



A Playful Take on Plant-Based Dishes

Explore flavorful recipes from greens to beans!





Thank you for downloading this free guide!

As customers become more and more conscious about what they consume, it's high time you put plant-based dishes under the spotlight.

But this doesn't mean forgetting about meat entirely, it's just all about showing off all the wonderful ingredients derived from plants! There are so many exciting and delicious ways to present vegetables, beans, seeds, and nuts nowadays.

That's why we've come up with a collection of recipes from our chefs that can definitely boost the flavors and the overall experience of eating some good-for-you food. Get ready to cook up dishes like **Crispy Lechon Kawali Lettuce Wraps** and **Mushroom Falafel with Garlic Mayo Dip!**

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A Healthy Menu For A Healthy Business

Health is the new wealth. To satisfy the demand for healthier options, here are some tips from Unilever Food Solutions Executive Chef Ken Cacho on how to future-proof your business.

Look for healthier alternatives

By simply changing the way you cook can make your dishes healthier. One way is through the basic ingredients you use. According to Chef Ken, it's healthier to use coconut oil than vegetable oil. Coconut oil has lauric acid which is known to have beneficial dietary effects.

Create and innovate

Filipino dishes are delicious sources of comfort. Diners always find themselves craving for their scrumptious and delectable Pinoy favorites. Here's where the opportunity comes in: how can we make these classic favorites healthier?

Change the narrative

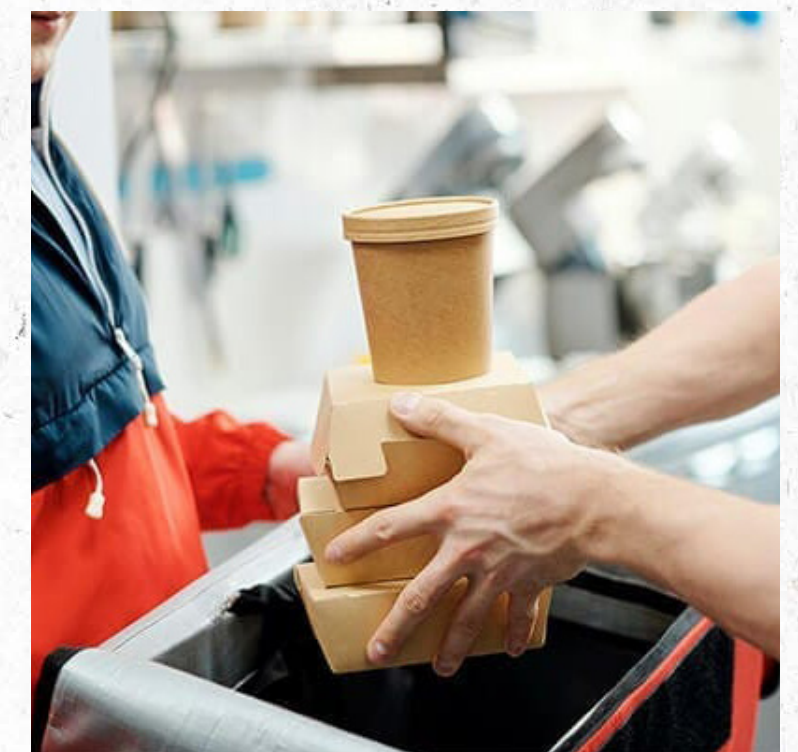
Diet is more than just counting your calories. There's also merit in educating diners and making them understand the health benefits of the dish.

Another advice from Chef Ken is to tell a story and inspire. Building your brand story will help the diner understand why you are introducing healthy dishes on the menu. Sometimes the dishes that matter the most are the ones that make sense to the diner and to the chef. It also builds a deeper connection with your customers.

Be adaptable to change

Change is inevitable. Aside from having healthy dishes on your menu, your business should also evolve and adapt. One way you can pivot to this new normal is by re-assigning staff. Since home delivery is stronger than ever, try re-assigning your staff to do deliveries; while others can be assigned in packing.

Hygiene and sanitation are also key factors that consumers look at in businesses operating now. Education is a key factor in creating a healthy and clean working area for your staff.



Promoting Your Plant-Based Menu

Plant-based eating is on the rise – want to tap into the trend? Find out what plant-based eating can mean for your menu and how you can shout about it to your customers.

Make it obvious

Don't hide your vegetarian and vegan choices in a separate section. Take the effort out of ordering meat-free by labelling the vegetarian and vegan dishes on your menu. You can do this easily with symbols and a key. Alternatively, you can design your dishes to be flexible to allow you to simply remove a meat item from the final dish if a diner asks for it!



