



DOLMIO[®]
PROFESSIONAL

Ben's
Original
PROFESSIONAL



recipe book

WHY NOT TRY SOME OF OUR EXCITING NEW 'ON TREND' RECIPES FROM BENS ORIGINAL & DOLMIO PROFESSIONAL

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.

We have a range of recipes which will appeal to your customers needs, Gluten Free, Vegetarian and Vegan, PLUS a range of recipes which contain 2 portions of vegetables in each serving.

Gluten Free

A range of recipes which are suitable for a Gluten Free Diet

Vegetarian

A range of recipes which are suitable for a Vegetarian Diet

Vegan

A range of recipes which are suitable for a Vegan Diet



A range of recipes which contain 2 of your 5 a day per serving



A range of Street Food style recipes from around the world!





Objective

Peas Please brings together farmers, retailers, fast food and restaurant chains, caterers, processors, civil society organisations and government departments with a common goal of making it easier for everyone to eat veg.

<http://foodfoundation.org.uk/peasplease/>

An initiative led by



We pledge to play our part to help everyone in Britain eat an extra portion of veg a day



Mars Commitment

- Developing a New Recipe Bank containing 2 portions of veg per serving
- Use these recipes in our advertising campaigns
- Use these recipes and our Peas Please commitment at customer tradeshows.
- Developing Campaigns with customers to showcase examples of how easy it is to get an extra piece of vegetable in people's diets



Eating an extra portion of vegetables per day can make a big difference!

ANDALUSIAN CHICKEN



FROM THE GLUTEN FREE RECIPE RANGE FROM BENS ORIGINAL & DOLMIO® FOODSERVICE



INGREDIENTS:

10 PORTIONS	PRODUCT
600g	Chicken – diced
300g	Onions – sliced
400g	Peppers – sliced
30g	Dried Raisins
400g	DOLMIO Arrabbiata sauce
100ml	Water
2 Tbsp	Olive Oil

METHOD:

	TIME
Heat the oil in a large pan	1 Min
Add the chicken to the pan and seal, allowing to brown slightly	5 Mins
Remove from pan and set aside.	1 Min
Add the sliced onion and peppers to the pan and cook until soft & light brown	10 Mins
Add the chicken back to the pan along with the raisins	5 Mins
Add the DOLMIO Arrabbiata Sauce and water and simmer	15 Mins
Serve	1 Min
Approximate recipe time	38 Mins
Serving Suggestion: Garnish with toasted pinenuts and flat leaf parsley. Can be served with Rice	

✓ **SUITABLE FOR:** A Gluten Free Diet.

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

For more information on the range of DOLMIO® & BENS ORIGINAL Ready to use Sauce and Rice Foodservice products, Please contact Aimia Foods Ltd, the sole distributor for Mars Foodservice products in the UK.
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JAMBALAYA

Ideal
**STREET
FOOD**
Recipe

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



INGREDIENTS:

10 PORTIONS	PRODUCT
600g	Chicken – thinly sliced
150g	Chorizo – thinly sliced
300g	Onion – diced
400g	Peppers – diced
2	Garlic cloves – crushed
300g	DOLMIO Tomato & Basil sauce
450g	Ben's Original Long Grain Rice
900ml	Chicken stock
1 Tbsp	Cajun seasoning
1 Tbsp	Olive Oil

METHOD:

	TIME
Heat the oil in a large pan	1 Mins
Add the chicken & chorizo to the pan and seal, allowing to brown slightly	5 Mins
Remove from pan and set aside	1 Min
Add the diced onion, peppers, garlic and cajun seasoning to the pan and cook until soft	10 Mins
Add the chicken, Ben's Original Long grain rice and DOLMIO Tomato & Basil sauce to the pan – stir thoroughly	1 Mins
Add 600ml of the stock, stir and allow to cook, stirring regularly	5 Mins
As the liquid is absorbed, gradually add the remaining stock	5 Min
Cook until rice is cooked and the liquid is absorbed – Serve	15 Mins
Approximate Recipe Time	43 Mins

✓ **SUITABLE FOR:** A Gluten Free Diet.

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2 of YOUR
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POTATO & SPINACH KORMA

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

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INGREDIENTS:

10 PORTIONS	PRODUCT
600g	Onions – diced
600g	Sweet Potatoes - diced
800g	Spinach
1kg	Ben's Original Korma Sauce
400g	Tomatoes – canned and chopped
480g	Coriander – chopped

METHOD:

	TIME
Heat the oil in a large pan	
Place onions and potatoes in pan and brown off ingredients	10 Mins
Add the Ben's Original Korma sauce, tomatoes and spinach and mix well	5 Mins
Cover with lid and simmer	20 Mins
Serve with Rice	
Approximate Recipe Time	35 Mins

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

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SPICY BAKED EGGS WITH PEPPERS AND SPINACH

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



INGREDIENTS:

4 PORTIONS	PRODUCT
400g	New Potatoes – sliced
300g	Red Onion – sliced
1	Green Pepper - sliced
800g	DOLMIO Arrabbiata sauce
400g	Cannellini beans
100g	Spinach
4	Eggs
1	Bunch of Basil - chopped

METHOD:

	TIME
Boil potatoes until tender, allow to cool and slice	10 mins
Heat frying pan and add onions and peppers and stir fry until soft	5 min
Stir in the DOLMIO Arrabbiata sauce	1 mins
Add in the sliced potatoes and cannellini beans and simmer	5 mins
Add spinach and cook until soft	2 mins
Make 4 holes in the sauce and then crack an egg in each hole	1 min
Put a lid on the pan and simmer (until eggs are cooked to your liking)	8 mins
Sprinkle chopped basil and serve	
Approximate Recipe Time	32 min

✓ **SUITABLE FOR:** Vegetarians and a Gluten Free Diet

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VEGAN BBQ TACOS

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Recipe

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

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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
Approximate Recipe Time	27 Mins

- ✓ **CONTAINS:** 2 of Your 5 A Day Per Serving
- ✓ **SUITABLE FOR:** Vegetarians and Vegans
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CHILLI WHITE BEAN CARNE

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

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INGREDIENTS:

10 PORTIONS	PRODUCT
1kg	Ben's Original Chilli Con Carne Sauce
300g	Red onion- chopped
500g	Large tomatoes- roughly chopped
2	Cloves garlic- crushed
800g	Tinned Cannellini beans- drained
800g	Tinned Butter beans- drained
1 Tbsp.	White wine vinegar
50g	Fresh parsley- chopped
2 Tbsp	Oil- for frying

METHOD:

	TIME
Heat the oil in a large pan and fry the onions until soft	5 mins
Add the vinegar, garlic and beans and warm through	10 mins
Stir in the tomatoes, followed by the Ben's Original Chilli Con Carne sauce	3 mins
Simmer for 5 mins	5 mins
Season with salt and pepper	2 min
Fold in the parsley before serving with chunky bread or rice	2 mins
Approximate Recipe Time	27 mins

- ✓ **CONTAINS:** 2 of Your 5 A Day Per Serving
- ✓ **SUITABLE FOR:** Vegans, Vegetarians and a Gluten free diet
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BLACK BEAN TUNA WITH SALAD

FROM THE GLUTEN FREE RECIPE RANGE FROM BENS ORIGINAL® & DOLMIO® FOODSERVICE

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INGREDIENTS:

10 PORTIONS	PRODUCT
400ml	BEN'S ORIGINAL Black Beans Sauce
10	Tuna Steaks
500g	Kale
500g	Purple Kale
100ml	Olive Oil
4	Lemons – Juiced
10g	Sea Salt
1kg	Butternut Squash – roughly diced
10ml	Cooking oil
100g	Cashew Nuts - crushed

METHOD:

	TIME
Preheat oven to 200c	
Peel and slice butternut squash removing seeds and roughly chop into 2cm cubes. Place on a baking tray and coat the squash with the 10ml of cooking oil and roast	25 Min
In a large bowl add the kale, olive oil, lemon juice and sea salt. Massage with your hands for 3-4 minutes to tenderise and place in fridge until ready to serve	5 Mins
Preheat a large frying pan on a medium heat	5 Mins
In a bowl add the sauce and the Tuna steaks, coat the tuna in the sauce and then lay the tuna in the pan for 3 minutes each side. Once seared remove from the pan and slice into 1cm strips	10 Mins
Remove the squash from the oven add to the massaged kale mix and toss together	5 Mins
To serve : put a large handful of the kale and squash onto the plate. Lay the seared tuna onto the salad and sprinkle with a small handful of cashew nuts over the top	5 Mins
Approximate recipe time	55 Mins

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

✓ **SUITABLE FOR:** A Gluten Free Diet

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CREAMY BROCOLLI, CAULIFLOWER AND SPROUT BAKE

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

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INGREDIENTS:

10 PORTIONS	PRODUCT
500g	Brussel Sprouts- trimmed
500g	Broccoli- trimmed
500g	Cauliflower- trimmed
150g	Shallots- finely chopped
50g	Dried breadcrumbs
200g	Cheddar- grated
2 tbsp	Olive Oil
700g	Dolmio Professional Creamy Tomato and Pesto Sauce

METHOD:

	TIME
Preheat the oven to 200 degrees C or Gas Mark 7.	
Boil a large pan of water, and add the broccoli, cauliflower and sprouts to cook until slightly soft, but not overly limp. Strain the water and then put to one side.	10 mins
Add the olive oil to a frying pan and add the shallots to cook over a low heat until soft.	5 mins
Remove the shallots from the frying pan and mix together with the broccoli, cauliflower and sprouts. Place into a deep ovenproof dish and cover with the Dolmio Professional sauce.	5 mins
Mix together the cheese and breadcrumbs, before sprinkling evenly over the top of the vegetables.	5 mins
Bake in the oven until top is crispy and golden brown.	25 mins
Approximate recipe time	50 mins

- ✓ **CONTAINS:** 2 of Your 5 A Day Per Serving
- ✓ **SUITABLE FOR:** A Vegetarian diet
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BALTI WITH CHICKEN AND FENNEL



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



INGREDIENTS:

10 PORTIONS	PRODUCT
1 KG	Diced chicken breast
440g	Fennel- thinly sliced
2 tbsp	Vegetable oil
1kg	Ben's Original Professional Balti Sauce
60g	Fresh coriander- to garnish
625g	Ben's Original Basmati Rice

METHOD:

	TIME
Add the chicken and 1 tbsp oil to a pan and cook until brown on a medium – high heat.	10 mins
Once cooked through, remove the chicken from the pan and place to one side for later.	
Add the fennel and 1 tbsp oil to the pan and toss frequently while cooking.	10 mins
Once fennel starts to brown, add a tbsp of water to the pan, cover and simmer	5 mins
Add the Ben's Original Balti Sauce and the chicken and stir.	2 mins
Turn the heat to low – medium and simmer the sauce until hot.	8 mins
Whilst the above is cooking, prepare the rice as stated and serve with the curry over the top.	
Garnish with fresh coriander	
Approximate Recipe Time	35 mins

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BOLOGNESE BAKE

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

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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	
Approximate Recipe Time	42 Mins

- ✓ **CONTAINS:** 2 of Your 5 A Day Per Serving
- ✓ **SUITABLE FOR:** Vegetarians.
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CHICKEN & SWEETCORN QUESADILLA



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



INGREDIENTS:

10 PORTIONS	PRODUCT
10	Chicken Breasts
50ml	Cooking Oil
700g	Sweetcorn - tinned
600g	Red Onion – chopped
60g	Coriander roughly chopped
1kg	Mozzarella grated
1.5Ltrs	BEN'S ORIGINAL Mexican Salsa
10	Large flour tortilla
600g	Sour cream

METHOD:

	TIME
Preheat oven 200c - Place the chicken on a roasting tray, lightly oil and oven roast	25 Mins
Drain sweetcorn and 10 minutes before the chicken is cooked add to the roasting tray and roast for a further 10 mins	
Once cooked remove from oven and allow to cool	
Place the coriander, red onion, mozzarella and 1 litre of the BEN'S ORIGINAL Mexican Salsa in a large bowl – once the chicken and sweetcorn have cooled chop the chicken into 1cm cubes and add to the bowl along with the sweetcorn	5 Mins
Place the 10 Tortillas on a work surface, split the chicken mix into 10 and place onto one half of each tortilla	5 Mins
Spread the mixture roughly to the edge of each half of the tortilla and then fold the empty half over the mixture	5 Mins
To cook the Quesadilla place onto a large roasting tray and bake in the oven until the cheese is melted and the tortilla is crispy	5 Mins
Serve with a side of Salsa and Sour Cream	
Approximate recipe time	45 Mins

✓ **SUITABLE FOR:**

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BUNNY CHOW



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



INGREDIENTS:

10 PORTIONS	PRODUCT
600g	Lamb or beef- diced
600g	Onion – diced
600g	Potatoes – peeled and cubed
400g	Ben's Original Professional Balti Sauce
10	Crusty Bread rolls
1 tbsp	Cooking Oil

METHOD:

	TIME
Heat the oil in a large pan on a medium – high heat.	3 min
Seal the diced meat, allowing to brown all over.	5 mins
Remove from the pan and keep to one-side.	
Add the onions to the pan and fry until soft and brown .	10 mins
Return the meat to the pan, add the diced potatoes.	2 mins
Add the Ben's Original Professional Balti sauce and cook for approx 1 hour (until both meat and potatoes are tender).	60 mins
Whilst cooking, to prepare the bread rolls, cut the top off and hollow out the inside, creating a bowl like roll.	20 mins
Once cooked, spoon the mixture into the middle of each roll, and serve with the top on the side of the dish to dip in.	5 mins
Approximate Recipe Time	1 hr 25 mins

✓ **SUITABLE FOR:**

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CREAMY TOMATO AND CHORIZO HASSELBACK POTATOES

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



INGREDIENTS:

10 PORTIONS	PRODUCT
10	Large potatoes
700g	Chorizo- sliced
200g	Spring onion- chopped
2 tbsp	Olive Oil
25g	Butter- melted
750g	Dolmio Professional Creamy Tomato and Pesto Sauce
250g	Cheddar cheese- grated

METHOD:

	TIME
Preheat the oven to 200 degrees C/Gas Mark 6.	
To prep the potatoes, cut parallel slits from the top, leaving an inch uncut at the bottom so the potatoes stay connected. Space the slices about 1-2cm apart.	15 mins
Brush butter over the potatoes and season with salt and pepper and bake for 40 minutes.	40 mins
Remove the potatoes from the oven, carefully placing the slices of chorizo between the layers of potato.	5 mins
Return to the oven and bake for a further 20 minutes.	20 mins
Remove from the oven again, and pour the Dolmio sauce over and around the potatoes, before sprinkling the cheese on top of them. Bake in the oven for a final 10 minutes.	15 mins
Top with spring onions and more cheese to taste.	
Approximate recipe time	1 hr 35 mins

✓ **SUITABLE FOR:** A Gluten Free diet.

