets

Using pre-made mini tartlet shells and cooked chicken will make this dish easy to prepare. **Knorr Patak's Mango Chicken Sauce** combined with **Knorr Hollandaise Sauce** gives it a delicious mild creamy flavour.



Mango Chicken Tartlets

Serves 10

Ingredients

- 400g Cooked chicken
- 200g Knorr Patak's Mango Chicken Sauce**
- 75g Knorr Hollandaise Sauce**
- 1 x Green onion (shallot), finely chopped
- 36 x Savoury mini tartlet cases
- Mild paprika, to garnish

Method

1. Cut chicken into 1cm dice. Combine with **Knorr Patak's Mango Chicken Sauce**, **Knorr Hollandaise Sauce** and green onion.
2. Spoon mixture into tartlet cases and sprinkle with paprika.
3. Bake at 180°C for 20 minutes until heated through.

Serving Suggestion

Serve with salad or steamed vegetables.

Nutrition Information

Average Quantity Per Serve

Energy (kJ)	2218
Energy (Cals)	530
Protein (g)	16.8
Total Fat (g)	25.5
Saturated Fat (g)	15.0
Carbohydrate (g)	58.4
Sugars (g)	23.6
Sodium (mg)	285

Knorr Patak's Mango Chicken Sauce 2.2L



- A mildly spiced, sweet mango simmer sauce
- No artificial flavours or colours

Knorr Hollandaise Sauce 1L



- Made with real cage free egg yolks for an authentic, close-to-scratch taste

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 Patak's Korma Paste
40g	Panko breadcrumbs
25g	Frozen peas, thawed
100g	Carrot, roughly grated
2 x	Green onions (shallots), chopped
2 x	Sheets ready rolled puff pastry
1 x	Egg, lightly beaten
	Poppy seeds, to garnish
	Knorr 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 Patak's Korma Paste 1.05kg



