



RE:FRESH

*High Energy High Protein Meals*



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# High Energy High Protein Meals

## RE:FRESHED

Most Aged Care specialists agree designing meals to minimise weight loss and give more energy to frail residents can help restore wellbeing and promote good health. Aged Care Chefs can help by creating High Energy High Protein meals for their residents.

### OUR COLLECTION OF 12 HIGH ENERGY HIGH PROTEIN RECIPES

has been developed by our Executive Chef, Andrew Ballard, in collaboration with Dr. Karen Abbey, Aged Care Foodservice Consultant Dietitian/Dietary Chef specialising in recipe and menu development.



There are a variety of dishes - from sweet, to savoury and spicy, from quick snack to main meals and delicious desserts. They have been developed to be:

- ✓ **NUTRITIONALLY BALANCED:** Based on HEHP best practice expert advice.
- ✓ **TEXTURE MODIFICATION FRIENDLY:** Can be incorporated into some IDDSI texture modification levels.
- ✓ **FAMILIAR:** Include tried and true favourites.
- ✓ **AFFORDABLE:** Time and budget friendly.
- ✓ **EASY TO PRESENT:** Visual serving suggestions for all recipes.

*These recipes have been developed to provide inspiration to create tasty meals for your menus. Consult your resident dietitian to ensure they are suitable for specific nutritional and dietary requirements.*



# Asparagus & Capsicum Hollandaise Tart

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This elegant tart showcases the heavenly combo of tender asparagus and creamy **Knorr Hollandaise Sauce**. Swap out asparagus when out of season with green beans or broccolini.



# Asparagus & Capsicum Hollandaise Tart

Serves 10

## Ingredients

100g	Asparagus, chopped
270g	Capsicum, chopped
1.5	Puff pastry sheets
<b>2.5g</b>	<b>Knorr Thai Lime Powder</b>
<b>3g</b>	<b>Knorr Chicken Booster GF</b>
20ml	Olive oil
<b>100g</b>	<b>Knorr Hollandaise Sauce GF</b>
2	Egg yolks
75	Parmesan cheese

## Method

1. In a bowl combine chopped asparagus and capsicum, **Knorr Thai Lime Powder**, **Knorr Chicken Booster GF**, and oil.
2. Prepare pastry by folding over edges to create a 2cm border. Using a fork, make holes in pastry and bake on a lined tray for 10 minutes at 180°C.
3. Whisk lightly **Knorr Hollandaise Sauce GF** and egg yolks in a separate bowl. Pour over the pastry, top with the vegetable mixture and sprinkle with cheese.
4. Cook in pre-heated oven at 180°C for 15 minutes or until the pastry is crispy and the tart is set.

## Nutrition Information

	Per Serve (87g)
Energy (kJ)	914
Protein (g)	6
Total Fat (g)	16
Saturated Fat (g)	5
Carbohydrate (g)	11
Sugars (g)	1
Dietary Fibre (g)	2
Sodium (mg)	296

## Knorr Thai Lime Powder 500g



- Made with real lime
- Very versatile, add directly to any dish or make up as a lime mix instead of fresh lime

## Knorr Chicken Booster 2.4kg/8kg



- Real natural flavour
- Gluten-free
- Perfect for bouillons, stocks, soups, sauces, casseroles, gravies and pies

## Knorr Hollandaise Sauce 1L



- Made with 100% cage-free eggs
- Gluten-free
- Suitable for vegetarians\*
- No artificial colours, preservatives or added MSG

\*Suitable for vegetarians who consume dairy & eggs.



# Simple Tomato & Potato Scones

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These savoury potato and tomato scones are easy to whip up and loaded with flavour. Serve with a delicious tomato butter.



# Simple Tomato & Potato Scones

Serves 10

## Ingredients

300g	Flour white, self-raising
115g	Butter
<b>35g</b>	<b>Knorr Potato Flakes GF</b>
<b>70g</b>	<b>Knorr Tomato Powder GF</b>
<b>3g</b>	<b>Knorr Vegetable Booster GF</b>
1	Egg, large
50g	Parmesan cheese
150ml	Water
200ml	Milk, full cream
100g	Butter

## Method

1. Rub butter into flour.
2. Add **Knorr Potato Flakes GF**, 20g of **Knorr Tomato Powder GF**, **Knorr Vegetable Booster GF**, egg and cheese.
3. In a jug combine water and milk and heat in a microwave for 20 seconds.
4. Pour into the dry mix and combine using a metal knife to mix. If the mixture is too wet add a little more flour.
5. On a floured surface, roll out the dough to about 4cm thickness. Use a 6cm cutter to cut out 10 scones.
6. Place on a floured baking tray and cook at 180°C for 20-25 minutes.
7. Combine butter and the remaining 50g of **Knorr Tomato Powder GF** and serve with scones.