The same applies to the online world --- don't forget to update your menu on your website and social channels so that anyone researching menu options beforehand knows they will be catered to.

Cater to vegans

This is not as challenging as you think! Yes, you'll lose some weapons in your cooking arsenal that give food richness and texture – butter/ghee, cream, eggs for example.

- **Vegetarian** means free of meat or animal products. Animal products can come in many surprising forms, including jelly-based products commonly used when cooking.
- **Vegan** means free of meat and animal products and all animal-derived products, such as cheese, honey and eggs.

Clue up your staff the difference between vegetarian and vegan dishes too, so they can confidently advise your customers. They need to know that they can trust you.

Make the most of going meat-free

Meat-free is mainstream! If you want to shout about your evolving menu, you can run special events such as 'Meat-free Mondays' or have a month where you promote (and discount) vegan dishes to draw attention to what you're doing.

Try to include at least one vegetarian or vegan option on your specials board. Let them take pride of place in your main menu. Add meatless dishes to your chalkboard outside the premises to help drum up passing trade.



Push the plant proteins

'Plant proteins' have become a bit of a buzzword, so where you can, big this up on your menus. You can also draw attention to other plant-based benefits such as the calorie count, or that your plant protein is low fat or contains 'heart-healthy' fats. This might really swing it for some diners.

Experiment with “meat-less meat”

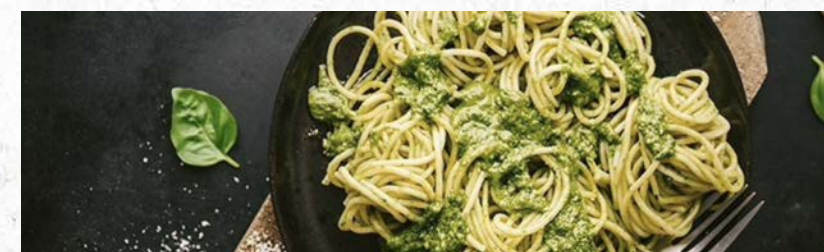


Some diners going meat-free will still crave the taste and texture of meat. There are loads of new and not-so-new meat-alternative products available that make convincingly meaty burgers and sausages, 'chicken' and deli-style 'meats', such as tofu, tempeh, seitan, soya chunks and mycoproteins.

Make your menu sing

In your menu titles and descriptions, go big on the lip-smacking tastiness of what you're offering! Put some time in to how best to word your dishes – try to tease the diner with your descriptions. Remember, however delicious your dish is, if it doesn't sound appetizing on paper, it won't convert to orders.

Add your secret touch



Going meat-free does not mean losing out on flavor, or putting lots of extra work in. Get some inspiration on how to add flavor using herbs and spices and make use of quick-fix products that will add an irresistible umami flavour, such as **Knorr Aromat Seasoning** and **Knorr Liquid Seasoning** that make your plant-based cooking shine.

Favourite Healthy Recipes of Food Experts in Southeast Asia

Gain inspiration for healthy dishes through recipes from chefs and food business owners in Southeast Asia



KIMCHI BOWL

Chef Raymond Palmez
The Wholesome Table, Philippines

I really love the kimchi bowl because it has a well-balanced combination of sweet, sour, and spices. The vegetables are also rich in textures — some creamy and some crunchy. Of course, kimchi is highly nutritional. It is a good source of probiotics for our digestive system.



CAULIFLOWER "FRIED" RICE

Founder Alexis Bauduin
YOLO, Singapore

The cauliflower "fried rice style" is a great tweak to the popular fried rice with a healthy kick to it! You still get the consistency and bite of normal rice. This dish was launched on our very first menu and has been a crowd favourite ever since. The dish comes with shredded cauliflower, kailan, corn and some chicken breast for protein. It is also topped up with scrambled eggs and red cabbage. With only 300kcal, the meal is a great low-carb option and is still high in protein to make sure you stay full longer.



OATMEAL NASI LEMAK

Sous Chef Shannon Teng
OURS Eatery, Malaysia

I love the balance of flavours and textures of the Oatmeal Nasi Lemak. We serve the oats hot so that our customers can taste its creamy texture along with anchovies and our homemade hot sambal on the side. The sweet and spicy taste from the oatmeal and sambal blends really well together.



