



**DOLMIO**<sup>®</sup>

PROFESSIONAL

**Ben's**  
**Original**

PROFESSIONAL

# VEGAN



recipe book

**DOLMIO®**  
PROFESSIONAL

**Ben's  
Original**  
PROFESSIONAL

**13 of the sauces in the Ben's Original and Dolmio Professional range are Vegan friendly. Whether a dietary decision or lifestyle choice, people all over the country are introducing vegan dishes into their diets. Cooking a dairy-free meal with Ben's Original and Dolmio sauces is quick, easy and most of all delicious.**



With 50 years of expertise in making the highest quality catering products, Mars Foodservice is committed to supporting caterers and making it easier for them to serve consistently great food.

Our versatile sauces and rice products are developed to help caterers rustle up an endless list of hot and cold recipes and explore a world of wonderful cuisines.

We know that caterers are working hard to deliver fresh, exciting, ever changing menus but run out of inspiration at times, which is where our versatile sauces and rice products come in. Our development chefs can create new and inspiring recipes in our development kitchen to satisfy a variety of tastes and the most demanding clientele.

We also know the rising number of intolerances in people has become a challenge and, as a brand, we can provide clarity and peace of mind to caterers under pressure.

Dolmio and Ben's Original ready-to-use sauces and rice products are of the highest quality and give caterers the world of choice when it comes to making quick, easy and tasty dishes.

Each jar of sauce delivers approximately:

- 25 – 30 adult portions when used as a culinary sauce
- 50 + portions when used as a dip
- 75 – 100 portions when used in sandwiches

#### **VERSATILE SAUCES**

- Marinate or brush on
- Dip or topping
- Sandwich filling or salad dressing
- Pour over or stir fry
- Bases for soups, stews and curries



**DOLMIO**  
PROFESSIONAL

**Ben's  
Original**  
PROFESSIONAL

# The ITALIAN range



2 of YOUR  
5 a DAY

# MEAT-FREE MUSHROOM BOLOGNESE

FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE

**DOLMIO**  
PROFESSIONAL



## INGREDIENTS:

10 PORTIONS	PRODUCT
300g	Onion – diced finely
2KG	Mushroom – diced finely
300g	Carrots – diced finely
300g	Celery – diced finely
4	Cloves garlic - crushed
1 KG	Dolmio professional Bolognese Sauce
600g	Spaghetti
2 Tbsp	Oil

## METHOD:

	TIME
Prepare the vegetables by chopping them as finely as possible- finely diced mushrooms will imitate a mincemeat texture.	10 mins
Meanwhile, boil the pasta as per packet instructions in a pan on a medium heat, adding salt and half of the oil.	10 mins
Heat the rest of the oil in a large pan over a medium heat.	1 min
Add the mushrooms, a few at a time, as they will reduce as they cook. Add more every minute or so. Continue until the last ones have reduced and there is enough room in the pan.	10 mins
Remove mushrooms from the pan and keep to one side.	
Add the onions, celery, carrots and garlic to the pan and cook until soft.	7 mins
Reintroduce the mushrooms back to the pan and stir well.	2 min
Add the Dolmio Professional Bolognese sauce and simmer.	10 mins
Serve with Spaghetti.	
<b>Approximate recipe time</b>	<b>40 mins</b>

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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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](mailto:Customer.services@aimiafoods.com)

2 of YOUR  
5 a DAY

# SPICY VEGAN JAMBALAYA

FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE

**DOLMIO®**  
PROFESSIONAL



## INGREDIENTS:

10 PORTIONS	PRODUCT
400g	Onion- diced
400g	Peppers- diced
300g	Peas
400g	Spinach
300g	Sweetcorn- drained
400g	Dolmio Professional Arrabbiata sauce
450g	Ben's Original Professional Long Grain Rice
1 tbsp	Cajun seasoning
2	Garlic cloves- crushed
900ml	Vegetable stock
1 tbsp	Olive Oil
5	Lemons

## METHOD:

	TIME
Heat the oil in a large, hot pan on a medium heat	1 min
Add the diced onion and sweat for 3 mins	3 mins
Add the peppers, garlic and Cajun seasoning and cook until soft	10 mins
Add the Ben's Original Long Grain Rice and DOLMIO Arrabbiata sauce to the pan- stir thoroughly	1 min
Add 600ml of the stock, stir and allow to cook, stirring regularly	5 mins
As the liquid is absorbed, add the peas, spinach and sweetcorn and gradually add the remaining stock	5 mins
Cook until rice is cooked and the liquid is absorbed	15 mins
Serve with a wedge of lemon	
<b>Approximate recipe time</b>	<b>40 mins</b>