## Nutrition Information

	Per Serve (110g)
Energy (kJ)	1272
Protein (g)	7
Total Fat (g)	19
Saturated Fat (g)	10
Carbohydrate (g)	26
Sugars (g)	2
Dietary Fibre (g)	1
Sodium (mg)	500

## Knorr Potato Flakes 4kg



- A versatile ingredient, used to make mashed potato, gnocchi, crumb coating and more
- Gluten-free

## Knorr Tomato Powder 850g



- Rich, pulpy and well-balanced tomato sauce in just 1 minute
- Gluten-free

## Knorr Vegetable Booster 2.4kg/8kg



- Real natural flavour
- Vegan certified
- Gluten-free
- Perfect for bouillons, stocks, soups, sauces, casseroles, gravies and pies



# Sausage Rolls & Homemade Tomato Sauce

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These delicious sausage rolls are easy to make, as is the flavourful tomato sauce to serve them with. Your residents are sure to enjoy them.



# Sausage Rolls & Homemade Tomato Sauce

**Serves 10 (2/person)**

## Ingredients

500g	Beef mince
100ml	<b>Knorr American Chipotle BBQ Sauce GF</b>
7.5g	<b>Knorr Beef Booster GF</b>
3	Eggs, large
75g	Breadcrumbs
1.5	Puff pastry sheets
280g	<b>Knorr Italiana Pronto Napoli GF</b>
75ml	Water
25g	Brown sugar
5g	<b>Knorr Thai Lime Powder</b>

## Method

### *Beef Sausage Rolls*

1. In a bowl combine beef mince, **Knorr American Chipotle BBQ Sauce GF**, 5g of **Knorr Beef Booster GF**, 2 eggs and breadcrumbs to make a filling.
2. Cut pastry in half. Spoon the filling mixture along the pastry halves, fold and cut into individual sausage rolls – brush with 1 beaten egg.
3. Preheat oven to 180°C and bake sausage rolls for approximately 20-25 minutes until golden brown.

### *Homemade Tomato Sauce*

4. In a saucepan combine **Knorr Italiana Pronto Napoli GF**, water, brown sugar, 2.5 g of **Knorr Beef Booster GF**, and **Knorr Thai Lime Powder**. Heat through.

## To Serve

Serve sausage rolls with homemade tomato sauce.

## Nutrition Information

Per Serve (71g)

Energy (kJ)	515
Protein (g)	7
Total Fat (g)	5
Saturated Fat (g)	2
Carbohydrate (g)	10
Sugars (g)	3
Dietary Fibre (g)	1
Sodium (mg)	217

## Knorr American Chipotle BBQ Sauce 2.1kg



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

## Knorr Beef Booster 2.4kg/8kg



- Real natural flavours
- Gluten-free
- Perfect for bouillons, stocks, soups, sauces, casseroles, gravies and pies

## Knorr Italiana Pronto Napoli 4.15kg



- Made in Italy from sustainably grown Italian tomatoes
- Authentic Napoli base sauce with 95% tomato content and real tomato chunks throughout
- Gluten-free

## Knorr Thai Lime Powder 500g



- Made with real lime
- Very versatile, add directly to any dish or make up as a lime mix instead of fresh lime



# Lemon Tuna Corn Bread Cases

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A cost-effective dish and perfect as finger food or a light snack, with a creamy lemon hollandaise filling inside a buttery bread case.



# Lemon Tuna Corn Bread Cases

**Serves 10**

## Ingredients

10	White bread slices, crusts removed
50g	Margarine
225g	Tuna, canned in spring water
60g	Red capsicum, finely diced
95g	Corn kernels, tinned, drained
<b>70ml</b>	<b>Knorr Chinese Lemon Sauce GF</b>
<b>140g</b>	<b>Knorr Hollandaise Sauce GF</b>
<b>2g</b>	<b>Knorr Chicken Booster GF</b>
5g	Parsley, chopped

## Method

### *Bread Cases*

1. Flatten the bread using a rolling pin.
2. Spread bread with margarine and place into a muffin tin.
3. Cook at 180°C for 20 minutes. Set aside.

