



RE:FRESH

Sandwiches



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Sandwiches

RE:FRESHED

“FAVOURITE FLAVOURS WRAPPED UP IN A SANDWICH”

Sandwiches are often a popular dinner choice for residents in aged care who prefer a lighter meal option in the evening. ‘At some meals, all a resident feels like eating, is a sandwich’.*

Sandwiches are great for events, functions and mid-meals. They are also perfect for dementia residents who prefer to move while they eat and can be a tasty, nutritious on-the-go choice.

For Chefs, providing flavour-filled sandwiches on demand has never been simpler. With a variety of fillings and condiments to choose from, Chefs can create delicious varieties easily and quickly.

It is important however to maintain the balance between variety and familiarity, especially for residents seeking comfort food and regular favourites.

TAKE INSPIRATION FROM THESE 10 DELICIOUS SANDWICH RECIPES, DEVELOPED SPECIALLY FOR AGED CARE MENUS, WITH SMALL TWISTS TO TRADITIONAL FAVOURITES FOR ADDED GOODNESS AND FLAVOUR

FAMILIAR favourites refreshed with interesting twists.

PROTEIN & VEGETARIAN options included.

FLAVOURS enhanced to suit residents’ palates.

NUTRITIONAL ANALYSIS provided with every recipe.

BUDGET AND TIME friendly.

PRESENTATION SUGGESTIONS included with every recipe.

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.

Braised Beef Sandwich with Roasted Tomato Aioli

Using **Knorr Intense Flavours Roast Umami** makes it so simple to give the slow cooked meat in this sandwich an amazing depth of flavour of roasted onions and garlic.



Braised Beef Sandwich with Roasted Tomato Aioli

Serves 10

Ingredients

30ml	Knorr Intense Flavours Roast Umami
1L	Water
2.5g	Black peppercorns
4 x	Bay leaves
600g	Knorr Pronto Napoli
1.75kg	Beef blade roast
250g	Hellmann's Real Aioli
2 x	Vine-ripened tomatoes, sliced
20g	Knorr Jus
20 x	Slices of light rye bread
100g	Baby spinach leaves
3 x	Vine-ripened tomatoes, extra

Method

1. Combine **Knorr Intense Flavours Roast Umami**, water, peppercorns, bay leaves and canned tomatoes.
2. Place beef in a baking tray, pour over the prepared braising liquid and cover with foil. Cook in a combi oven until the meat is falling apart. Pull the meat.
3. Meanwhile oven bake fresh tomatoes for 30 minutes. Remove skin and crush. Mix with **Hellmann's Real Aioli**.
4. Heat 1 cup of braising stock with **Knorr Jus**. Simmer until thickened, then toss through pulled beef.
5. To assemble, spread tomato aioli over bread. Top with baby spinach, sliced tomato and pulled beef.

Nutrition Information

	Per serve (441g)
Energy (kJ)	2614
Energy (Cals)	625
Protein (g)	35
Total Fat (g)	32
Saturated Fat (g)	6
Carbohydrate (g)	45
Sugars (g)	7
Sodium (mg)	752

Knorr Intense Flavours Roast Umami 400ml



- Rich caramelised flavours from slow, oven-roasted onion & garlic, saving hours of prep

Knorr Pronto Napoli 4.15kg



- Made in Italy from sustainably grown Italian tomatoes

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 Jus Gluten Free 1.8kg/6kg



- A gluten free, refined brown sauce with caramelised notes from quality Australian beef

Apple Braised Pulled Pork Sandwich

Authentic smoked flavour in the pulled pork is perfectly complemented by the freshness of an apple slaw in this delicious sandwich.



Apple Braised Pulled Pork Sandwich

Serves 10

Ingredients

40ml Knorr Concentrated Liquid Chicken Stock

- 1L Water
- 20g Rosemary
- 2 x Apples, chopped
- 2 x Onions, chopped
- 1.75kg Boneless pork shoulder

20ml Knorr Intense Flavours Deep Smoke

- 40g Wholegrain mustard

200g Hellmann's Real Aioli

- 100g Red cabbage, shredded
- 75g Green cabbage, shredded
- 1/2 Red capsicum, chopped
- 2 x Apples
- 20 x Slices of Turkish bread

Method

1. Combine **Knorr Concentrated Liquid Chicken Stock**, water, rosemary, apples and onions.
2. Place pork in a baking tray, add the braising stock mix. Cover with foil. Cook in a combi oven until the meat is falling apart. Pull meat and stir through **Knorr Intense Flavours Deep Smoke**.
3. Mix together the wholegrain mustard with **Hellmann's Real Aioli**.
4. Thinly slice one of the apples into matchsticks. Mix with cabbage, red capsicum and mustard aioli.
5. To assemble, spread mustard aioli on the bread. Top with slaw and pulled pork. Garnish with extra thinly sliced apple.