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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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

# HEARTY VEGAN MINISTRONE SOUP

FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE

**DOLMIO**  
PROFESSIONAL



## INGREDIENTS:

10 PORTIONS	PRODUCT
400g	Onion – diced
300g	Celery – diced
300g	Carrot – diced
400g	Sweet potato – peeled & diced
800ml	Vegetable stock
600g	Dolmio Professional Arrabbiata
500g	Pasta – dried
400g	White beans – drained
400g	Spinach
2 Tbsp	Olive Oil
Handful	Parsley

## METHOD:

	TIME
Heat the olive oil in a large pan over a medium heat.	
Add the onion, carrot and celery and cook until soft.	5 mins
Add the sweet potato chunks, Dolmio sauce and vegetable stock and simmer on a medium heat.	25 mins
Add the pasta, the white beans and spinach and continue to simmer for a further 10 minutes.	10 mins
Add more Dolmio Arrabbiata or stock to achieve desired consistency.	
Serve with crusty bread and garnish with parsley	
Approximate recipe time	40 mins

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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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](mailto:Customer.services@aimiafoods.com)



2 of YOUR  
5 a DAY

# VEGETABLE PASTA BAKE

FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE

**DOLMIO**  
PROFESSIONAL



## 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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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

# SPICY TOMATO VEGAN TACOS

Ideal  
STREET  
FOOD  
Recipe

FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE

**DOLMIO®**  
PROFESSIONAL



## INGREDIENTS:

10 PORTIONS	PRODUCT
300g	Onions- finely diced
500g	Plum tomatoes- finely diced
500g	Avocado- diced
300g	Red or yellow peppers- finely diced
300g	Mushrooms- diced finely
400g	Black Turtle beans- pre-cooked and drained OR Red kidney beans- drained
25g	Coriander
40	Small flour tortillas
2	Limes- cut into wedges
50ml	Oil
250ml	Dolmio Arrabbiata Professional Sauce

## METHOD:

	TIME
Heat a large frying pan and add the cooking oil	
Add the mushrooms and peppers and cook until soft	8 mins
Add the DOLMIO Arrabbiata Sauce and beans and cook for 5 mins	5 mins
Once cooked set aside	
Heat pan and chargrill limes on all sides	2 mins
To assemble : place a tablespoon of the Spicy veg and black bean mix to the tortilla. Top with a small amount of diced tomatoes, red onions and avocado – finish with a scattering of coriander	10 mins
Sprinkle with lime juice to taste	
<b>Approximate Recipe Time</b>	<b>25 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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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**





FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE



## INGREDIENTS:

10 PORTIONS	PRODUCT
400g	Aubergine- diced
100g	Chives- snipped
400g	Courgette- diced
175g	Onion- diced
350g	Beef tomatoes- chopped
350g	Red Pepper- diced
10	French sticks
200ml	Olive Oil
120g	Dolmio Professional Tomato and Basil

## METHOD:

	TIME
Cut the French stick into 20 slices on the diagonal.	1 min
Lightly brush with olive oil and bake in an oven until lightly coloured.	5 mins
Allow to cool.	3 mins
Sauté the onion, peppers, courgette and aubergine separately in olive oil until soft.	10 mins
Combine the cooked vegetables with the DOLMIO Tomato and Basil Sauce in the pan until the sauce is heated through.	3 mins
Allow to cool slightly and spoon the mixture evenly onto the french sticks.	5 mins
Garnish with snipped chives.	1 min
<b>Approximate recipe time</b>	<b>28 mins</b>

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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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 & BEAN CASSEROLE

Ideal  
STREET  
FOOD  
Recipe

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

**DOLMIO®**  
PROFESSIONAL



## INGREDIENTS:

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

## METHOD:

	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**

**DOLMIO®**  
PROFESSIONAL

**Ben's  
Original™**  
PROFESSIONAL

# The INDIAN range





2 of YOUR  
5 a DAY

# VEGETABLE BALTI

FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE



## INGREDIENTS:

10 PORTIONS	PRODUCT
300g	Onion - diced
300g	Peppers – sliced
200g	Courgette - sliced
300g	Mushrooms - sliced
1kg	Ben's Original Balti Sauce
300g	Canned chopped tomatoes
400g	Canned chickpeas
2 Tbsp	Coriander