### *Filling*

4. Combine tuna, red capsicum, corn, **Knorr Chinese Lemon Sauce GF**, **Knorr Hollandaise Sauce GF** and **Knorr Chicken Booster GF** in a saucepan and heat through.

### *Assemble & Cook*

5. Spoon the filling mixture into each bread case, cook in pre-heated oven at 180°C for 5-10 minutes or until cooked.

## To Serve

Top with parsley and serve.

## Nutrition Information

	Per Serve (95g)
Energy (kJ)	917
Protein (g)	9
Total Fat (g)	11
Saturated Fat (g)	3
Carbohydrate (g)	19
Sugars (g)	3
Dietary Fibre (g)	1
Sodium (mg)	371

## Knorr Chinese Lemon Sauce 2kg



- A tangy lemon sauce, with lemon juice
- Gluten-free

## Knorr Hollandaise Sauce 1L



- Made with 100% cage-free eggs
- Gluten-free
- Suitable for vegetarians\*
- No artificial colours, preservatives or added MSG

\*Suitable for vegetarians who consume dairy & eggs.

## Knorr Chicken Booster 2.4kg/8kg



- Real natural flavour
- Gluten-free
- Perfect for bouillons, stocks, soups, sauces, casseroles, gravies and pies



# BBQ Chicken Mini Pizzas

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This bbq chicken pizza is quick and easy to make and great for a snack or light meal when served with a salad. The magic is in the sauce!





# BBQ Chicken Mini Pizzas

**Serves 8**

## Ingredients

<b>80g</b>	<b>Knorr American Chipotle BBQ Sauce GF</b>
<b>160g</b>	<b>Knorr Italiana Pronto Napoli GF</b>
4	English muffins, white, halved
230g	Cooked chicken breast
100g	Mozzarella, shredded
15g	Basil leaves

## Method

1. Combine **Knorr American Chipotle BBQ Sauce GF** and **Knorr Italiana Pronto Napoli GF**.
2. Spread onto a muffin base and top with chicken and cheese.
3. Cook in oven at 180°C for approximately 15 minutes until the cheese melts and muffin is toasted.

## To Serve

Cool slightly and serve topped with basil leaves.

## Nutrition Information

	Per Serve (110g)
Energy (kJ)	768
Protein (g)	14
Total Fat (g)	5
Saturated Fat (g)	2
Carbohydrate (g)	18
Sugars (g)	4
Dietary Fibre (g)	1
Sodium (mg)	399

## Knorr American Chipotle BBQ Sauce 2.1kg



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

## Knorr Italiana Pronto Napoli 4.15kg



- Made in Italy from sustainably grown Italian tomatoes
- Authentic Napoli base sauce with 95% tomato content and real tomato chunks throughout
- Gluten-free



# Thai Sweet Chilli Fish Cakes with Lemon Mayo

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These 6-ingredient fish cakes are quick and easy to make and are perfect for a snack or meal. **Knorr Thai Sweet Chilli Jam** gives this dish plenty of flavour that balances well with the side of lemon mayo.



# Thai Sweet Chilli Fish Cakes with Lemon Mayo

Serves 5

## Ingredients

750g	Hoki fillet
<b>100g</b>	<b>Knorr Potato Flakes GF</b>
<b>100g</b>	<b>Knorr Chinese Lemon Sauce GF</b>
<b>50g</b>	<b>Knorr Thai Sweet Chilli Jam</b>
100g	Breadcrumbs
100ml	Olive oil
<b>150g</b>	<b>Hellmann's Deli Mayonnaise</b>
<b>150ml</b>	<b>Knorr Chinese Lemon Sauce GF</b>

## Method

### Fish Cakes

1. In a food processor combine hoki, **Knorr Potato Flakes GF**, **Knorr Chinese Lemon Sauce GF**, **Knorr Thai Sweet Chilli Jam** and breadcrumbs. Blitz until smooth.
2. Shape mixture into approx. 5cm round cakes.
3. Heat oil in frying pan and shallow fry fish cakes for 4-5 minutes or until golden.