Nutrition Information

Per serve (462g)

Energy (kJ)	2415
Energy (Cals)	578
Protein (g)	40
Total Fat (g)	28
Saturated Fat (g)	10
Carbohydrate (g)	39
Sugars (g)	11
Sodium (mg)	988

Knorr Concentrated Liquid Chicken Stock 1kg



- Made with chicken bones cooked for 3 hours
- Dissolves easily in all stages of cooking
- Brings out the flavours in a dish with less salt*

Knorr Intense Flavours Deep Smoke 400ml



- Warm BBQ profile of roasted onion & sugar smoked over hard wood for a natural, charred smokiness

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

*25% less sodium than Knorr Chicken Booster.

Zucchini and Ricotta Fritter Sandwich

These versatile fritters can be served in a sandwich or as a light lunch or dinner with a salad or steamed vegetables. Great for freezing too.



Zucchini and Ricotta Fritter Sandwich

Serves 10

Ingredients

3 x	Eggs
250g	Self-raising flour
5g	Baking powder
250g	Zucchini, grated
250g	Ricotta, low fat, crumbled
2 x	Spring onions, chopped
10g	Dill, chopped
5 x	Rashers of lean bacon
200g	Hellmann's Real Mayonnaise
50g	Knorr World Cuisine American Chipotle BBQ Sauce
20 x	Slices of wholemeal bread
100g	Baby spinach leaves
2 x	Tomatoes, sliced

Method

1. Whisk together eggs, flour and baking powder. Add zucchini, ricotta, spring onions and dill. Season to taste and set aside.
2. Cook bacon until golden, drain on paper towel.
3. Cook fritters in batches to make 20 fritters.
4. Combine **Hellmann's Real Mayonnaise** and **Knorr World Cuisine American Chipotle BBQ Sauce**.
5. To assemble, spread chipotle mayo over the bread. Top with spinach leaves, fritters, bacon and tomato.

Nutrition Information

	Per serve (227g)
Energy (kJ)	1951
Energy (Cals)	467
Protein (g)	14
Total Fat (g)	23
Saturated Fat (g)	4
Carbohydrate (g)	48
Sugars (g)	5
Sodium (mg)	698

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



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

Knorr World Cuisine American Chipotle BBQ Sauce 2.1kg



- A smoky rich, tangy and spicy sauce
- Made with tomatoes, onions and spices

Roast Vegetables Frittata Sandwich

Make this deliciously simple egg-based frittata sandwich and use pre-roasted vegetables at the same time. Serve warm or cold.



Roast Vegetables Frittata Sandwich

Serves 10

Ingredients

- 12 x Eggs
- 250ml Knorr Hollandaise Sauce**
- 100g Self-raising flour
- Leftover roast veggies, chopped
(We used 250g roast zucchini,
250g roast red capsicum,
400g roast pumpkin, 10g basil leaves)
- 100g Mixed lettuce
- 250g Canned beetroot
- 40g Basil pesto
- 200g Hellmann's Real Mayonnaise**
- 20 x Slices wholegrain bread

Method

- Whisk together eggs, **Knorr Hollandaise Sauce** and flour. Add roast vegetables and basil. Season to taste.
- Pour mixture into a large baking tray. Bake in a combi oven for 40 minutes or until firm. Cool
- Combine pesto and **Hellmann's Real Mayonnaise**.
- To assemble, spread pesto mayo over the bread. Top with lettuce, beetroot and slices of frittata.

Nutrition Information

	Per serve (286g)
Energy (kJ)	2483
Energy (Cals)	594
Protein (g)	16
Total Fat (g)	39
Saturated Fat (g)	8
Carbohydrate (g)	41
Sugars (g)	8
Sodium (mg)	763

Knorr Hollandaise Sauce 1L



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

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



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

Citrus Poached Chicken Finger Sandwiches

Dainty chicken finger sandwiches with the addition of a zesty lemon mayonnaise make for a great lunch or afternoon tea.



