

**DOLMIO**<sup>®</sup>  
PROFESSIONAL

**Uncle Ben's**<sup>®</sup>

PROFESSIONAL



# BOLOGNESE

*recipe book*



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PROFESSIONAL

**Uncle  
Bens**  
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# BOLOGNESE



- ✓ Low fat
- ✓ Gluten free
- ✓ Meets 2017 Salt Targets
- ✓ GMO free/ No added MSG
- ✓ Vegan
- ✓ No artificial colours, flavours or preservatives



FROM THE VEGETARIAN RECIPE RANGE FROM UNCLE BENS® & DOLMIO® FOODSERVICE



## INGREDIENTS:

## METHOD:

10 PORTIONS	PRODUCT
300g	Onion - diced
300g	Peppers - sliced
300g	Carrots - diced
300g	Potatoes - diced
1kg	DOLMIO® Bolognese Sauce
500g	Canned chopped tomatoes
500g	Canned Mixed Beans

	TIME
Prepare the onions, peppers, carrots and potatoes and place in an oven proof dish - Pre-heat oven to 180°C	5 mins
Place the mixture into the oven to brown off the ingredients.	10 mins
Take the browned mixture out of the oven.	1 min
Add the DOLMIO Bolognese Sauce, tomatoes and beans mix well. Cover with a lid or foil and return to the oven	30 mins
Serve	
<b>Approximate Recipe Time</b>	<b>46 Mins</b>

- ✔ **CONTAINS:** 2 of Your 5 A Day Per Serving
- ✔ **SUITABLE FOR:** Vegetarians, Vegans and a Gluten Free Diet
- ✔ **ALLERGENS:** For Allergens In Recipe Please Check Ingredient Packaging

For more information on the range of DOLMIO® & UNCLE BEN'S® Ready to use Sauce and Rice Foodservice products, Please contact Aimia Foods Ltd, the sole distributor for Mars Foodservice products in the UK. Call Customer Service **01942 408600** Email: **Customer.services@aimiafoods.com**

2 of YOUR  
5 a DAY

# VEGETABLE PASTA BAKE

FROM THE VEGETARIAN RECIPE RANGE FROM UNCLE BENS® & DOLMIO® FOODSERVICE



## INGREDIENTS:

10 PORTIONS	PRODUCT
600g	Onions - diced
600g	Peppers - sliced
600g	Courgette - diced
1kg	DOLMIO Bolognese Sauce
600g	Penne Pasta
10ml	Cooking Oil

## METHOD:

	TIME
Prepare the vegetables. Cook the pasta in lightly salted simmering water, drain, set aside and keep hot.	5 mins
Heat oil in a large pan and add in the vegetables – stir fry until tender and slightly brown	10 mins
Add the DOLMIO Bolognese Sauce and cooked pasta and mix well.	5 mins
Preheat oven to 180c – Place mixture into oven proof dish and roast	15 min
Serve	
<b>Approximate Recipe Time</b>	<b>35 Mins</b>

- ✓ **CONTAINS:** 2 of Your 5 A Day Per Serving
- ✓ **SUITABLE FOR:** Vegetarians and Vegans
- ✓ **ALLERGENS:** For Allergens In Recipe Please Check Ingredient Packaging

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FROM THE NEW RECIPE RANGE FROM UNCLE BENS® & DOLMIO® FOODSERVICE



## INGREDIENTS:

10 PORTIONS	PRODUCT
60	Meatballs Raw
1 Litre	DOLMIO Bolognese Sauce
10	Ciabatta baguette
20 slices	Swiss Cheese
200g	Red Onions – finely sliced
200g	Rocket
30ml	Olive Oil

## METHOD:

	TIME
Pre heat the oven to 180c	1 Mins
Pre heat a non stick frying pan on a medium heat	1 Mins
Add the meatballs to the frying pan and brown on each side for 30 seconds	5 Mins
Once browned put the meatballs in an ovenproof dish and top with the DOLMIO Bolognese sauce – Place into the oven	15 Mins
Slice ciabatta baguette in half leaving 1cm at the edge uncut	2 Mins
Once the meatballs are cooked place 6 into the ciabatta along with sauce and top with two slices of swiss cheese	1 Mins
Lightly drizzle top of ciabatta with olive oil and place on a baking tray into the oven until the cheese has melted	5 Mins
Remove from oven and add 20g rocket and 20g sliced red onion	5 Mins
Serve	
<b>Approximate Recipe Time</b>	<b>33 Mins</b>

**SUITABLE FOR:**

**ALLERGENS:** For Allergens In Recipe Please Check Ingredient Packaging

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# BOLOGNESE BAKE

FROM THE VEGETARIAN RECIPE RANGE FROM UNCLE BENS® & DOLMIO® FOODSERVICE



## INGREDIENTS:

10 PORTIONS	PRODUCT
300g	Red Peppers – sliced
300g	Green Peppers – sliced
300g	Mushrooms – sliced
200g	Courgette – sliced
300g	Onions – sliced
240g	Spinach – washed
400g	DOLMIO Bolognese Sauce
200g	Grated Cheese
450g	Penne Pasta
2 Tbsp	Olive Oil

## METHOD:

	TIME
Heat the oil in a large pan	1 Min
Add the peppers, onions and courgette to the pan and cook until soft	5 Mins
Add the mushrooms, spinach and DOLMIO Bolognese sauce to the pan and simmer	20 Mins
Whilst the sauce is cooking, cook the pasta as per the instructions on the packaging – once cooked drain	
Combine the cooked pasta and the sauce and pour into an ovenproof dish	5 Mins
Top with the grated cheese and bake until the cheese has melted and browned	10-15 Mins
Serve	
<b>Approximate Recipe Time</b>	<b>42 Mins</b>

- ✓ **CONTAINS:** 2 of Your 5 A Day Per Serving
- ✓ **SUITABLE FOR:** Vegetarians.
- ✓ **ALLERGENS:** For Allergens In Recipe Please Check Ingredient Packaging

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# BEEF LASAGNE

FROM THE NEW RECIPE RANGE FROM UNCLE BENS® & DOLMIO® FOODSERVICE



## INGREDIENTS:

10 PORTIONS	PRODUCT
500g	Onion – diced
500g	Mushrooms – sliced
300ml	Bechamel Sauce
1kg	Beef Mince
900g	DOLMIO Bolognese Sauce
20	Lasagne Sheets
130g	Cheese - grated
30ml	Oil

## METHOD:

	TIME
Heat the oil in a large pan	1 Mins
Add the onions and mushrooms to the pan and fry until soft	5 Mins
Add the Mince and fry until cooked	10 Min
Add the DOLMIO Bolognese, cover and simmer	5 Mins
Layer up the mixture and the pasta and then top with a layer of Bechamel Sauce	5 Mins
Add the cheese to the top and cook in the oven at 180c – check the pasta is cooked	30 Mins
Serve	
<b>Approximate recipe time</b>	<b>56 Mins</b>

**SUITABLE FOR:**

**ALLERGENS:** For Allergens In Recipe Please Check Ingredient Packaging

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