### Sauce

4. Combine **Hellmann's Deli Mayonnaise** and **Knorr Chinese Lemon Sauce GF**.

## To Serve

Serve fish cakes with the prepared sauce and salad or chips on the side.

## Nutrition Information

Per Serve (278g)

Energy (kJ)	2275
Protein (g)	23
Total Fat (g)	26
Saturated Fat (g)	4
Carbohydrate (g)	51
Sugars (g)	20
Dietary Fibre (g)	2
Sodium (mg)	981

## Knorr Potato Flakes 4kg



- A versatile ingredient, used to make mashed potato, gnocchi, crumb coating and more
- Gluten-free

## Knorr Chinese Lemon Sauce 2kg



- A tangy lemon sauce, with lemon juice
- Gluten-free

## Knorr Thai Sweet Chilli Jam 920g



- A traditional Thai sweet chilli paste made with fresh shallots and garlic, fried and blended with chilli and shrimps

## Hellmann's Deli Mayonnaise 2.6kg/10kg/20kg



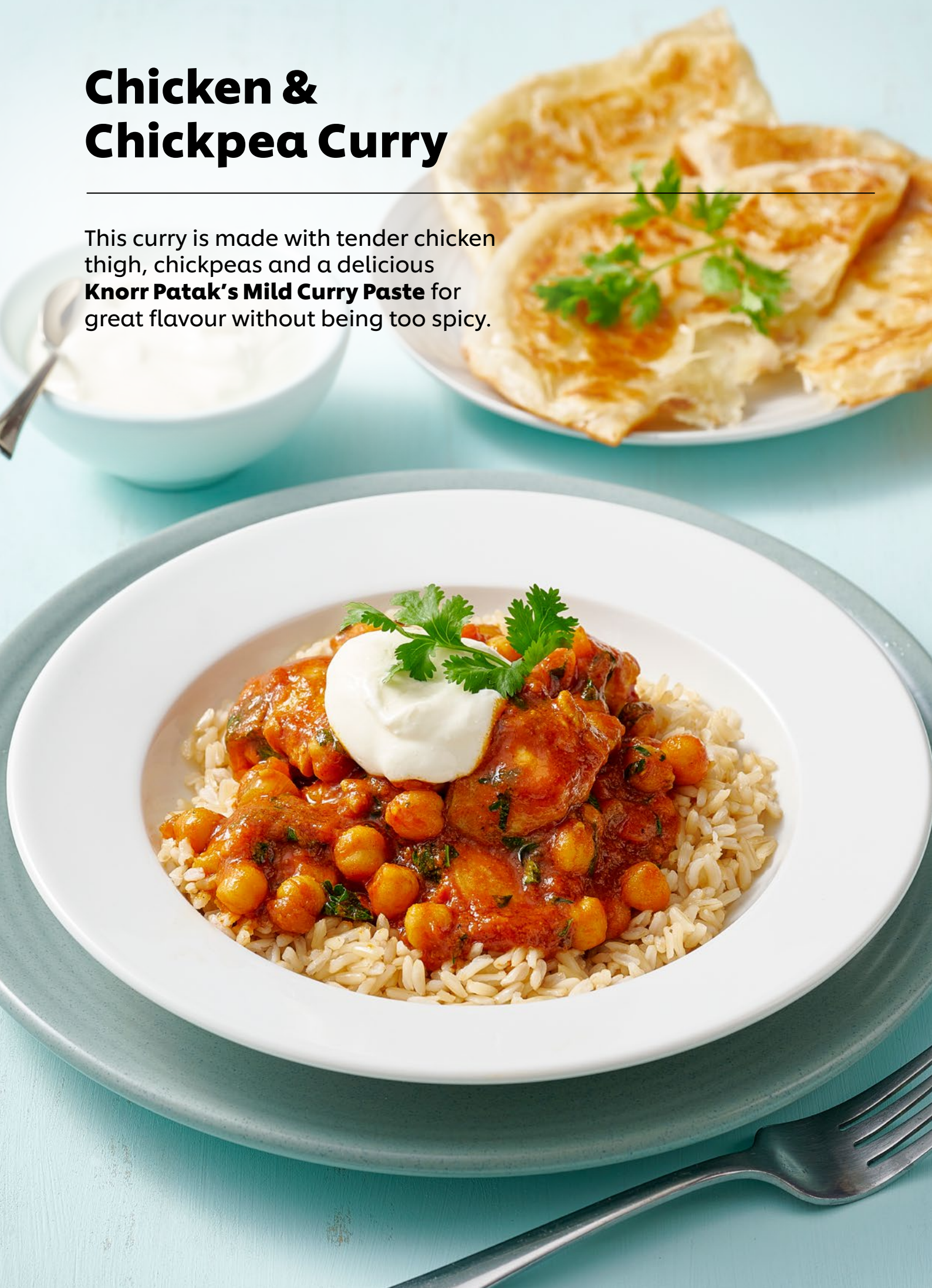
- Sweet and tangy taste in every bite
- An affordable option for Hellmann's Real lovers