Vegetable Spring Rolls

A recipe that hails all the way from Vietnam, this refreshing appetizer wrapped in rice paper comes in different versions, too. Although this recipe has seafood in it, cooks may also opt for an all-vegetable filling for their vegetarian diners.

INGREDIENTS

Filling Preparation

45 ml	Peanut Oil
50 g	White Onion
15 g	Garlic Cloves
80 g	Baby Shrimp, <i>peeled (optional)</i>
7 g	Knorr Chicken Powder 1kg
150 g	Carrots, <i>finely julienned</i>
150 g	Green Beans, <i>sliced thinly on the bias</i>
200 g	Firm Tofu, <i>grated</i>
150 g	Green Cabbage, <i>finely sliced</i>

Peanut Sauce Preparation

200 ml	Knorr Rock Sugar Honey Sauce 3kg
30 g	Garlic Cloves, <i>peeled</i>
20 ml	Fish Sauce
10 g	Knorr Shrimp Seasoning Powder 1kg
1 pc	Thai Red Chilli
50 g	Lady's Choice Peanut Butter Creamy 1kg
10 g	Coriander Leaves

Presentation

20 pc	Large Rice Paper
300 g	Green Ice Lettuce Leaves
100 g	Garlic, <i>minced (optional)</i>
200 g	Ground Peanut Sugar
120 g	Coriander Leaves

FILLING PREPARATION

1. Heat oil in a wok. Stir-fry the onion and garlic until fragrant.
2. Season shrimps with Knorr Chicken Powder and black pepper. Add to pan and stir-fry for 1 minute.
3. Add in carrots, green beans and tofu. Stir fry for 2 minutes. Taste and adjust seasoning with Knorr Chicken Powder.

4. Add the shredded cabbage.
5. Transfer to a strainer to remove excess liquid from the mixture.
6. Keep warm until ready to assemble.

PEANUT SAUCE PREPARATION

1. Place all the ingredients in a food processor. Puree until smooth.
2. Heat the mixture before serving. Add water if a thinner consistency is desired.
3. Taste and adjust seasoning.

PRESENTATION

1. Fill a spray bottle with filtered water. Lightly spray a rice paper with water.
 2. Line one side of the rice paper with one whole lettuce leaf.
 3. Place about 2 tablespoons of vegetable filling on top of the lettuce.
 4. Top with minced garlic (*optional*).
 5. Sprinkle with ground peanut sugar and finish with a sprig of coriander leaves.
 6. Roll the rice paper, tucking the sides.
 7. Cover the finished rolls with a damp clean towel to prevent it from drying up.
 8. Once all rolls are done, slice each roll into two 1.5 inch segments (*similar to sushi*).
 9. Arrange on a serving plate and sprinkle with additional peanut sugar.
 10. Serve with warm peanut sauce.
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Chicken, Grape, and Walnut Salad

Nothing like the classic richness of real mayonnaise made with fresh eggs to make this fruit, protein and nut salad a sure bestseller! The dressing may also be used as a sandwich filling or canapé topping.

INGREDIENTS

Chicken, grape, and walnut salad preparation

500 g Chicken Breast, *boiled and diced*
150 g Walnuts (or cashews), *toasten then roughly-chopped*
250 g Grapes, *red and seedless, cut into half lengthwise*
80 g Pickle Relish
5 g Black Pepper, *crushed*
400 ml **Lady's Choice Real Mayonnaise 5.5L**

CHICKEN, GRAPE, AND WALNUT SALAD PREPARATION

1. Combine all the ingredients together in a bowl.
 2. Adjust seasoning to taste.
 3. Chill until ready to serve.
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Mushroom Falafel with Garlic Mayo

Dominated with fresh herbs and garlic, this dish creates balance between the earthy tones of mushrooms and the creamy garbanzos. This inspirational twist to the classic falafel served with pita bread and garlic dip mayo is your next entree bestseller.

INGREDIENTS

Batter

80 g Besan Flour, chickpea flour
can substitute with potato
starch and plain flour
120 ml Water, ice water
2 g Salt
Pepper, to taste

Dip

5 g Garlic
60 g **Lady's Choice Real Mayonnaise 5.5L**
50 g Cream
5 ml Lemon Juice
Pepper, to taste
30 g Tahini Sesame Seed Paste

Mushroom and Chickpea Fritters

250 g Chickpeas, canned/drained and mashed
50 g Oyster mushrooms, chopped
50 g Shitake Mushroom, chopped
50 g Button Mushrooms , chopped
15 g Garlic, minced
60 g Onion, brunoise
15 g Spring Onions, sliced fine
10 g Cilantro, chiffonade
3 g Paprika
2 g Cumin Powder
20 g Parsley, chopped
5 g **Knorr Aromat Powder 1kg**
Pepper, to taste
15 ml Olive Oil