## METHOD:

	TIME
Prepare the vegetables and drain the chickpeas. Pre- heat oven to 180°C	5 mins
Place the vegetables apart from the tomatoes into an oven proof dish	1 min
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 Ben's Original Balti Sauce, tomatoes and chickpeas, mix well. Cover with a lid or foil, return to the oven and cook	20 mins
Take the product out of the oven.	1 min
Serve - Garnish with chopped coriander.	1 min
<b>Approximate Recipe Time</b>	<b>39 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® & BEN'S ORIGINAL® 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

# SPICY INDIAN VEGETABLE POTATO CAKES

Ideal  
STREET  
FOOD  
Recipe

FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE

**Ben's  
Original**

PROFESSIONAL



## INGREDIENTS:

10 PORTIONS	PRODUCT
1.5KG	Potatoes – peeled and chopped
50g	Vegan friendly vegetable spread
400g	Onion – diced
400g	Peas
400g	Sweetcorn – drained
400g	Spinach
90g	Plain flour
300ml	Ben's Original Professional Balti sauce
Pinch	Salt
4 Tbsp	Oil

## METHOD:

	TIME
Add the potatoes to a pan of boiling water and boil until soft.	10 mins
Meanwhile, heat 2 Tbsp. oil in a large pan over a medium heat.	1 min
Add the onions to the pan and sweat until translucent or soft. Remove from heat and keep to side.	5 mins
Take the potatoes off the heat, drain the water and add the Vegan friendly spread and salt, and mash the potatoes.	5 mins
Wilt the spinach under boiling water.	2 mins
Add the spinach, along with the onions, sweetcorn, peas, flour and Ben's Original Professional Balti sauce to the potatoes and mix until spread evenly throughout.	3 mins
If the mixture is too wet, add more flour until it is a thick consistency which you can mold with your hands.	1 min
Evenly split the mixture into 10 portions, and use hands to make them into a burger shape.	5 mins
Heat the rest of the oil in a large pan, and fry the potato cakes in batches, for approximately 5 mins each side or until brown and crispy.	10 mins
<b>Approximate recipe time</b>	<b>42 mins</b>

✓ **SUITABLE FOR:** A vegetarian or vegan diet

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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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](mailto:Customer.services@aimiafoods.com)

2 of YOUR  
5 a DAY

# VEGETABLE BIRYANI

Ideal  
STREET  
FOOD  
Recipe

FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE

**Ben's  
Original**

PROFESSIONAL

## INGREDIENTS:

10 PORTIONS	PRODUCT
450g	Ben's Original Balti Sauce
600g	Ben's Original Wholegrain Rice
300g	Red Peppers – diced
300g	Green Peppers – diced
200g	Celery sticks - sliced
200g	Button mushrooms - sliced
300g	Red Onions – diced
300g	Cherry Tomatoes
1	Clove Garlic - chopped
2	Cardamom pods



## METHOD:

	TIME
Stir fry peppers, onions, mushrooms and celery in a little oil until golden brown. Add garlic and cardamom pods.	5 Mins
Mix with the UNCLE BEN'S Wholegrain Rice	1 Mins
Place into a pan filled with 800ml of water	1 Mins
Bring to the boil	5 Mins
Stir, cover and boil gently over a medium- low heat	10 Mins
When the rice is cooked, season and stir in the tomatoes followed by Ben's OriginalBalti Sauce and simmer	5 Mins
Serve	
<b>Approximate Recipe Time</b>	<b>27 Mins</b>



**CONTAINS:** 2 of Your 5 A Day Per Serving



**SUITABLE FOR:** A Vegetarian, Vegan, and Gluten Free Diet



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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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**



**DOLMIO®**  
PROFESSIONAL

**Ben's  
Original™**  
PROFESSIONAL

# The TEX-MEX range



2 of YOUR  
5 a DAY

# SWEET AND SOUR POTATO STEW

FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE



## INGREDIENTS:

10 PORTIONS	PRODUCT
4kg	Sweet Potato
1kg	Red Onions – diced 2cm cubes
20g	Smoked Paprika
10g	Cumin
10g	Tumeric
2kg	Chopped Tomatoes - tinned
4 Litres	Vegetable stock
400ml	Ben's Original Sweet & Sour Sauce
500g	Ben's Original Long Grain rice
1 Litre	Water
50ml	Cooking Oil
75g	Coriander
40g	Cashew nuts