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

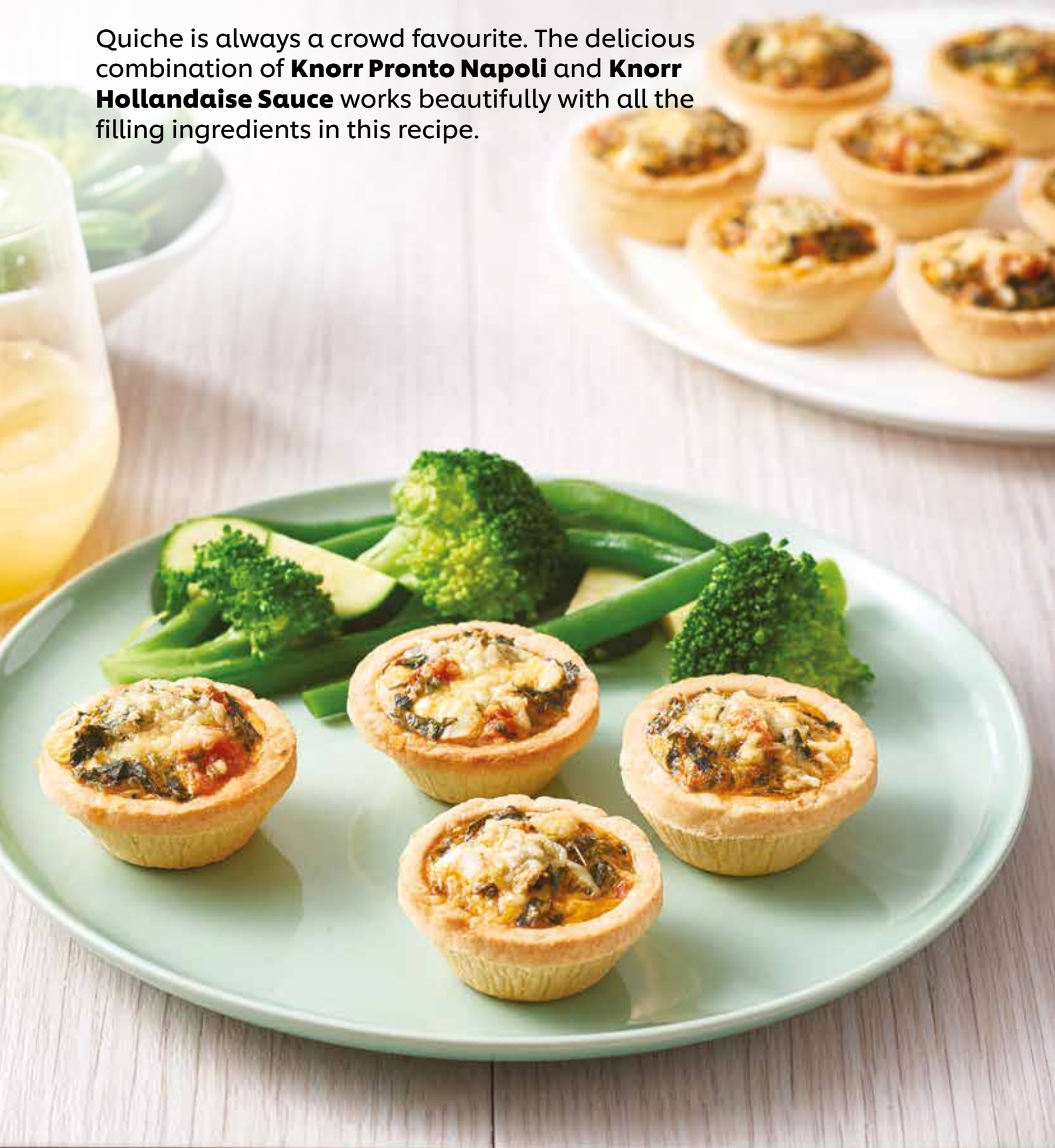
Knorr Patak's Sweet Mango Chutney 2.9kg



- Sweet mango chutney blended with spices
- The perfect accompaniment for curries and Indian dishes
- No artificial flavours or colours

Spinach, Feta and Tomato Quiches

Quiche is always a crowd favourite. The delicious combination of **Knorr 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 Pronto Napoli
60g	Knorr Hollandaise Sauce
2 x	Eggs
75g	Danish feta, crumbled
2g	Basil, chopped
36 x	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 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 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