Garnish

10 pc Pita Bread, grilled and cut into wedges
1 pc Chili, chopped
80 g Tomatoes, grated
30 g Onion, red, chopped
5 g Cilantro, chiffonade
2 pc Lemon, wedges
Pepper, to taste
1 g **Knorr Aromat Powder 1kg**

BATTER

1. In a mixing bowl, whisk all ingredients together.
2. Keep cold until ready to use.

DIP

1. Using a food processor, mix all ingredients together.
2. Keep cold until ready to use.

GARNISH

1. In a bowl mix the grated tomatoes, onions, chili, cilantro, lemon juice and Knorr Aromat.
2. Season with pepper and let the salsa cool down.

MUSHROOM AND CHICKPEA FRITTERS AND ASSEMBLY

1. In a hot pan, sauté the onions until translucent and add the garlic.
 2. Add the mixed mushrooms and cook until dry (*starting to fry*).
 3. Add cumin, paprika, pepper and Knorr Aromat.
 4. Set aside and let it cool down.
 5. Add spring onions, cilantro, parsley, and mashed chickpeas.
 6. Mix really well and form into balls (30pcs).
 7. Chill for 60 minutes.
 8. Lightly flatten and dip in batter.
 9. Fry at 180c for 5 minutes or until golden and crispy.
Drain in kitchen towels and keep warm.
 10. Arrange on a plate and serve with pita bread, salsa, lemon wedges and dip.
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Arugula Grape Salad

Surprise yourself and your diners with a sweet-savoury salad dressing that's perfect for arugula.

INGREDIENTS

Dressing Preparation

20 g	Garlic, finely minced
20 g	Butter
45 ml	Balsamic Vinegar
100 ml	Canola Oil
15 ml	<u>Knorr Liquid Seasoning 3.8L</u>
120 g	<u>Knorr Rock Sugar Honey Sauce 3kg</u>

Assembly

200 g	Arugula, washed and trimmed
200 g	Mixed Greens, washed and trimmed
80 g	Seedless Grapes, sliced in half lengthwise
80 g	Cherry Tomatoes, sliced in half lengthwise
20 g	Carrots, finely julienned
60 g	Cucumbers, seeded and cut into small dices
50 g	Cheese, Feta
15 g	Honey-Roasted Peanuts, roughly-chopped

DRESSING PREPARATION

1. In a sauce pot, saute the garlic in butter until light brown.
2. Turn the heat off and add the Knorr Liquid Seasoning, Knorr Rock Sugar Honey Sauce, balsamic vinegar, and canola oil.
3. Whisk well.

ASSEMBLY

1. In a mixing bowl, toss the arugula and mixed greens with the dressing.
 2. Serve immediately.
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A close-up photograph of two paper bowls filled with vegetable chips. The chips are made from various vegetables, including purple sweet potatoes, yellow squash, and red bell peppers, and are coated in a fine, light-colored powder. The bowls are placed on a surface covered with a newspaper clipping. To the right, a small black bowl contains a mound of the same light-colored powder. The background is slightly blurred, showing a glass of beer and other kitchen items.

Vegetable Chips with Salted Egg

Plain salted chips gets an upgrade with the trendy salted egg flavour.

INGREDIENTS

Salted Egg Sprinkle Preparation

130 g **Knorr Golden Salted Egg Powder 800g**
30 g White Sugar
30 g Full Cream Milk Powder
3 g Red chilli Flakes
30 g **Knorr Chicken Powder 1kg**

Vegetable Chips Preparation

15 g Unsalted Butter
100 g Vegetable Chips (*store-bought*)

SALTED EGG SPRINKLE PREPARATION

1. In a non-stick pan, combine Knorr Golden Salted Egg Powder, Knorr Chicken Powder, sugar, milk powder, and chili flakes.
2. Toast the mixture in low heat until fragrant.
3. Set aside to cool.
4. Transfer to a dry and sealed container.
5. Store in a cool area.

VEGETABLE CHIPS PREPARATION

1. Melt the butter in a pan under low heat.
 2. Add the chips and dust with the salted egg sprinkle.
 3. Serve hot.
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Crispy Salted Egg Oyster and Enoki Mushrooms

The crunch from oyster and enoki mushrooms combined with the creaminess of Knorr Salted Egg Powder makes this a potential go-to snack for your customers!