# Chicken & Chickpea Curry

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This curry is made with tender chicken thigh, chickpeas and a delicious **Knorr Patak's Mild Curry Paste** for great flavour without being too spicy.



# Chicken & Chickpea Curry

Serves 10

## Ingredients

20ml	Olive oil
80g	Onion brown, diced
10g	Garlic, crushed
<b>50g</b>	<b>Knorr Patak's Mild Curry Paste</b>
<b>10g</b>	<b>Knorr Chicken Booster GF</b>
700g	Chicken thigh, diced
<b>500g</b>	<b>Knorr Italiana Pronto Napoli GF</b>
400g	Chickpeas, drained
<b>60g</b>	<b>Knorr Thai Coconut Milk Powder</b>
<b>7g</b>	<b>Knorr Thai Lime Powder</b>
30g	Coriander
1kg	Cooked rice
200g	Plain yogurt

## Method

1. Heat oil in a pan, add onion and garlic, cook for 5 minutes or until softened.
2. Add chicken, **Knorr Patak's Mild Curry Paste** and **Knorr Chicken Booster GF** and cook for 5 more minutes or until the chicken is browned.
3. Add **Knorr Italiana Pronto Napoli GF** and chickpeas. Cook for 15 minutes.
4. Add **Knorr Thai Coconut Milk Powder** and stir through.
5. Chop up  $\frac{3}{4}$  of coriander and add to the curry.
6. Add **Knorr Thai Lime Powder**, stir and cook for another 5 minutes or until the sauce reduces.

## To Serve

Serve with yogurt and rice, garnished with the remaining coriander.

## Nutrition Information

Per Serve (300g)

Energy (kJ)	1881
Protein (g)	23
Total Fat (g)	16
Saturated Fat (g)	5
Carbohydrate (g)	48
Sugars (g)	5
Dietary Fibre (g)	3
Sodium (mg)	621

### Knorr Patak's Mild Curry Paste 1.05kg



- A medium spice blend of coriander, cumin, turmeric, chilli, tomato and spices

### Knorr Chicken Booster 2.4kg/8kg



- Real natural flavour
- Gluten-free
- Perfect for bouillons, stocks, soups, sauces, casseroles, gravies and pies

### Knorr Italiana Pronto Napoli 4.15kg



- Made in Italy from sustainably grown Italian tomatoes
- Authentic Napoli base sauce with 95% tomato content and real tomato chunks throughout
- Gluten-free

### Knorr Thai Coconut Milk Powder 1kg



- Made with real coconut

### Knorr Thai Lime Powder 500g



- Made with real lime
- Very versatile, add directly to any dish or make up as a lime mix instead of fresh lime



# Thai Yellow Chicken Curry

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Yellow curry is one of the most popular Thai Curries cooked outside of Thailand. This dish has a nice rich sauce with the addition of **Knorr Thai Coconut Milk Powder**.



# Thai Yellow Chicken Curry

**Serves 10**

## Ingredients

20ml	Olive oil
1	Onion, medium, diced
<b>100g</b>	<b>Knorr Thai Yellow Curry Paste</b>
1kg	Chicken thigh, diced
140g	Potato, peeled, cooked, diced
150g	Baby corn, halved
60g	Red capsicum, chopped
500ml	Water
<b>70g</b>	<b>Knorr Thai Coconut Milk Powder</b>
10g	Fish sauce
12g	Brown sugar
<b>6g</b>	<b>Knorr Chicken Booster GF</b>
<b>7g</b>	<b>Knorr Thai Lime Powder</b>
1kg	Rice, white, cooked
15g	Coriander
100g	Bean shoots

## Method

1. Heat oil in a pan and cook onion until soft. Add **Knorr Thai Yellow Curry Paste** and chicken and cook for 4-5 minutes or until chicken is browned.
2. Add potato, corn, capsicum, water, **Knorr Thai Coconut Milk Powder**, fish sauce, brown sugar, **Knorr Chicken Booster GF** and **Knorr Thai Lime Powder**, and simmer for 10-15 minutes or until chicken is cooked through.