## METHOD:

	TIME
In a large saucepan heat the cooking oil on a medium heat, add the onions, smoked paprika, cumin and turmeric. Cook for 2-3 mins then add garlic and sweet potato	5 Mins
Add the chopped tomatoes, vegetable stock and Ben's Original Sweet and Sour sauce – bring the stew to a simmer	30 Mins
While the stew is cooking place a large frying pan onto a low heat and add the cashew nuts, occasionally shaking the pan until the nuts have an even colour – remove from pan and allow to cool	5 Mins
10 minutes before the stew is finished cook the Ben's Original Long grain rice following the instructions on the pack	10-12 Mins
Serve with rice and a sprinkling of cashew nuts and coriander	
<b>Approximate Recipe Time</b>	<b>40 Mins</b>

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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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

# SWEET POTATO CHILLI CON CARNE

Ideal  
STREET  
FOOD  
Recipe

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

**Ben's  
Original**

PROFESSIONAL



## INGREDIENTS:

10 PORTIONS	PRODUCT
400g	Onions - chopped
1KG	Sweet potato- peeled and chopped
400g	Red Peppers - chopped
300g	Sweetcorn- drained
1kg	Ben's Original Chilli Con Carne Sauce
400g	Canned kidney beans- drained
2 Tbsp	Coriander - chopped
10ml	Cooking Oil

## METHOD:

	TIME
Prepare the vegetables .	5 mins
Add the sweet potato to a pan of boiling water and boil for around 10 mins to soften slightly.	
Meanwhile, heat oil in a large frying pan and add the onion and peppers. Cook until soft or onions are translucent.	8 min
Drain the sweet potatoes of the water and add to the vegetable pan along with the Ben's Original Chilli Con Carne Sauce, sweetcorn and kidney beans. Mix well.	5 mins
Cover and simmer on a low heat for 25 minutes.	25 mins
Serve – with Ben's Original Long Grain Rice and a garnish of fresh coriander.	2 mins
<b>Approximate Recipe Time</b>	<b>45 Mins</b>



**CONTAINS:** 2 of Your 5 A Day Per Serving



**SUITABLE FOR:** A vegetarian, vegan or gluten free diet



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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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**

# VEGAN FAJITAS

FROM THE VEGETARIAN RECIPE RANGE FROM UNCLE BEN'S® & DOLMIO® FOODSERVICE

**Uncle Ben's**

PROFESSIONAL



## INGREDIENTS:

10 PORTIONS	PRODUCT
300g	Red onion - sliced
300g	Red pepper – sliced
300g	Yellow pepper – sliced
250g	Mushrooms – sliced
300g	Sweetcorn - drained
2 Tbsp	Cajun seasoning
4	Avocados – deseeded and mashed
100g	Lettuce - shredded
1	Lime
10	Tortilla wraps
500ml	Uncle Ben's Professional Mexican Salsa
400g	Uncle Ben's Professional Basmati rice

## METHOD:

	TIME
Prepare rice as per instructions on pack	
Heat the oil in a large pan on a medium heat.	1 min
Add the peppers, onions and mushrooms to the pan and cook until soft.	5 mins
Add the Cajun seasoning and sweetcorn and stir well.	1 min
Cook for a further 5 minutes or until all vegetables are soft.	5 mins
Stir the Uncle Ben's Professional Mexican Salsa into the mixture, leave on the heat for 2 mins to warm through and then remove from heat.	2 mins
Squeeze the lime juice into the avocado and mix well	1 min
<b>To construct fajitas</b>	
In the center of each wrap, place a narrow line of rice, followed by the vegetable mixture and then the avocado and finally the lettuce.	5 mins
Wrap each tortilla to hold in all mixture tightly.	1 min
<b>Approximate Recipe Time</b>	<b>21 Mins</b>



**CONTAINS:** 2 of Your 5 A Day Per Serving



**SUITABLE FOR:** A vegetarian or vegan 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

# VEGAN BBQ CAULIFLOWER WING TACOS

Ideal  
STREET  
FOOD  
Recipe

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

**Ben's  
Original**

PROFESSIONAL



## INGREDIENTS:

10 PORTIONS	PRODUCT
2KG	Cauliflower- cut into florets
350g	Plain flour
500ml	Soya or almond milk alternative
Pinch	Salt and pepper
1	Garlic cloves- crushed
400g	Breadcrumbs
600ml	Ben's Original Texan BBQ Professional Sauce
250g	Spring onions- chopped finely
250g	Cherry tomatoes- chopped finely
250g	Cucumber- chopped finely
20	Mini tortilla wraps or taco shells