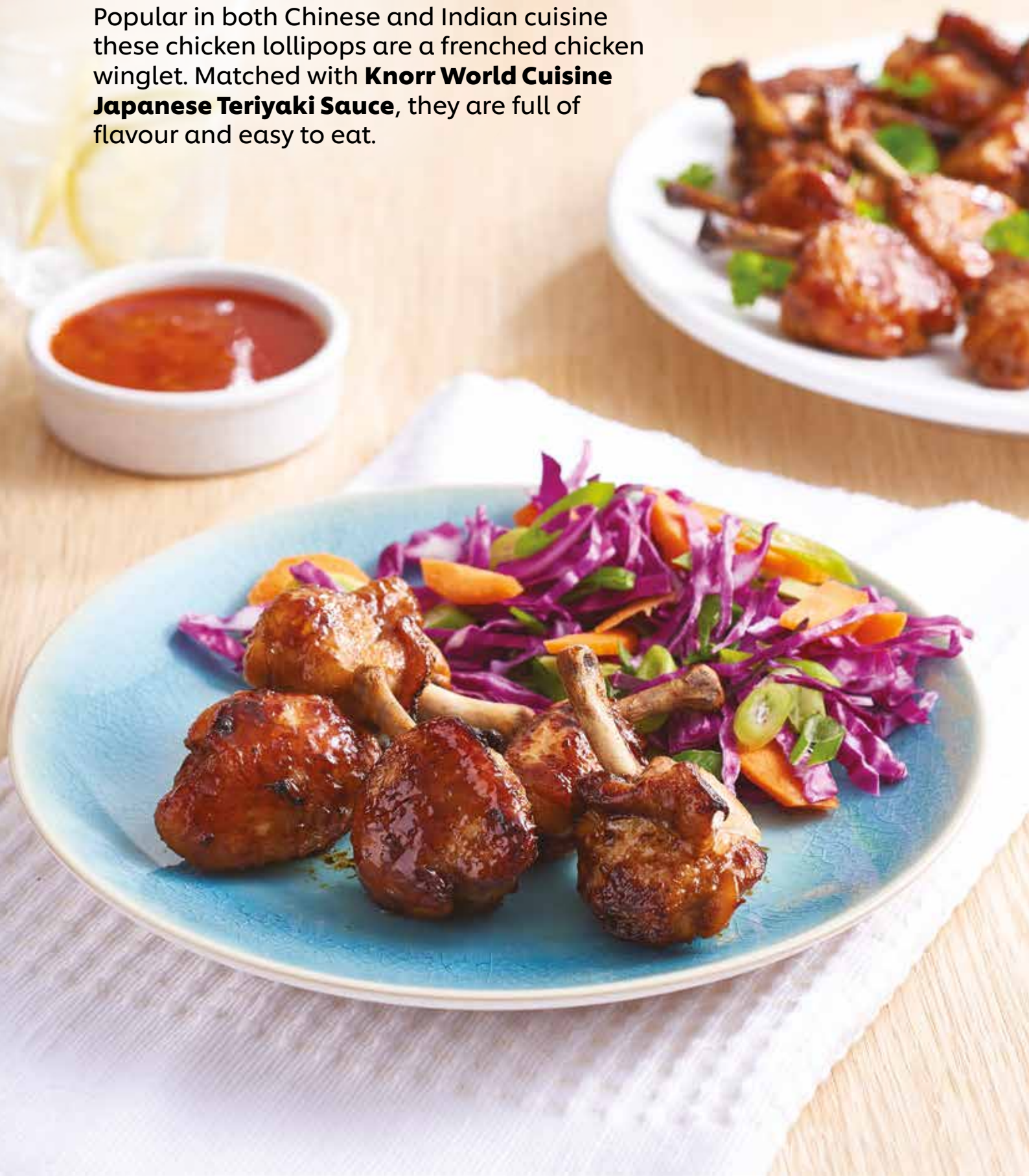
Knorr Hollandaise Sauce 1L



- Made with real cage free egg yolks for an authentic, close-to-scratch taste

Teriyaki Chicken Lollipops

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



Teriyaki Chicken Lollipops

Serves 10

Ingredients

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

Method

1. Combine **Knorr World Cuisine 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 World Cuisine 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 World Cuisine Japanese Teriyaki Sauce 2.1kg



- A slightly thick Teriyaki sauce with a great balance of sweet and salty for Asian-inspired cooking
- No artificial flavours

Knorr World Cuisine Thai Sweet Chilli Sauce 2.2kg



- A popular Thai-style sweet chilli sauce
- Perfect for dipping, stir frying, marinades, pizzas, burgers and wraps

Lemon Sesame Salmon Skewers

An interesting flavour combination, achieved by combining **Knorr World Cuisine Chinese Lemon Sauce** and **Knorr World Cuisine 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

250g	Knorr World Cuisine Chinese Lemon Sauce
75g	Knorr World Cuisine Japanese Teriyaki Sauce
5ml	Sesame oil
1kg	Salmon fillets
5g	Sesame seeds, toasted

Method

1. Combine **Knorr World Cuisine Chinese Lemon Sauce**, **Knorr World Cuisine 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 extra **Knorr World Cuisine Chinese Lemon Sauce**, 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 World Cuisine Chinese Lemon Sauce 2kg



- A tangy lemon sauce, with lemon juice

Knorr World Cuisine Japanese Teriyaki Sauce 2.1kg



- A slightly thick Teriyaki sauce with a great balance of sweet and salty for Asian-inspired cooking
- No artificial flavours

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 x	Chicken tenderloins, trimmed (approx. 70g per piece)
50g	Plain flour
	Salt and cracked black pepper
4 x	Eggs, lightly beaten
40ml	Water
150g	Panko breadcrumbs
30g	Parmesan, finely grated
100g	Hellmann's Real Aioli
5g	Knorr 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

1. 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/10kg



- Made to an authentic free range egg yolk recipe for a balanced & versatile, scratch-made rich roasted garlic taste

Knorr Lime Powder 500g



- Made with real lime
- Very versatile, add directly to any dish or make up as a lime mix instead of fresh lime

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 World Cuisine Mexican Chunky Salsa Mild
12 x	16cm Corn tortillas
350g	Cooked pulled pork
400g	Tasty cheese, grated

Method

1. Spread **Knorr World Cuisine 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 World Cuisine 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 World Cuisine Mexican Chunky Salsa Mild 1.95kg



- A zesty salsa made with jalapeño peppers, onions, seasoned herbs and spices