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

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CHICKEN BALTI WRAP

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

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INGREDIENTS:

10 PORTIONS	PRODUCT
20	Boneless Chicken Thighs
400ml	Ben's Original Balti Sauce
2	Cucumber
2	Green Chilli
1 bunch	Coriander
2	Limes
200ml	Yoghurt
10	Flatbread

METHOD:

	TIME
In a large bowl add the boneless chicken thighs and Ben's Original Balti Sauce. Leave to marinade as long as possible	
Using a vegetable peeler, peel the cucumber from top to bottom making large cucumber ribbons then set aside in a medium sized bowl	2 Mins
In a food processor put the green chilli, coriander, lime juice and yoghurt. Pulse until dressing is finely chopped. Cover the cucumber ribbons in the dressing and leave to marinade in the fridge	2 Mins
Preheat a griddle pan on a medium heat – place the chicken thighs into the pan and cook for 5-6 minutes on each side. Once fully cooked remove from the pan and allow to rest	12 Mins
Warm the flat bread in the griddle pan for 20 seconds each side	2 Mins
To serve lay a 30x30cm piece of foil on a work surface, place the flat bread on top. Slice the chicken thigh and place on top of the flat bread, top the chicken with the dressed cucumber ribbons – Fold one side of the flat bread over the other and wrap in the tin foil to serve.	10 Mins
Approximate Recipe Time	28 Mins



SUITABLE FOR:



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VEGETABLE BIRYANI

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

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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	
Approximate Recipe Time	27 Mins



CONTAINS: 2 of Your 5 A Day Per Serving



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



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PUMPKIN CURRY WITH CHICKPEAS

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

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INGREDIENTS:

10 PORTIONS	PRODUCT
1Kg	Pumpkin
800g	Chickpeas- drained
400g	Coconut milk
300g	Onion- chopped
400g	Carrot- peeled and diced
300g	Red pepper- sliced
400g	Spinach- washed
600g	Ben's Original Professional Basmati rice
1.5kg	Ben's Original Professional Balti sauce
2 Tbsp	Oil

METHOD:

	TIME
Prepare rice as per packet instructions	
Prepare pumpkin by using a sharp knife to cut in half from top, where crown is, down to the base. Use a spoon to remove the seeds and insides, then slice into slices and keep cutting into smaller pieces until they are a manageable size of about 5cm square.	5 mins
Heat oil in a large pan over a medium heat and add the onions, carrots and pumpkin. Cook for 5 mins or until soft.	5 mins
Add the chickpeas, peppers and Ben's Original Professional sauce and leave to simmer for 20 mins	20 mins
Add the coconut milk and spinach and simmer for 5 more minutes	5 mins
Serve with rice	
Approximate recipe time	35 mins

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

✓ **SUITABLE FOR:** Vegans

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

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KATSU BURGER- CHICKEN OR VEGETARIAN

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



INGREDIENTS:

10 PORTIONS	PRODUCT
10	Burger buns
10	Breaded chicken fillets / Vegetarian alternative
2	Baby gem lettuce
4	Beef tomatoes
200ml	Mayonnaise
200ml	Ben's Original Katsu Professional sauce

METHOD:

	TIME
Cook the breaded chicken fillet (or meat alternative) as per the manufacturer instructions	20 – 25 mins
Slice the burger bun and lightly grill on one side	5 mins
Remove the stalk from the lettuce, separate the leaves- wash and pat dry.	2 mins
Slice the tomatoes	2 mins
Mix the mayonnaise and Ben's Original Katsu sauce together	2 mins
Spread the Katsu onto both halves of the burger bun (divide the mixture between all 10 buns)	3 mins
Place the cooked chicken, or meat alternative on the bottom half	2 mins
Layer with lettuce and tomato slices	2 mins
Add the top of the burger bun, secure with a wooden skewer and serve	2 mins
Approximate recipe time	40 mins

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

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CHILAQUILES WITH TOMATO SALSA

Ideal
**STREET
FOOD**
Recipe

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

**Ben's
Original**

PROFESSIONAL



INGREDIENTS:

10 PORTIONS	PRODUCT
800g	Cooked Chicken
400g	Onions – finely sliced
10 Large	Corn Tortilla – cut into strips
400g	Ben's Original Mexican Salsa
200g	Crumbled feta cheese

METHOD:

	TIME
Bake or fry tortilla strips until crispy	10 Mins
Arrange tortilla strips in an oven proof dish	5 Min
Combine the chicken, onion and Ben's Original Mexican Salsa	5 Mins
Top the tortillas with the chicken mixture and sprinkle on the crumbled feta cheese	5 Mins
Preheat Oven to 200c and bake until the chicken is piping hot and the cheese has melted	15 Mins
Serve	
Approximate recipe time	40 Mins

✓ **SUITABLE FOR:**

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

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



INGREDIENTS:

10 PORTIONS	PRODUCT
500ml	Beef Stock
1.75kg	Diced Beef
500g	Fennel, sliced into small pieces
250g	Green Beans – cut into 3
500g	Red Kidney Beans – cooked
600g	Red Onion – finely diced
600g	Red Pepper – cut into chunks
500g	Sweet Potato – diced
600ml	Ben's Original Professional Chilli Con Carne

METHOD:

	TIME
Heat a little oil in a large pan, add the beef and brown all over	10 Mins
Add the onions and fennel into the pan and cook until lightly coloured	5 Mins
Pour in the beef stock and Ben's Original Professional Chilli Con Carne Sauce, bring it to the boil and leave to simmer	30 Mins
Add the Kidney beans, sweet potato, green beans and red peppers then cook for a further 15 mins	15 Mins
Check consistency adding more stock if required	
Season and serve with crusty bread	
Approximate Recipe Time	1 hr

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

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5 a DAY

RANCH PIE

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

**Ben's
Original**

PROFESSIONAL



INGREDIENTS:

10 PORTIONS	PRODUCT
FILLING	
600g	Minced Beef
400g	Ben's Original Texan BBQ Sauce
100ml	Water
200g	Onion – finely sliced
200g	Carrot – finely diced
200g	Celery Sticks – finely diced
1 tbsp	Olive Oil
TOPPING	
400g	Swede – chopped
400g	Turnip – chopped
400g	Carrots – chopped
25g	Butter

METHOD:

	TIME
TOPPING	
Boil or steam the root vegetables until fully cooked, mash, adding butter and seasoning to taste	
FILLING	
Heat the oil in the pan and fry the diced vegetables until soft and lightly brown – remove and keep to one side	5 Mins
Add the mince to the pan until brown, stirring continuously to break down any lumps – drain excess liquid	5 Mins
Add the browned vegetables to the mince and stir thoroughly	2 Mins
Add the Ben's Original Texan BBQ sauce and water, simmer	15 Mins
Pour the filling into an oven proof dish	
Top with root vegetable mash and bake for 15 minutes	15 Mins
Approximate Recipe Time	42 Mins

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

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CHUNKY KATSU CHICKEN AND VEGETABLE SOUP