## METHOD:

	TIME
Preheat the oven to 180C	
Pour the milk alternative into a bowl and sieve in the flour, then add the salt, pepper and garlic. Mix thoroughly. In another bowl, place the breadcrumbs.	2 mins
One by one, coat the cauliflower florets in the batter mixture, ensuring it is coated well, and then cover in breadcrumbs, before laying on a lined baking tray, each piece not touching.	8 mins
Bake in the oven for 18 mins or until crispy.	18 mins
Remove from the oven then coat each piece with Ben's Original Texan BBQ sauce, leaving some for later.	5 mins
Place back in the oven for 8 – 10 mins.	8 – 10 mins
Remove from the oven and allow to cool. Then take your tortilla or taco shell, and place cauliflower wings in the center. Top with remaining Ben's Original BBQ sauce, as well as the chopped spring onion, tomatoes and cucumber.	10 mins
Approximate recipe time	53 mins

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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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**



FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE



## INGREDIENTS:

10 PORTIONS	PRODUCT
350g	Onions- chopped finely
250g	Carrots- diced
800g	Kidney beans- rinsed and drained
400g	Sweetcorn- drained
250g	Red peppers- diced
600g	Ben's Original Professional Chilli Con Carne
10	Tortilla wraps
4 tbsp	Vegetable Oil

## METHOD:

	TIME
Preheat the oven to 180 degrees C/ Gas Mark 5.	
Fry the onions in the oil, in a pan on a medium heat until soft.	8 mins
Add carrots and peppers and cook for a further 4 mins.	4 mins
Empty the kidney beans into a bowl and use a masher to break up.	4 mins
Add to the pan, along with the sweetcorn and Ben's Original Chilli Con Carne Sauce and heat until warm through.	8 mins
Evenly split the filling amongst the tortillas, along the middle in a straight line.	5 mins
Fold the tortillas into a 'wrap'.	2 mins
Fold and seal the tortilla at both ends, and press under a sandwich press or panini grill for 2 mins to seal and hold together	5 mins
Approximate recipe time	36 mins

✓ **CONTAINS:** 2 of Your 5 A Day Per Serving

✓ **SUITABLE FOR:** Vegetarians & vegans

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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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

# MEAT FREE CHILLI CON CARNE

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

**Ben's  
Original**

PROFESSIONAL



## INGREDIENTS:

10 PORTIONS	PRODUCT
400g	Onions - chopped
400g	Peppers - chopped
1kg	Ben's Original Professional Chilli Con Carne Sauce
800g	Plant based meat - free mince
600g	Canned kidney beans- drained
600g	Ben's Original Professional Long Grain rice
200g	Mushrooms
2 Tbsp	Chopped Coriander
10ml	Cooking Oil

## METHOD:

	TIME
Prepare the vegetables .	5 mins
Heat oil in a large frying pan and add the vegetables and meat-free mince. Fry until cooked through and slightly brown.	10 min
Add the Ben's Original Professional Chilli Con Carne Sauce and kidney beans, mix well.	3 mins
Cover and simmer on a low heat for 25 minutes.	25 mins
Serve – with Ben's Original Professional Long Grain Rice and a garnish of fresh coriander.	2 mins
Approximate Recipe Time	45 Mins

- ✓ **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® & BEN'S ORIGINAL® 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

# VEGAN BBQ TACOS

Ideal  
STREET  
FOOD  
Recipe

FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE

**Ben's**  
**Original**

PROFESSIONAL



## INGREDIENTS:

10 PORTIONS	PRODUCT
1kg	Butternut squash roughly diced
50ml	Oil
250ml	Ben's Original Texan BBQ Sauce
350g	Black Turtle Beans – pre-cooked and drained
300g	Onions – finely diced
500g	Plum Tomatoes – finely diced
500g	Avocado – diced
40	Small flour tortillas
2	Limes cut into 16 wedges
25g	Coriander

## METHOD:

	TIME
Heat a large frying pan and add the cooking oil	
Add cubed squash and allow to colour on all sides – pan roast until browned	10 Mins
Add the Ben's Original Texan BBQ Sauce and Turtle beans and continue to cook for 5 mins	5 Mins
Once cooked set aside	
Heat pan and char grill limes on all sides	2 Mins
To assemble : place a tablespoon of the BBQ squash and black bean mix to the tortilla. Top with a small amount of diced tomatoes, red onions and avocado – finish with a scattering of coriander	10 Mins
<b>Approximate Recipe Time</b>	<b>27 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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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