INGREDIENTS

Fried Oyster and Enoki Mushrooms

20 g All Purpose Flour
20 g Cornstarch
20 g Potato Starch
350 g Oyster and Enoki Mushrooms

Salted Egg Sauce

100 g Margarine
1 g Curry Leaves
50 g **Knorr Golden Salted Egg Powder 800g**
7 g **Knorr Chicken Seasoning Powder (No Added MSG) 1kg**
21 g White Sugar
2g Cayenne Pepper

FRIED OYSTER AND ENOKI MUSHROOMS

1. Combine all purpose flour, cornstarch, and potato starch. Mix well.
2. Place all the mushrooms and flour mixture in a bowl.
3. Toss and shake well until all the mushrooms are dry coated.
4. Deep fry until crisp. Set aside and spread in a wire rack to cool.

SALTED EGG SAUCE

1. In medium heat, melt margarine in the pan. Add curry leaves and saute until fragrant.
2. Add Knorr Salted Egg Powder and mix well w/ a rubber spatula. Do this until all is smooth (no lumps) mixture. You may also do this w/ no heat (as long as the margarine is hot and melted) to avoid burning.
3. Add Knorr Chicken Powder, white sugar, and cayenne pepper. Continue to mix until well dissolved.

ASSEMBLY

1. Add immediately to the rested fried oyster and enoki mushrooms by using a spoon and drizzle an ample amount over it. You don't have to cover everything w/ salted egg sauce. Just a drizzle on each side of the fried mushroom will do. You may turn the fried mushroom on the other side and repeat the drizzle of the salted egg sauce.
 2. Let it air dry or until the drizzled sauce dries up.
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Bagnet Salad with Lemon Garlic Aioli

Bagnet like you've never served before! A mix of the sinful and healthy, the pork in this salad is simmered in flavourful broth and dressed with deliciously creamy mayonnaise!

INGREDIENTS

Pork Preparation

1 kg Pork Belly Slab, boneless
1.50 l Water
90 g White Onion, quartered
5 g Black Peppercorns, whole
2 pc Bay Leaf
45 g **Knorr Pork Broth Base 1.5kg**

Lemon-Garlic Aioli Preparation

350 ml **Lady's Choice Real Mayonnaise 5.5L**
1 pc Lemon
45 g Garlic, finely minced
45 ml Mustard
90 ml Honey
10 g Salt
5 g Black Pepper, ground or freshly cracked

PORK PREPARATION

1. Place the pork slab in a pot with water seasoned with Knorr Pork Broth, onions, peppercorns, and bay leaves.
2. Simmer for 1 1/2 hours or until fork-tender
3. Air-dry the pork on a cooling rack for at least 24 hours.
4. Pierce its skin with a fork to release excess moisture and fat (this will also help create a crispy exterior).
5. In a wok, heat oil to 350F. Deep fry the pork until golden brown and crisp.
6. Slice the deep-fried pork (bagnet) into desired portions.
7. Set aside and keep warm.

LEMON-GARLIC AIOLI PREPARATION

1. In a bowl, combine the Lady's Choice Real Mayonnaise, lemon juice, garlic, mustard, honey, salt, and pepper.
2. Mix well.
3. Chill until ready to use.

Mixed Greens Preparation

300 g Mixed Greens

Baby Potatoes Preparation

150 g Baby Potatoes
120 ml Olive Oil
2 g Smoked Paprika
5 g **Knorr Aromat Powder 1kg**

French Beans & Shiitake Mushrooms Preparation

90 g French Beans, trimmed
120 g Shiitake Mushrooms, halved

MIXED GREENS PREPARATION

1. Soak the greens in an ice-cold water bath for at least 30 minutes.
2. Spin them dry.
3. Chill until ready to use.

BABY POTATOES PREPARATION

1. Season the baby potatoes with olive oil, Knorr Aromat Seasoning Powder, paprika, and pepper.
2. Pan roast until tender.

FRENCH BEANS & SHIITAKE MUSHROOMS PREPARATION

1. Heat olive oil in a pan and sauté the blanched beans.
2. Season with Knorr Aromat Seasoning Powder and pepper.
3. Keep warm.
4. Repeat same process with Shiitake Mushrooms.