Citrus Poached Chicken Finger Sandwiches

Serves 10

Ingredients

20ml	Knorr Concentrated Liquid Chicken Stock
500ml	Water
10ml	Knorr Intense Flavours Citrus Fresh
600g	Chicken breast
200g	Hellmann's Real Aioli
100g	Walnuts, chopped
10g	Flat leaf parsley, chopped
75g	Baby spinach leaves
20 x	Slices of hi-fibre white bread

Method

1. Combine **Knorr Concentrated Liquid Chicken Stock**, water and **Knorr Intense Flavours Citrus Fresh** in a pan. Bring to boil, add chicken and simmer until cooked through. Cool then finely chop.
2. Combine **Hellmann's Real Aioli** with chopped walnuts and parsley. Add chicken.
3. To assemble, top bread with baby spinach and chicken aioli mixture. Cut into finger sandwiches and serve.

Nutrition Information

	Per serve (223g)
Energy (kJ)	1884
Energy (Cals)	451
Protein (g)	23
Total Fat (g)	25
Saturated Fat (g)	3
Carbohydrate (g)	32
Sugars (g)	2
Sodium (mg)	643

Knorr Concentrated Liquid Chicken Stock 1kg



- Made with chicken bones cooked for 3 hours
- Dissolves easily in all stages of cooking
- Brings out the flavours in a dish with less salt*

Knorr Intense Flavours Citrus Fresh 400ml



- Zesty freshness blended from Mandarin, Tahitian Lime & Yuzu juices without all the juicing

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

*25% less sodium than Knorr Chicken Booster.

Salmon Cake and Slaw Sandwich

Everyone loves a classic salmon cake. Try it on a sandwich and add some extra creaminess to the mashed potato with **Knorr Hollandaise Sauce**.



Salmon Cake and Slaw Sandwich

Serves 10

Ingredients

- 750ml Milk
2/3 Cup Knorr Hollandaise Sauce
250g Knorr Potato Flakes
5g Lemon rind, finely grated
10g Dill, chopped
10g Flat leaf parsley, chopped
2 x Spring onions, chopped
415g Canned red salmon, drained, bones removed
500g Panko breadcrumbs
350g Red cabbage, shredded
2 x Carrots, grated
100g Hellmann's Coleslaw Dressing
200g Hellmann's Tartare Sauce
15 x Slices of ciabatta loaf

Method

1. Bring milk and **Knorr Hollandaise Sauce** to a simmer. Add **Knorr Potato Flakes** and stir until combined. Remove and cool.
2. Fold through lemon rind, herbs, spring onion and salmon along with 100g of the panko crumbs. Season to taste.
3. Shape mixture into patties and roll in the remaining breadcrumbs (makes 20 patties). Chill for 2 hours.
4. Combine cabbage and carrot with **Hellmann's Coleslaw Dressing**.
5. Cook salmon cakes until golden and drain on paper towel.
6. To assemble, top bread with coleslaw then salmon patties. Serve with **Hellmann's Tartare Sauce**.

Nutrition Information

	Per serve (301g)
Energy (kJ)	2501
Energy (Cals)	598
Protein (g)	23
Total Fat (g)	26
Saturated Fat (g)	8
Carbohydrate (g)	63
Sugars (g)	13
Sodium (mg)	1154

Knorr Hollandaise Sauce 1L



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

Knorr Potato Flakes 4kg



- A versatile ingredient, used to make mashed potato, gnocchi and to use as a crumb coating

Hellmann's Coleslaw Dressing 2.65kg/2.55L



- Made to a favourite recipe with egg yolks, vinegar and mustard

Hellmann's Tartare Sauce 2.6kg/2.55L



- A rich creamy sauce with the perfect blend of gherkins, capers and parsley

Butter Chicken Sandwich

A gentle spice mix of butter chicken will suit all palates and add an interesting Indian touch to the sandwich selection.



Butter Chicken Sandwich

Serves 10

Ingredients

6 x	Chicken breasts (1kg of approx. weight)
120g	Knorr Patak's Butter Chicken Paste
75g	Hellmann's Ranch Dressing
150g	Hellmann's Real Aioli
125g	Butter lettuce
1 x	Red capsicum, thinly sliced
250g	Lebanese cucumber, thinly sliced
20 x	Slices of wholemeal crusty bread

Method

1. Coat chicken breasts in **Knorr Patak's Butter Chicken Paste** and chill for an hour.
2. Bake in a combi oven until cooked through. Cool and thinly slice.
3. Combine **Hellmann's Ranch Dressing** with **Hellmann's Real Aioli**.
4. To assemble, spread aioli mix over the bread. Top with butter lettuce, capsicum, cucumber and sliced butter chicken.