# THREE BEAN CHILLI

Ideal  
STREET  
FOOD  
Recipe

FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE

**Ben's  
Original**

PROFESSIONAL



## INGREDIENTS:

10 PORTIONS	PRODUCT
400g	Onions - chopped
400g	Peppers - chopped
1kg	Ben's Original Chilli Con Carne Sauce
1200g	Canned mixed beans, drained
200g	Mushrooms
2 Tbsp	Chopped Coriander
10ml	Cooking Oil

## METHOD:

	TIME
Prepare the vegetables	5 Mins
Heat the cooking oil in a large pan and add in the onions, mushrooms and peppers, stir fry until soft and slightly brown	10 Min
Stir in the Ben's Original Chilli Con Carne Sauce and mixed beans, mix well. Cover with a lid and simmer	20 Mins
Serve - garnish with chopped coriander	
<b>Approximate Recipe Time</b>	<b>35 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® & BEN'S ORIGINAL® 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**



**DOLMIO®**  
PROFESSIONAL

**Ben's  
Original™**  
PROFESSIONAL

# The ORIENTAL range





FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE



## INGREDIENTS:

10 PORTIONS	PRODUCT
600g	Pre-cooked / straight to wok noodles
250g	Ben's Original Thai Sweet Chilli sauce
200g	Red Pepper – finely sliced
400g	Bean Sprouts
300g	Red Onion – finely sliced
200g	Carrot - grated
500g	Cabbage - shredded
1 Tbsp	Soy sauce
20g	Oil

## METHOD:

	TIME
Heat oil in a large frying pan	
Combine all vegetables and cook for approx 5 minutes	5 Mins
Add Ben's Original Sweet Thai Chilli sauce – continue to cook until all ingredients are coated and sauce is cooked through	5 Mins
Add Noodles and cook for a further 5 mins	5 Mins
Serve	
<b>Approximate Recipe Time</b>	<b>15 Mins</b>

- CONTAINS:** 2 of Your 5 A Day Per Serving
- SUITABLE FOR:** Vegetarians & vegans (Replace with Rice Noodles& GF Soy Sauce for Gluten Free)
- ALLERGENS:** For Allergens In Recipe Please Check Ingredient Packaging

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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

# SPICY TOFU RAINBOW BOWL

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

**Ben's  
Original**

PROFESSIONAL



## INGREDIENTS:

10 PORTIONS	PRODUCT
900g	Ben's Original Spicy Szechuan Professional sauce
1.5 KG	Tofu – Chopped into 3cm cubes
4	Avocados – seeded and chopped
300g	Tomatoes – diced
400g	Sweetcorn – drained
400g	Red cabbage – chopped
200g	Cucumber – diced
300g	Red onion – diced
300g	Carrot – peeled and diced
2 Tbsp	Oil
600g	Ben's Original Professional Long Grain Rice

## METHOD:

	TIME
Heat the oil in a large pan on a medium heat.	1 min
Add the chopped tofu and fry, stirring often, until all sides become crispy.	5 mins
Add the Ben's Original sauce to the pan, ensuring all pieces are well covered and cook until sticky.	3 mins
Take off the heat and leave to one side.	1 min
Mix all vegetables, apart from the avocado together and split into 10 portions.	5 mins
Evenly distribute the tofu mix between the bowls, mixing with the vegetables to coat them in the sticky sauce.	3 mins
Top each portion with some avocado and serve with Ben's Original Professional Basmati rice.	2 mins
<b>Approximate recipe time</b>	<b>20 mins</b>

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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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**





# BLACK BEAN VEGETABLE NOODLE

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



## INGREDIENTS:

10 PORTIONS	PRODUCT
600g	Pre-cooked / straight to wok Rice Noodles
250g	BEN'S ORIGINAL Black Bean sauce
200g	Red Pepper – finely sliced
400g	Bean Sprouts
300g	Red Onion – finely sliced
200g	Carrot - grated
500g	Cabbage - shredded
2 Tbsp	Soy sauce
20g	Oil

## METHOD:

	TIME
Heat oil in a large frying pan	
Combine all vegetables and cook for approx 5 minutes	5 Mins
Add BEN'S ORIGINAL Black Bean sauce – continue to cook until all ingredients are coated and sauce is cooked through	5 Mins
Add Rice Noodles and cook for a further 5 mins	5 Mins
Serve	
<b>Approximate Recipe Time</b>	<b>15 Mins</b>



**CONTAINS:** 2 of Your 5 A Day Per Serving



**SUITABLE FOR:** Vegetarians (Replace with Rice Noodles & GF Soy Sauce for a Gluten Free recipe)



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

For more information on the range of DOLMIO® & BEN'S ORIGINAL 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**