FROM THE GLUTEN FREE 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 (gluten free)
600ml	Ben's Original Katsu Professional Sauce
2 tbsp	Rapeseed oil
250g	Chicken breast- cut into thin strips

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 the chicken and cook until sealed.	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, until. The chicken is cooked through and the vegetables are soft.	5 mins
Season and serve.	5 mins
Approximate recipe time	40 mins

✓ **SUITABLE FOR:** A gluten free diet

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STIR FRY SALAD POT WITH EGG NOODLES

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



INGREDIENTS:

10 PORTIONS	PRODUCT
50	Pre-cooked prawns- sliced in half length ways
4kg	Pre-cooked thick egg noodles
600g	Bean Sprouts
400g	Spring onions- chopped finely
75g	Radishes- chopped
400g	Bok Choy
1 bunch	Coriander
4	Red chillies- sliced finely
400g	Ben's Original Sweet Thai Chilli Professional sauce
100g	Dijon mustard
150ml	Olive oil
100ml	Water

METHOD:

	TIME
To make the dressing combine the Sweet Thai Chilli and Dijon mustard.	2 mins
Slowly whisk in the olive oil followed by the water and set aside until salad is ready to be dressed.	2 mins
Make the salad in small batches to allow the ingredients to be evenly dispersed.	
For one portion in a bowl add 1/10 of each ingredient: <ul style="list-style-type: none"> - Halved prawns - Egg noodles - Bean sprouts - Spring onions - Sliced radish - Bok Choy - Coriander leaves - Red chilli 	10 mins
Add 65g of the dressing to the salad and lightly toss the ingredients until evenly coated in the dressing.	2 mins
To serve put the salad in a bowl and top with a few slices of radish, coriander and red chilli.	5 mins
Approximate recipe time	21 mins

✓ **SUITABLE FOR:** .

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KATSU CHICKEN WRAP

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5 a DAY

with Sweet Potato
Wedges and Sweet
Chilli Slaw

Ideal
STREET
FOOD
Recipe

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

**Ben's
Original**

PROFESSIONAL



INGREDIENTS:

10 PORTIONS	PRODUCT
500g	Diced Cooked Chicken
75ml	Ben's Original Katsu Curry
75ml	Mayonnaise
300g	Lettuce - Shredded
85g	Spring Onions – Finely diced
1.4kg	Sweet potatoes Wedges
10	Tortilla Wraps
30ml	Vegetable oil
Coleslaw	
50ml	Ben's Original Sweet Thai Chilli Sauce
150ml	Mayonnaise
300g	Red Cabbage – finely sliced
300g	White Cabbage – finely sliced
300g	Carrot – Grated
200g	Onion – finely sliced

METHOD:

	TIME
Pre-heat the oven to 200c	
Coat the potato wedges with the vegetable oil, place on a baking tray and cook until soft and browned	40 Mins
Chicken Filling – Mix the chicken, Ben's Original Katsu sauce, spring onion and mayonnaise in a bowl	4 Mins
Coleslaw – Mix all the ingredients in a bowl (reduce or increase the Sweet Chilli sauce to taste for a milder / hotter mayo)	3 Mins
Assemble Wrap – Place the shredded lettuce and the chicken mixture horizontally over the wrap, in the centre	5 Mins
Fold the bottom of the wrap over the filling, turn in the two ends and roll forming a cylindrical shape	5 mins
Slice into two on a diagonal	3 mins
Serve the chicken wrap with the potato wedges and a side of Sweet Chilli Slaw	
Approximate recipe time	40 Mins

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

✓ **SUITABLE FOR:**

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

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COWBOY PORK & BEANS

Ideal
STREET
FOOD
Recipe

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

**Ben's
Original**

PROFESSIONAL



INGREDIENTS:

10 PORTIONS	PRODUCT
500g	Celery – chopped
950g	Haricot beans cooked
950g	Spicy Pork Sausages cooked
500ml	Beef Stock
500g	Onion – chopped
300g	Streaky Bacon – diced
90ml	Vegetable Oil
900g	Ben's Original Hickory Smoked Barbecue

METHOD:

	TIME
Cut pork sausages in 2 on an angle	1 Mins
Heat the oil in a large pan and fry the onions and celery until soft	5 Mins
Add the diced bacon and the sausages and cook until lightly browned	10 Min
Add the Ben's Original Professional Hickory Smoked Barbecue Sauce and stock, cover and simmer	5 Mins
Add the cooked beans and simmer	10 Mins
Serve	
Approximate recipe time	31 Mins

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

✓ **SUITABLE FOR:** A Gluten Free Diet.

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CHILLI CON CARNE

Ideal
STREET
FOOD
Recipe

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

**Ben's
Original**

PROFESSIONAL



INGREDIENTS:

10 PORTIONS	PRODUCT
600g	Onions – diced
600g	Peppers - diced
1200g	Beef Mince
1kg	Ben's Original Chilli Con Carne Sauce
10ml	Cooking Oil
400g	Kidney Beans, canned
2 Tbsp	Coriander, chopped

METHOD:

	TIME
Prepare the vegetables	5 mins
Heat oil in a large frying pan and add the vegetables and mince – fry until cooked through and slightly brown	10 min
Add the Ben's Original Chilli Con Carne Sauce and kidney beans, mix well. Cover with a lid and simmer	30 mins
Serve - garnish with the chopped coriander.	1 min
Approximate Recipe Time	46 Mins

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

✓ **SUITABLE FOR:** A Gluten Free Diet.

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FROM THE NEW RECIPE RANGE FROM BEN'S ORIGINAL® & 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	
Approximate Recipe Time	33 Mins



SUITABLE FOR:



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BEEF LASAGNE

FROM THE NEW RECIPE RANGE FROM BEN'S ORIGINAL® & 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	
Approximate recipe time	56 Mins

- SUITABLE FOR:**
- ALLERGENS:** For Allergens In Recipe Please Check Ingredient Packaging

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KATSU CHICKEN TOPPED JACKET POTATO

With Mixed Salad

Ideal
STREET
FOOD
Recipe

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

**Ben's
Original**

PROFESSIONAL



INGREDIENTS:

10 PORTIONS	PRODUCT
600g	Diced Cooked Chicken
10	Baking Potatoes
75ml	Ben's Original Katsu Curry
75ml	Mayonnaise
85g	Spring Onions – Finely diced
Mixed Salad	
500g	Mixed Salad leaves
400g	Baby Plum Tomatoes - halved
300g	Cucumber - Cubed
150g	Celery – Thinly sliced
150g	Grated Carrot
150g	Radishes - Sliced

METHOD:

	TIME
Pre-heat the oven to 200c	
Place the potatoes on a tray and bake until soft in the middle	1 Hour
Chicken Filling – Mix the chicken, Ben's Original Katsu sauce, spring onion and mayonnaise in a bowl	4 Mins
Salad – Toss all the ingredients in a bowl	3 Mins
Remove the potato filling, mix with butter and season – return to skin	10 Mins
Spoon the katsu chicken mix onto the potato and serve with a side of mixed salad	
Approximate recipe time	1 Hr 17 Mins

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

✓ **SUITABLE FOR:** A Gluten Free Diet

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

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BEEF TACO WITH SALSA

*Ideal
STREET
FOOD
Recipe*

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

**Ben's
Original**

PROFESSIONAL



INGREDIENTS:

10 PORTIONS	PRODUCT
360g	Cheese – grated
12g	Chilli Powder
12g	Cumin
2	Garlic cloves – crushed
1	Iceberg Lettuce – shredded
920g	Minced Beef
300g	Onions – diced
12g	Paprika Powder
60ml	Sunflower Oil
20	Taco Shells
920g	BEN'S ORIGINAL Mexican Salsa

METHOD:

	TIME
Heat the oil in a large pan	1 Mins
Add the onions and saute without colouring	5 Mins
Add the Cumin, chilli powder, paprika and garlic – saute	1 Min
Add the Mince and cook through	10 Mins
Heat BEN'S ORIGINAL Mexican Salsa	1 Mins
To Serve – Warm the Taco shells in the oven, spoon in the meat mixture followed by shredded lettuce, grated cheese and BEN'S ORIGINAL Mexican Salsa Sauce	5 Mins
Serve	
Approximate recipe time	23 Mins



SUITABLE FOR:



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BUTTERNUT SQUASH CANNELLONI

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

DOLMIO
PROFESSIONAL



INGREDIENTS:

10 PORTIONS	PRODUCT
4kg (5 large)	Butternut Squash
5 tsp	Runny honey
10	Garlic cloves – peeled
1kg	Mozzarella – grated
4 pinch	Black pepper
30	Fresh pasta sheets
3	Egg yolks
1L	Dolmio Professional Tomato & Basil Sauce

METHOD:

	TIME
Pre-heat oven to 200C	
Wash Butternut Squash and slice in half from top to bottom then remove seeds – place halves face up on a roasting tray.	5 mins
Drizzle honey over the top and place a garlic clove in each half – place in oven for 30 minutes or until soft and golden in colour.	30 mins
Once the squash is soft and fully roasted remove from oven. Using a spoon remove the flesh from the skin and place into a bowl until cool.	10 mins
Once cooled lay 30 fresh pasta sheets onto the work surface. Evenly separate the squash onto the shorter edge of the pasta sheet, move the flesh to make a sausage shape along each side.	5 Mins
Roll the pasta over the squash sausage to make the cannelloni. To seal, beat an egg and brush along the edge of the pasta.	5 Mins
Place the cannelloni into an oven proof dish cover in the Dolmio Professional Tomato & Basil sauce and top with Mozzarella – place in oven for 20mins and serve once cooked through.	20 Mins
Approximate recipe time	1 Hr 15 Mins

✓ **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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SLOW COOKED PULLED PORK



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



INGREDIENTS:

10 PORTIONS	PRODUCT
600g	Pork Loin
300g	Ben's Original Texan BBQ Sauce
2	Garlic cloves – crushed

METHOD:

	TIME
Preheat oven 200c	
Slit pork to allow sauce to absorb	5 Mins
Place pork in an oven proof dish and smoother in sauce – cook in oven	30 Mins
Reduce oven temperature to 150c and continue to cook, basting throughout	2 Hrs
When cooked pull pork apart with a fork	
Serve in a toasted bun or bagel with salad and coleslaw	
Approximate Recipe Time	2 Hrs 40 Mins

✓ **SUITABLE FOR:**

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

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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

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PASTA BAKE

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

DOLMIO
PROFESSIONAL



INGREDIENTS:

10 PORTIONS	PRODUCT
150g	Cheddar Cheese- grated
900ml	Cheese Sauce or Bechamel Sauce
1kg	Minced beef
600g	Penne pasta
1kg	Dolmio Professional Tomato & Basil
600g	Onions – sliced
400g	Mushrooms – sliced
600g	Red Peppers- chopped

METHOD:

	TIME
Brown the mince beef and stir in the Dolmio Professional Tomato & Basil sauce then cover and simmer.	10 mins
Add in the onions, mushrooms and peppers and simmer for a further 10 mins.	10 mins
Whilst cooking, cook the pasta according to the pack instructions and drain well.	10 mins
Mix the pasta and Dolmio Mince sauce mix together and pour into an ovenproof dish.	2 mins
Cover evenly with Cheese or Bechamel Sauce and sprinkle with grated cheese	3 mins
Bake at 190c until golden brown	20 mins
Serve	
Approximate Recipe Time	55 Mins

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

✓ **SUITABLE FOR:** .

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

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SPARE RIB PO BOY



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



INGREDIENTS:

10 PORTIONS	PRODUCT
40	Pork Spare Ribs with bones removed
300ml	Ben's Original Hickory Smoked BBQ Sauce
100ml	Chicken Stock
200g	Red Cabbage – finely sliced
200g	White Cabbage – finely sliced
2 pinches	Fennel Seed powder
10g	Salt
10g	Sugar
40ml	White wine vinegar
10	Brioche bun

METHOD:

	TIME
Preheat the oven to 180c	1 Mins
Place 40 spare ribs in an ovenproof dish add chicken stock and Ben's Original Hickory Smoked BBQ Sauce and mix	5 Mins
Cover the dish with foil and place in the oven	2-3 hours
Once spare ribs are tender remove from the oven and allow to rest	20 Mins
In a large bowl add the sliced red and white cabbage, fennel seed powder, salt, sugar, white wine vinegar and mix together	1 hour
Once cabbage is tender drain the excess liquid (only used as a brine to tenderise the cabbage) put to one side	5 Mins
Once the spare ribs are cooked and rested, slice the Brioche bun and toast until golden brown	5 Min
Slice the spare ribs and place in the toasted brioche bun, top with a handful of the red slaw	15 Mins
Serve	1 Mins
Approximate Recipe Time	3 hours

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KORMA CURRIED SEA BASS

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



INGREDIENTS:

10 PORTIONS	PRODUCT
10	Sea bass fillets- de-boned
1 Litre	Ben's Original Professional Korma
450g	Spring onions- sliced thinly
3	Red chillies- thinly sliced and seeds removed
5 tsp	Sesame oil
250g	Bean sprouts
75ml	Rice wine vinegar
5	Limes- cut in half

METHOD:

	TIME
Pour the Ben's Original Korma sauce over the sea bass fillets and rub all over then leave to marinade for 15 minutes.	15 mins
Wash spring onions under cold water and place into a bowl with the bean sprouts and chillies.	3 mins
Dress with the sesame oil and rice wine vinegar then place into the fridge until the fish is ready to serve.	5 mins
Pre heat the grill to a high heat and place a heatproof tray under the grill to pre heat. Once pre heated, lay the fish down onto the tray skin side up. Place the fish under the grill for 5-6 mins.	5 mins
Once cooked, remove from grill and allow to stand for 2 mins.	2 mins
Pre heat a large frying pan, place the lime halves face down and allow to char for 2 minutes then remove from the heat.	2 mins
To serve - Place a large handful of the spring onion salad onto the plate then top with a fillet of the korma sea bass and a charred lime half.	2 mins
Approximate recipe time	34 mins

✓ **SUITABLE FOR:** A Gluten free diet

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

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2 of YOUR
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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	
Approximate Recipe Time	19 Mins



CONTAINS: 2 of Your 5 A Day Per Serving



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



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



INGREDIENTS:

10 WRAPS	PRODUCT
10	Plain Tortilla Wraps
240g	Crème Fraiche
1kg	Ben's Original Spicy Szechuan Sauce
300g	Shredded Lettuce
600g	Roast Chicken Slices
24 Slices	Tomatoes

METHOD:

	TIME
Lay out the tortillas and spread crème fraiche over 2/3 of the bottom area leaving approx 35mm of the edges clear.	5 mins
Evenly spread Ben's Original Spicy Szechuan Sauce over the crème fraiche.	1 min
Cover with iceberg lettuce and top with the cooked chicken followed by tomato slices.	5 mins
To make the wrap, fold the bottom up to the filling, turn into the two sides and start to roll making a cylindrical shape.	5 mins
Wrap and twist in cling film to hold its shape and keep in the freshness and refrigerate for 30 minutes.	30 mins
Remove the cling film and Serve cut on an angle	
Approximate Recipe Time	46 Mins

✓ **SUITABLE FOR:**

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

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TURKEY MASALA WITH CHOPPED INDIAN SALAD

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

**Ben's
Original**

PROFESSIONAL



INGREDIENTS:

10 PORTIONS	PRODUCT
600g	Turkey breast- cooked
300ml	Ben's Original Tikka Masala Professional Sauce
400g	Cucumber- grated
10	Fresh mint leaves
4 pinches	Black pepper
200g	Natural low fat yoghurt
200g	Carrot
200g	Spring onion- sliced
200g	Red onion- sliced
100g	Radishes- chopped
800g	Little gem lettuce- chopped
4	Red chillies- chopped
5	Limes
25g	Fresh coriander- chopped

METHOD:

	TIME
Dice the turkey breast into 2cm pieces and put into a mixing bowl.	5 mins
Cover the turkey in the Ben's Original Tikka Masala sauce and allow to marinade.	15 mins
Put half of the cucumber into a bowl, roughly chop the fresh mint, add the yoghurt and the black pepper. Mix everything together and place into the fridge.	5 mins
Using a peeler, make strips of the orange and purple carrot.	5 mins
Pre heat a large frying pan on a high heat.	
Once the pan starts to smoke, place the marinated turkey breast into the pan leaving to sear for 1-2minutes on each side. As it is already cooked, leave it to warm through for a couple of minutes in the pan.	8 - 10 mins
To assemble place the baby gem onto the bottom of the bowl and segment each of the ingredients around the bowl 3 slices of the turkey per portion. Serve the yoghurt dressing on the side.	5 mins
Approximate recipe time	40 mins

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

✓ **SUITABLE FOR:** A gluten free diet

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

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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
Approximate recipe time	35 mins

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

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

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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
Approximate recipe time	36 Mins

- ✓ **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

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CHICKEN & SPINACH KORMA

Ideal
STREET
FOOD
Recipe

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

**Ben's
Original**

PROFESSIONAL



INGREDIENTS:

10 PORTIONS	PRODUCT
1kg	Chicken- sliced
1	Large onion – finely diced
250g	Fresh spinach
400g	Ben's Original Professional Korma Sauce
1 tbsp	Cooking oil
20g	Coriander- chopped

METHOD:

	TIME
Heat the oil in a large pan	3 mins
Add the chicken and fry until cooked through.	10 mins
Remove from the pan and keep to one-side	
Add onions to the pan and fry until soft and brown.	5 mins
Return the chicken to the pan and add the Ben's Original Korma Sauce	2 mins
Heat through in the pan, mixing occasionally.	15 mins
Add the spinach and cook on a low heat for another 5 minutes	5 mins
Garnish with the chopped coriander	
Serve with Ben's Original Basmati Rice or Naan Breads	
Approximate recipe time	40 mins

✓ **SUITABLE FOR:**

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

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KATSU CHICKEN TOPPED JACKET POTATO

With Mixed Salad

Ideal
STREET
FOOD
Recipe

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

**Ben's
Original**

PROFESSIONAL



INGREDIENTS:

10 PORTIONS	PRODUCT
600g	Diced Cooked Chicken
10	Baking Potatoes
75ml	Ben's Original Katsu Curry
75ml	Mayonnaise
85g	Spring Onions – Finely diced
Mixed Salad	
500g	Mixed Salad leaves
400g	Baby Plum Tomatoes - halved
300g	Cucumber - Cubed
150g	Celery – Thinly sliced
150g	Grated Carrot
150g	Radishes - Sliced

METHOD:

	TIME
Pre-heat the oven to 200c	
Place the potatoes on a tray and bake until soft in the middle	1 Hour
Chicken Filling – Mix the chicken, Ben's Original Katsu sauce, spring onion and mayonnaise in a bowl	4 Mins
Salad – Toss all the ingredients in a bowl	3 Mins
Remove the potato filling, mix with butter and season – return to skin	10 Mins
Spoon the katsu chicken mix onto the potato and serve with a side of mixed salad	
Approximate recipe time	1 Hr 17 Mins

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

✓ **SUITABLE FOR:** A Gluten Free Diet

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

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VIETNAMESE BANH MI

*Ideal
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FOOD
Recipe*

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

**Ben's
Original**

PROFESSIONAL



INGREDIENTS:

10 PORTIONS	PRODUCT
10	7" Baguettes
600g	Sliced Cooked Chicken
1	Cucumber – shredded
8	Spring Onions – shredded
1 bunch	Coriander – roughly chopped
200g	Ben's Original Black Bean Sauce

METHOD:

	TIME
Slice the Baguette in half and remove some of the soft inside	2 Mins
Mix the cooked chicken with the Ben's Original Black Bean Sauce	2 Mins
Layer the coriander, cucumber, spring onion and chicken on the Baguette	10 Mins
Option : Add chilli for an extra kick	
Serve	
Approximate Recipe Time	14 Mins

✓ **SUITABLE FOR:**

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

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TURKEY SALSA WRAP



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



INGREDIENTS:

10 PORTIONS	PRODUCT
10	Flour tortillas
200g	Crème Fraiche
800g	Grilled turkey breast- sliced
300g	Iceberg lettuce – shredded
100g	Tomato slices
2	Cucumbers- chopped
500g	Ben's Original Professional Mexican Salsa

METHOD:

	TIME
Lay Out Tortilla and spread Crème Fraiche over 2/3 of the bottom of the area leaving the top 1/3 uncovered.	5 mins
Next evenly spread Ben's Original Professional Mexican Salsa sauce over the Crème Fraiche. Repeat with all 10 tortillas.	5 mins
Using a vegetable peeler, peel the cucumber from top to bottom making large cucumber ribbons then set aside in a medium sized bowl.	5 mins
Cover the tortillas with iceberg lettuce and top with grilled turkey, followed by tomato slices and the cucumber ribbons.	5 mins
To make the wrap, fold in the bottom up to the filling, turn in the two sides and start to roll making the cylindrical shape.	5 Mins
Hold in fridge for 30 minutes.	30 Mins
Serve – Cut on an angle and serve with Salad	
Approximate recipe time	55 Mins

✓ **SUITABLE FOR:**

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PULLED BEEF CHILLI CON CARNE



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



INGREDIENTS:

10 PORTIONS	PRODUCT
2kg	Rolled Beef Brisket
300g	White Onions – finely sliced
10	Garlic Cloves
1.5 litre	Ben's Original Chilli con Carne
400ml	Beef Stock
500g	Ben's Original Long Grain Rice
1 bunch	Coriander
250g	Sweetcorn kernels (tinned)
20ml	Cooking Oil



METHOD:

	TIME
Pre- heat oven to 150c – take the rolled brisket and remove string to make flatter.	10 Mins
Finely slice the onion and put in the bottom of an ovenproof dish, add the garlic and place the brisket on top. Cover the beef with Ben's Original Chilli con Carne sauce and beef stock – tightly cover with foil and cook in oven	3-4 Hrs
Once the beef has become tender enough to pull apart with a spoon remove from the oven and while still hot pull meat apart to create long strands of meat.	10 Mins
Cook the 500g rice in 1 Litre of water	10 Mins
Preheat pan, drain sweetcorn and place with cooking oil in the frying pan – fry until slightly charred, remove from heat and set aside	5 Mins
Once the rice is cooked add the coriander and mix together	
Serve – put a large spoon of rice mix into a bowl and top with a large spoonful of the pulled beef and sprinkle with roasted corn	
Approximate Recipe Time	4 Hrs

✓ **SUITABLE FOR:** A Gluten Free Diet

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

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SHAOKAO CHICKEN

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Recipe

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

**Ben's
Original**

PROFESSIONAL



INGREDIENTS:

10 PORTIONS	PRODUCT
600g	Chicken - cubed
600g	Peppers – diced
600g	Onions – diced
400g	Pineapple Chunks
400g	Ben's Original Professional Sweet & Sour Sauce (with no added veg)
10	Wooden Skewers

METHOD:

	TIME
Place the cubed chicken and Ben's Original Professional Sweet & Sour sauce in a large bowl for about an hour to marinate	1 hour
Soak Skewers in water to prevent burning during cooking process	
Make the Skewers alternating the chicken, pineapple, peppers and onions	10 Mins
Place the skewers on a baking tray and cook for approx 30 mins until they are cooked thoroughly	30 Mins
Serve	
Approximate Recipe Time	1 Hr 40 Mins

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

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



INGREDIENTS:

2 PORTIONS	PRODUCT
20	Cherry Tomatoes – quartered
300g	Red Onion – diced
1	Small bunch coriander – chopped
800g	DOLMIO® Arrabbiata sauce
4	Eggs
1	Tbsp. Olive Oil

METHOD:

	TIME
Heat the oil in a frying pan	1 Min
Soften the onions	5 Mins
Add in the quartered Cherry Tomatoes and soften	1 Min
Stir in the DOLMIO® Arrabbiata sauce then simmer	5 Mins
Make 4 holes in the sauce and then crack an egg in each hole	1 Mins
Put a lid on the pan and simmer (until eggs are cooked to your liking)	8 Mins
Sprinkle coriander leaves and serve	1 Min
Approximate Recipe Time	22 Mins

✓ **SUITABLE FOR:** Vegetarians and a Gluten Free Diet

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

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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	
Approximate Recipe Time	40 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

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SWEET AND SOUR CHICKEN EGG ROLL



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



INGREDIENTS:

10 PORTIONS	PRODUCT
500ml	Ben's Original Sweet & Sour with vegetables
7	Chicken Breasts
200g	Bean sprouts
70	Won Ton wrappers
2	Eggs – beaten
500ml	Ben's Original Sweet Thai Chilli Sauce

METHOD:

	TIME
Pre heat oven to 180c	5 Mins
In an oven proof dish add the chicken breasts and cover in the Ben's Original Sweet & Sour Sauce with vegetables – cover the dish in tin foil and cook in the oven	30 Mins
Once the chicken is cooked using 2 forks pull the meat into small pieces then allow to cool	5 Mins
Heat a large frying pan on a high heat and quickly stir fry the bean sprouts then leave to cool	5 Mins
Once everything is completely cooled – Fill each won ton wrapper along one of the edges with a tablespoon of pulled chicken and a few bean sprouts leaving roughly 1cm on each side – fold 2 sides over the chicken and bean sprouts and roll. Repeat the process until all the ingredients are used up	5 Mins
Pre-heat over a medium heat frying pan with enough oil to cover the bottom of the pan – place egg roll into the hot oil and fry on each side for 2 mins	10 Mins
Serve with Ben's Original Sweet Thai Chilli sauce on the side and a sprinkle of red chilli and radish	
Approximate Recipe Time	1Hr

✓ **SUITABLE FOR:**

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

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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	
Approximate Recipe Time	15 Mins

- 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

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SWEET POTATO TIKKA

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



INGREDIENTS:

10 PORTIONS	PRODUCT
1kg	Ben's Original Tikka Masala Sauce
1kg	Sweet Potato – peeled and diced
400g	Red Onions – diced
400g	Carrots – diced
125g	Fresh Spinach
100ml	Water or Veg stock
	Chopped Coriander to garnish
500g	Ben's Original Long Grain Rice

METHOD:

	TIME
Colour the potato, onion, carrots in a pan with a little oil	10 Mins
Add the water or stock and stir in the Ben's Original Tikka Masala Sauce	5 Mins
Simmer until the potato softens	20 Mins
10 minutes before the Potato Tikka is finished cook the Ben's Original Long grain rice following the instructions on the pack	10-12 Mins
Fold in the spinach, and finish with chopped coriander	5 Mins
Serve	
Approximate Recipe Time	40 Mins

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

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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	
Approximate Recipe Time	35 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

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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

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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	
Approximate Recipe Time	46 Mins

- ✓ **CONTAINS:** 2 of Your 5 A Day Per Serving
- ✓ **SUITABLE FOR:** Vegetarians, Vegans and a Gluten Free Diet
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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
Approximate Recipe Time	39 Mins

- ✓ **CONTAINS:** 2 of Your 5 A Day Per Serving
- ✓ **SUITABLE FOR:** Vegetarians, Vegans and a Gluten Free Diet
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FROM THE VEGETARIAN RECIPE RANGE FROM BEN'S ORIGINAL® & DOLMIO® FOODSERVICE



INGREDIENTS:

10 PORTIONS	PRODUCT
50	Breaded Vegetable nuggets
500g	Ben's Original Katsu Curry
600g	Ben's Original Wholegrain Rice
150g	Red Pepper – finely sliced
500g	Red Cabbage – finely sliced
250g	Carrot – finely sliced
300g	Onion – finely sliced
400g	Bean Sprouts
30 ml	Soy Sauce
15ml	Sesame oil
10g	Garlic puree
10g	Ginger puree

METHOD:

	TIME
Oven bake the vegetable nuggets as per the manufacturers guidelines	16 Mins
Cook the rice as per the manufacturers guidelines	10 Mins
Warm the sesame oil in a wok or large pan	1 Min
Add the garlic & ginger puree	1 Min
Add all the prepared vegetables and cook until "al dente"	6 Mins
Add the Soy sauce, stir until the veg is coated	2 Mins
Drain Rice once cooked	
Warm the Katsu Sauce	2 Mins
Serve the vegetable nuggets on the rice with the Katsu sauce, with the stir fried vegetables on the side	
Approximate recipe time	28 Mins

- ✓ **CONTAINS:** 2 of Your 5 A Day Per Serving
- ✓ **SUITABLE FOR:** Vegetarians
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**2 of YOUR
5 a DAY**

VEGETARIAN KATSU WRAP

with Sweet Potato Wedges and Sweet Chilli Slaw

Ideal
**STREET
FOOD**
Recipe



INGREDIENTS:

10 PORTIONS	PRODUCT
750g	Meat Alternative Pieces
300ml	Ben's Original Katsu Curry
300g	Lettuce - Shredded
85g	Spring Onions – Finely diced
1.4kg	Sweet potatoes Wedges
10	Tortilla Wraps
30ml	Vegetable oil
Coleslaw	
50ml	Ben's Original Sweet Thai Chilli Sauce
150ml	Mayonnaise
300g	Red Cabbage – finely sliced
300g	White Cabbage – finely sliced
300g	Carrot – Grated
200g	Onion – finely sliced

METHOD:

	TIME
Pre-heat the oven to 200c	
Coat the potato wedges with the vegetable oil, place on a baking tray and cook until soft and browned	40 Mins
Filling – Add the meat alternative pieces to a hot pan and cook until lightly browned, add the katsu sauce and cook until the sauce is absorbed	15 Mins
Cool filling, add the diced spring onion and keep refrigerated until required	
Coleslaw – Mix all the ingredients in a bowl (reduce or increase the Sweet Chilli sauce to taste for a milder / hotter mayo)	3 Mins
Assemble Wrap – Place the shredded lettuce and the Katsu mixture horizontally over the wrap, in the centre	5 Mins
Fold the bottom of the wrap over the filling, turn in the two ends and roll forming a cylindrical shape	5 mins
Slice into two on a diagonal	3 mins
Serve the wrap with the potato wedges and a side of Sweet Chili Slaw	
Approximate recipe time	40 Mins

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

✓ **SUITABLE FOR:** Vegetarians

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ARRABBIATA PAN ROASTED PRAWNS ON CRUNCHY CRUSTINI

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

DOLMIO
PROFESSIONAL



INGREDIENTS:

10 PORTIONS	PRODUCT
4	Large ciabattas- cut into 2cm slices
4	Garlic cloves- peeled
30ml	Olive oil
1 pinch	Black pepper
80	Fresh king prawns (de-shelled and de-veined)
300ml	Dolmio Arrabbiata Professional sauce
250g	Rocket

METHOD:

	TIME
Pre heat oven to 180C.	
Lay the ciabatta slices onto a baking tray, drizzle the olive oil over the bread and rub the garlic cloves over each slice.	5 mins
Bake in the oven until the bread is toasted and very crispy.	5 mins
Pre-heat a large non-stick frying pan on a high heat.	
Once the pan begins to smoke add the prawns and cook for 30-45 seconds on each side.	1 min
Once both sides are seared add the Dolmio Arrabbiata sauce, toss the prawns in the sauce and remove the pan from the heat.	2 mins
Once the ciabatta slices are crunchy remove from the oven and place 2 on a plate side by side.	2 mins
Spoon 8 prawns including the sauce over the two slices and top with a hand full of rocket.	5 mins
Approximate recipe time	20 mins



SUITABLE FOR:



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ARGENTINIAN BEEF EMPANADAS



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



INGREDIENTS:

10 PORTIONS	PRODUCT
23	320g sheet ready-rolled shortcrust pastry
200g	Onions- diced
1 tbsp	Olive oil
600g	Mince Beef
30g	Raisins- dried
300g	Ben's Original Chilli Con Carne sauce
300g	Peppers- chopped

METHOD:

	TIME
Heat the oil in a large pan. Add the onion and peppers and cook until soft and lightly browned.	10 mins
Remove from pan and keep to one-side	
Brown the mince in a pan, draining off excess liquid once cooked	10 mins
Add the onions and peppers back to the pan, stir thoroughly. Add the dried raisins and Ben's Original Chilli Con Carne sauce and simmer.	10 mins
To assemble the empanadas:	
Unroll each pastry sheet, then use a 10cm circle cutter to cut out circles of pastry. You should get 7 from each pastry sheet if you re-roll the trimmings.	10 mins
Spoon the filling onto the middle of each circle. Fold over one half of the pastry and seal by pinching the edge with your fingers.	4 mins
For best results fry the empanadas in a shallow pan until golden and crisp. For a lighter option, they can alternatively be baked in the oven until golden brown (15 mins).	6 mins
Approximate recipe time	50 mins

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CREAMY TOMATO PESTO MUSSELS

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



INGREDIENTS:

10 PORTIONS	PRODUCT
1	Garlic bulb
100ml	Olive oil
5	Large ciabatta- sliced 2cm thick
1 pinch	Black pepper
3kg	Fresh mussels- cleaned (ask the fishmonger how)
1 litre	Dolmio Creamy Tomato and Pesto Professional sauce
1 bunch	Flat leaf parsley- chopped

METHOD:

	TIME
Pre heat the oven to 180C.	
Slice the top off the garlic bulb, leaving the whole root and drizzle 10ml of oil into the centre of the garlic. Roast on an oven tray.	30 mins
Lay the ciabattas onto a baking tray. Drizzle with olive oil and pinch of black pepper and place into the oven until the ciabatta becomes golden in colour and crunchy. Once baked, remove from the oven and allow to cool.	8 mins
Once the garlic is roasted, remove a few of the cloves, remove from the skin and rub the cloves over the toasted ciabatta slices.	2 mins
Heat a large saucepan and add the Dolmio Creamy Tomato and Pesto sauce then bring to a simmer, add the cleaned mussels and coat in the sauce.	10 mins
Cover the pan with a lid and allow to steam for 3-4 minutes or until the mussels have opened up (after 3-4 minutes do not eat any mussels which are still closed).	5 mins
Sprinkle the parsley over the mussels and serve with ciabatta.	2 mins
Approximate recipe time	57 mins

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



INGREDIENTS:

10 PORTIONS	PRODUCT
1 KG	Chicken- cut into strips
500g	Red Peppers – sliced
500g	Green Peppers – sliced
600g	Red Onions – sliced
1kg	Ben's Original Professional Black Bean Sauce
50ml	Sunflower oil

METHOD:

	TIME
Heat the oil in a large pan.	1 min
Stir fry onions and peppers until soft.	5 mins
Remove the vegetables from the pan and put to one side	
Add a little more oil to the pan and stir fry the chicken until cooked through	15 mins
Add the onions and peppers back in to the pan and stir through.	1 min
Add the Ben's Original Professional Black Bean sauce to the vegetables and chicken and stir through. Leave to simmer until cooked through.	10 mins
Approximate Recipe Time	32 mins

- ✓ **CONTAINS:** 2 of Your 5 A Day Per Serving
- ✓ **SUITABLE FOR:** A Gluten Free diet.
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BARBECUED BEEF TORTILLA WRAPS



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



INGREDIENTS:

10 PORTIONS	PRODUCT
10	Soft tortillas
4 tbsp	Fresh coriander
1	Green chilli- thinly sliced
10	Lettuce leaves
1100g	Minced Beef or Lamb
600g	Mixed Peppers- diced
40ml	Oil
400g	Onions- diced
1	Red chilli- thinly sliced
300g	Tomatoes
600g	Ben's Original Professional Hickory Smoked Barbecue

METHOD:

	TIME
Heat half the oil in a pan. Add the onions and peppers and cook until soft.	10 mins
Add the minced beef, seal and cook the meat allowing it to colour. Add some water if needed- do not allow the meat to become too dry.	10 mins
When the mince is cooked, add the Ben's Original Hickory Smoked BBQ sauce, mix well and heat through. Add half the coriander	5 mins
Heat the tortillas in a warm oven on a low heat until slightly warm, but still soft.	5 mins
Shape and fill the tortillas with the cooked mince and top with the sliced chillies, diced tomatoes, reserved coriander and lettuce leaves.	5 mins
Approximate recipe time	35 mins

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