Nutrition Information

	Per serve (269g)
Energy (kJ)	1787
Energy (Cals)	428
Protein (g)	34
Total Fat (g)	20
Saturated Fat (g)	3
Carbohydrate (g)	31
Sugars (g)	5
Sodium (mg)	839

Knorr Patak's Butter Chicken Paste 1.15kg



- A mild spice blend containing ginger, coriander, garlic, tomato, tamarind and spices

Hellmann's Ranch Dressing 2.55L



- Made with the flavours of creamy buttermilk, garlic and special spices

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

Corned Beef Hash Sandwich

A great way to use left over corned beef and roast vegetables in this traditional English dish that translates easily into a sandwich filling. Serve fresh or as a toasted sandwich.



Corned Beef Hash Sandwich

Serves 10

Ingredients

750ml	Milk
200g	Knorr Potato Flakes
800g	Leftover roast veggies, chopped
100g	Green beans, finely chopped and blanched
400g	Corned beef, chopped
100g	Wholemeal breadcrumbs
75g	Flat leaf parsley, chopped
200g	Hellmann's Real Mayonnaise
30g	English mustard
125g	Baby rocket
150g	Sliced dill pickles
20 x	Slices of hi-fibre white bread

Method

1. Bring milk to a simmer. Add **Knorr Potato Flakes** and stir until combined. Remove and cool.
2. Fold through roast vegetables, beans, corned beef, breadcrumbs and parsley.
3. Shape mixture into oval-shaped patties (makes 10 large patties). Chill for 2 hours.
4. Mix together **Hellmann's Real Mayonnaise** and English mustard.
5. Cook patties until golden and drain on paper towel.
6. Top bread with mayo mix, then rocket and patties (1 per serve), along with pickles.

Nutrition Information

	Per serve (343g)
Energy (kJ)	2565
Energy (Cals)	614
Protein (g)	24
Total Fat (g)	28
Saturated Fat (g)	6
Carbohydrate (g)	61
Sugars (g)	13
Sodium (mg)	1364

Knorr Potato Flakes GF 4kg



- A versatile ingredient, used to make mashed potato, gnocchi and to use as a crumb coating

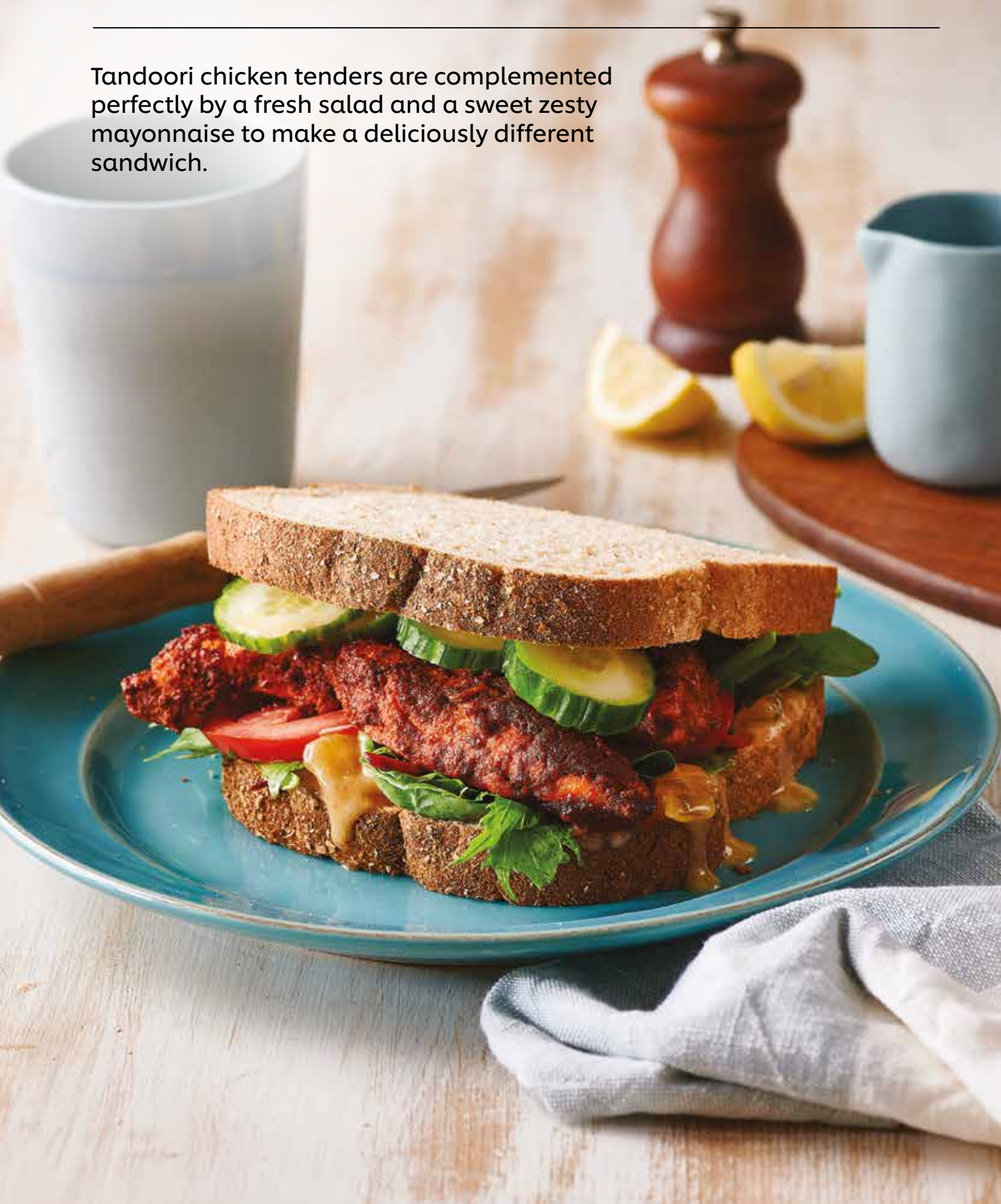
Hellmann's Real Mayonnaise 2.4kg/10kg/20kg