# SMOKED TOFU KATSU WITH SAUTEED SPINACH

FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE



## INGREDIENTS:

10 PORTIONS	PRODUCT
750g	Wholegrain rice
1125g	Smoked tofu- chopped
650g	Fresh spinach
1 Litre	Ben's Original Katsu professional sauce

## METHOD:

	TIME
Place the rice into a large pan, along with some seasoning. Pour in 1.5L of water and bring to the boil. Place a lid on and simmer until cooked.	10 – 12 mins
Whilst cooking, in a separate large non-stick frying pan, fry the tofu slices on a medium heat in the remaining oil until golden (1 min each side). Remove onto some kitchen paper.	5 mins
Add the sauce to the pan you cooked the tofu in and heat through.	10 mins
Add the spinach and stir through the sauce until wilted and warmed through.	5 mins
Drain the rice, fluff with a fork and spoon onto plates, followed by the spinach, tofu and sauce.	5 mins
<b>Approximate recipe time</b>	<b>25 mins</b>

✓ **SUITABLE FOR:** A Vegan or vegetarian diet

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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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

# SWEET POTATO KATSU STEW

FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE

**Ben's  
Original**

PROFESSIONAL



## INGREDIENTS:

10 PORTIONS	PRODUCT
500g	Sweet potato- chopped into chunks
300g	Onion- chopped finely
300g	Carrot- chopped finely
300g	Red pepper- chopped finely
200g	Green Beans- chopped finely
600ml	Ben's Original Professional Katsu sauce
900ml	Vegetable stock- made with boiling water
15ml	Cooking oil
100g	Peanuts
100g	Spring onion- chopped finely

## METHOD:

	TIME
Add the sweet potato chunks to a pan of boiling water and bring to the boil on the hob to soften the potatoes. Remove from hob after 10 mins and leave to the side.	10 mins
Heat a separate pan and add oil, then add the onion and carrot and sweat.	5 mins
Add half of the the stock to the pan and stir, followed by the katsu sauce, and stir again until well combined.	10 mins
Add the green beans and red pepper and heat, stirring occasionally.	5 mins
Add back in the sweet potato and leave to cook for 10 more minutes, stirring occasionally.	10 mins
To serve, add some peanuts and chopped spring onion on the top of each portion to garish.	3 mins
Serve with a small portion of Ben's Original Basmati rice	
Approximate recipe time	43 mins

- ✓ **CONTAINS:** 2 of Your 5 A Day Per Serving
- ✓ **SUITABLE FOR:** A vegetarian or vegan, or Gluten free diet
- ✓ **ALLERGENS:** For Allergens In Recipe Please Check Ingredient Packaging

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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](mailto:Customer.services@aimiafoods.com)



# DIRTY RICE

FROM THE NEW RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE



## INGREDIENTS:

10 PORTIONS	PRODUCT
400g	Ben's Original Long Grain Rice
200g	Red Onion- finely chopped
400g	Kidney Beans- drained
1 tsp	Cumin
3	Cardamom pods
1	Cinnamon stick
1 tsp	Parsley- chopped
15ml	Cooking oil
Pinch	Salt

## METHOD:

	TIME
Stir fry the onion and cumin in the oil until golden in colour.	8 mins
Add the Ben's Original Long Grain Rice to a pan filled with 800ml of water and add a pinch of salt.	2 mins
Add all of the remaining ingredients to the rice pan.	2 mins
Bring to the boil.	8 mins
Stir, cover and boil gently over a medium – low heat for a further 10 minutes.	10 mins
Remove from the heat and let stand, covered for a further 10 mins, or until all the water has been absorbed.	10 mins
Fluff with fork before serving.	2 mins
Approximate recipe time	42 mins

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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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**

# SPICY KATSU VEGETABLE SOUP

FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE



## INGREDIENTS:

10 PORTIONS	PRODUCT
150g	Onion- finely chopped
100g	Celery- finely chopped
100g	Carrot- finely chopped
100g	Sweetcorn
100g	Red pepper- finely chopped
1200ml	Vegetable stock
600ml	Ben's Original Katsu Professional Sauce
2 tbsp	Rapeseed oil