Assembly/Presentation

60 g Cherry Tomatoes, halved
15 g Alfalfa sprouts
30 g Tom Yao

ASSEMBLY/PRESENTATION

1. On a serving platter, lay the mixed greens.
 2. On a separate plate, toss the warm baby potato, mushrooms, french beans, half of the sliced bagnet, and half of the cherry tomatoes, in the lemon-garlic aioli.
 3. Lay this atop the greens on the serving platter.
 4. Garnish with tom yao and alfalfa sprouts.
 5. Arrange the cherry tomatoes around the salad.
 6. Place the remaining bagnet atop the alfalfa.
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Tapa with Pita Bread and Roasted Vegetables

The magical marinade makes the well-loved Filipino tapa extra special. This version is served Mediterranean-style for added flair for your diners.

INGREDIENTS

Beef Preparation

1 kg Beef sirloin, *sukiyaki cut*
400 ml Sprite soda
50 g Garlic, *bruised*
10 g **Knorr Beef Seasoning Powder 1kg**
10 g Cracked Black Pepper
10 g **Knorr Rostip Powder 1kg**
50 ml Fish Sauce
50 g **Knorr Lime Powder 400g**

Salsa Preparation

150 g Tomatoes, *small diced*
150 g Green bell Peppers, *roasted*
150 g Yellow bell Peppers, *diced*
100 g Red Onions, *small dice*
20 g Green Chili, *horizontally sliced*
30 ml Extra Virgin Olive oil
3 g Curry powder
3 g Cumin
10 g Spanish Smoked Paprika
30 ml Lemon Juice
3 g Lemon Zest
1 g Salt and Pepper, *a pinch*

Presentation

330 ml Prepared Peruvian Dressing
120 g Mixed greens, *store-bought, picked*
330 ml Sour Cream

BEEF PREPARATION

1. Make a marinade by combining Sprite, garlic, Knorr Beef Seasoning Powder, pepper, Knorr Rostip Chicken Seasoning Powder, fish sauce, and Knorr Lime Powder in a bowl.
2. Marinate the beef for at least 3 hours.
3. Saute the marinated beef in oil.
4. Set aside.

PRESENTATION

1. Warm the pita bread.
2. Fill each pita pocket with the salad greens, then the cooked beef, then the salsa.
3. Drizzle with the prepared Peruvian dressing and sour cream.
4. Serve warm.

SALSA PREPARATION

1. Chop all the vegetables.
 2. Add the lemon juice and olive oil.
 3. Add the curry powder, cumin, smoked paprika, lemon juice, and lemon zest.
 4. Add salt and pepper to taste.
 5. Mix well.
 6. Chill.
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Crispy Lechon Kawali Lettuce Wraps

Let your customers enjoy lechon kawali minus the guilt! The deep-fried crunchy pork is wrapped in fresh, crisp lettuce topped with tangy pickled vegetables and spicy gochujang sauce.

INGREDIENTS

Pickled Vegetables

500 ml	Water
30 g	Sugar
10 g	Salt
120 ml	Vinegar
3 g	Knorr Lime Powder 400g
150 g	Carrots, julienne
150 g	Raddish, julienne
30 g	Leeks, thinly sliced

Sauce

15 g	Knorr Liquid Seasoning 3.8L
300 g	Knorr Rock Sugar Honey Sauce 3kg
5 g	Black Pepper, ground
30 g	Gochujang (Korean chili paste)

Preparation

4 l	Water
1 kg	Onion, halved
50 g	Black Peppercorns, whole

Assembly

2 kg	Pork Belly, whole boneless
700 g	Lettuce
330 g	Gochujang (Korean chili paste)
330 g	Pickled Vegetables

2 kg	Pork Belly, whole boneless
100 g	Knorr Pork Broth Base 1.5kg
120 g	Vegetable Oil

PICKLED VEGETABLES

1. Combine the water, sugar, salt, vinegar and Knorr Lime Powder in a pot and bring to a boil. Set aside and let it cool.
2. Place the carrots, raddish and leaks in a bowl and pour the pickling juice. Let the vegetables pickle for at least 6 hours.

SAUCE

1. In a mixing bowl, combine Knorr Liquid Seasoning, Knorr Rock Sugar Honey Sauce, black pepper and gochujang. Mix well.

PREPARATION

1. In a large stock pot, combine the water, onion, pepper corns, pork belly and Knorr Pork Broth Base.
2. Bring to a boil and let it simmer for 2 hours or until tender.
3. Once the pork belly is tender, remove from the stock and dry for 1 hour.
4. In deep frying pan add vegetable oil and deep fry the pork belly until crispy.

ASSEMBLY

1. Place on individual lettuce wraps, top with pickled veggies and drizzle with gochujang glaze.
 2. Wrap and serve.
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