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

Tandoori Chicken Sandwich

Tandoori chicken tenders are complemented perfectly by a fresh salad and a sweet zesty mayonnaise to make a deliciously different sandwich.



Tandoori Chicken Sandwich

Serves 10

Ingredients

- 30 x Chicken tenderloins (1.4kg)
- 200g Knorr Patak's Tandoori Paste**
- 200g Hellmann's Real Mayonnaise**
- 50g Knorr Patak's Sweet Mango Chutney**
- 20 x Slices of wholemeal bread
- 125g Mixed lettuce
- 2 x Vine-ripened tomatoes, sliced
- 2 x Lebanese cucumbers, sliced

Method

1. Coat the chicken tenderloins in **Knorr Patak's Tandoori Paste**. Chill for 30 minutes.
2. Cook the chicken in a combi oven until cooked through.
3. Combine **Hellmann's Real Mayonnaise** and **Knorr Patak's Sweet Mango Chutney**.
4. Spread mayo mix over the bread and top with lettuce, tomato, cucumber and chicken tenderloins (2-3 per serve). Serve with lemon wedges.

Nutrition Information

	Per serve (350g)
Energy (kJ)	2172
Energy (Cals)	519
Protein (g)	48
Total Fat (g)	23
Saturated Fat (g)	3
Carbohydrate (g)	31
Sugars (g)	10
Sodium (mg)	858

Knorr Patak's Tandoori Paste 1.15kg



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

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



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

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

Corned Beef Reuben Sandwich

A handy and convenient use of leftover corned beef, which is a well-known favourite in Aged Care, makes for a delicious and easy-to-make sandwich your residents are sure to love.



Corned Beef Reuben Sandwich

Serves 10

Ingredients

225g Hellmann's Real Mayonnaise

- 10g Capers, chopped
- 10g Flat leaf parsley, chopped
- 80g Dill pickles, finely chopped
- 20 x Slices of dark rye bread
- 100g Wholegrain mustard
- 750g Sliced corned beef
- 20 x Slices of swiss cheese
- 500g Sauerkraut, drained

Method

1. Mix together **Hellmann's Real Mayonnaise** with capers, parsley and pickles.
2. Spread half the slices of bread with wholegrain mustard, half the cheese slices, corned beef and sauerkraut. Top with remaining cheese and mayonnaise mixture.
3. Toast sandwich until warmed through and serve with dill pickles.

Nutrition Information

Per serve (286g)

Energy (kJ)	3134
Energy (Cals)	750
Protein (g)	41
Total Fat (g)	41
Saturated Fat (g)	14
Carbohydrate (g)	34
Sugars (g)	4
Sodium (mg)	1412

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



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