## METHOD:

	TIME
Add the oil to the pan and heat.	2 mins
Add the onion, celery and carrot; sweat until soft, not brown.	5 mins
Add 500ml of the vegetable stock and stir.	2 mins
Add 600ml of Katsu sauce- stir until combined.	5 mins
Add the sweetcorn and peppers and stir.	2 mins
Cook for approximately 10 mins, stirring occasionally.	10 mins
As the soup thickens, add the remaining stock and stir.	
Cook for a further 5 mins or until all vegetables are soft.	5 mins
Blend, pass, season and serve.	5 mins
<b>Approximate recipe time</b>	<b>35 mins</b>

✓ **SUITABLE FOR:** A vegetarian & vegan diet

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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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**



# SWEET & SOUR VEGETABLE NOODLES

FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE



## INGREDIENTS:

10 PORTIONS	PRODUCT
500g	Onions – sliced
500g	Peppers – sliced
400g	Courgettes – sliced
300g	Tomatoes tinned – chopped
600g	Noodles
1kg	Ben's Original Sweet & Sour Sauce with Veg
2 tbsp	Coriander - chopped
30ml	Oil

## METHOD:

	TIME
Prepare the vegetables and soak the noodles for 10 mins	10 Mins
Heat the Oil in a large pan and fry off the onions, peppers and courgettes until brown	10 Mins
Add the tomatoes and Ben's Original Sweet & Sour Sauce, cover and simmer	10 Min
Add the Noodles and coat in the sauce	5 Mins
Serve – garnish with Coriander	1 Mins
<b>Approximate recipe time</b>	<b>36 Mins</b>

- ✓ **CONTAINS:** 2 of Your 5 A Day Per Serving
- ✓ **SUITABLE FOR:** Vegetarians and Vegans (Replace with Rice Noodles for a Gluten Free recipe)
- ✓ **ALLERGENS:** For Allergens In Recipe Please Check Ingredient Packaging

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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

# VEGAN CRISPY VEGETABLE PAKORA

Ideal  
STREET  
FOOD  
Recipe

FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE

**Ben's  
Original**

PROFESSIONAL



## INGREDIENTS:

10 PORTIONS	PRODUCT
600g	Sweet Potato - grated and drained
600g	White Onion – grated and drained
600g	Cauliflower – grated
2 small	Green Chilli – diced
1 bunch	Coriander – finely diced
400g	Gram flour
50ml	Water
500ml	Cooking oil (for frying)
150ml	Ben's Original Szechuan Sauce
2	Red Chilli – sliced finely for garnish
20g	Coriander - sliced for garnish

## METHOD:

	TIME
Place the oil onto pre-heat to ideal temperature – 180c	5 Mins
In a large bowl mix together the grated potato, cauliflower, white onion, gram flour, small diced green chilli, finely diced coriander, Ben's Original Szechuan sauce and water – combine together to form a batter around all the vegetables and place into the fridge to cool down before frying	5 Mins
Once the oil is heated and pakora mixture has chilled place a little of the mixture in the oil to check the batter will crisp up. Using a large tablespoon spoon the mixture into the oil and start to fry (Adding a few at a time into the oil)	5 Mins
Once cooked remove from the oil and drain on a kitchen towel and repeat above until all the mixture is used	10 Mins
Serve with a sprinkling of finely sliced chilli and coriander	
Approximate Recipe Time	25 Mins

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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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 PAD THAI

Ideal  
STREET  
FOOD  
Recipe

FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE

**Ben's  
Original**

PROFESSIONAL



## INGREDIENTS:

10 PORTIONS	PRODUCT
500g	Noodles (blanched)
500g	Ben's Original Szechuan Sauce
500g	Bean Sprouts
500g	Pak Choi thinly sliced
100g	Spring Onions – sliced on diagonal
500g	Red Onions – finely sliced
2	Red Chilli – finely sliced
1 Tbsp	Lemon Juice
1 Tbsp	Soy Sauce
100g	Sugar
1 bunch	Coriander
20ml	Cooking oil

## METHOD:

	TIME
Heat oil in a large frying pan	
Stir fry the onions until brown	2 Mins
Add the pak choi, bean sprouts and chilli and stir fry for a further 2 minutes	2 Mins
Add sugar, lemon juice and soy sauce and Ben's Original Szechuan sauce and warm through	10 Mins
Toss the blanched noodles into the pan, mix then finish with the coriander	5 Mins
Serve	
<b>Approximate Recipe Time</b>	<b>19 Mins</b>



**CONTAINS:** 2 of Your 5 A Day Per Serving



**SUITABLE FOR:** Vegetarians and Vegans (Replace with Rice Noodles for a Gluten Free recipe)



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

For more information on the range of DOLMIO® & BEN'S ORIGINAL® 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**