## To Serve

Serve with rice and garnish.

## Nutrition Information

Per Serve (315g)

Energy (kJ)	1784
Protein (g)	24
Total Fat (g)	16
Saturated Fat (g)	5
Carbohydrate (g)	43
Sugars (g)	4
Dietary Fibre (g)	2
Sodium (mg)	346

## Knorr Thai Yellow Curry Paste 850g



- A mild spice blend paste combining lemongrass, garlic, shallot, galangal and turmeric

## Knorr Thai Coconut Milk Powder 1kg



- Made with real coconut

## Knorr Chicken Booster 2.4kg/8kg



- Real natural flavour
- Gluten-free
- Perfect for bouillons, stocks, soups, sauces, casseroles, gravies and pies

## Knorr Thai Lime Powder 500g



- Made with real lime
- Very versatile, add directly to any dish or make up as a lime mix instead of fresh lime



# Tuscan Meatballs with Pasta

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This easy, low-cost Tuscan meatball spaghetti recipe is delicious and flavourful. A simple, wholesome dinner that your residents will love.



# Tuscan Meatballs with Pasta

Serves 10

## Ingredients

500g	Beef mince
5g	Garlic, crushed
2	Shallots, chopped
<b>10g</b>	<b>Knorr Tomato Powder GF</b>
75g	Breadcrumbs
2	Eggs, large
20ml	Olive oil
<b>720g</b>	<b>Knorr Italiana Tuscan Vegetable Sauce GF</b>
<b>80g</b>	<b>Knorr Hollandaise Sauce GF</b>
60g	Baby spinach
10g	Brown sugar
<b>3g</b>	<b>Knorr Beef Booster GF</b>
700g	Spaghetti
100g	Parmesan cheese
20g	Basil, chopped

## Method

1. Combine beef mince, garlic, shallots, **Knorr Tomato Powder GF**, breadcrumbs and eggs and roll into 20 balls.
2. Heat oil in a pan and cook meat balls for 4-5 minutes or until browned.
3. Add **Knorr Italiana Tuscan Vegetable Sauce GF** and **Knorr Hollandaise Sauce GF** and simmer for another 15 minutes or until meatballs are cooked. Add spinach and stir through.
4. Cook pasta following packet directions.

## To Serve

Serve meatballs with pasta, sprinkled with parmesan and basil.

## Nutrition Information

Per Serve (240g)

Energy (kJ)	1485
Protein (g)	22
Total Fat (g)	15
Saturated Fat (g)	5
Carbohydrate (g)	30
Sugars (g)	5
Dietary Fibre (g)	1
Sodium (mg)	600

## Knorr Tomato Powder 850g



- Rich, pulpy and well-balanced tomato sauce in just 1 minute
- Gluten-free

## Knorr Italiana Tuscan Vegetable Sauce 1.95kg



- Made with chargrilled vegetables with a hint of smoky flavour
- Suitable for vegetarians
- Gluten-free
- No artificial colours, flavours or added MSG

## Knorr Hollandaise Sauce 1L



- Made with 100% cage-free eggs
- Gluten-free
- Suitable for vegetarians\*
- No artificial colours, preservatives or added MSG

\*Suitable for vegetarians who consume dairy & eggs.

## Knorr Beef Booster 2.4kg/8kg



- Real natural flavours
- Gluten-free
- Perfect for bouillons, stocks, soups, sauces, casseroles, gravies and pies



# Moroccan Pasta Bolognese

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This sauce is unsurprisingly irresistible. It uses enough of its Italian origins to taste familiar to the residents, but the fragrant Moroccan sauce will give it a delicious twist.



# Moroccan Pasta Bolognese

Serves 10

## Ingredients

20ml	Oil
1kg	Lamb mince
1	Onion, diced
2	Garlic cloves, finely chopped
2	Carrots, finely chopped
2	Celery stalks, finely chopped
600ml	<b>Knorr Moroccan Sauce GF</b>
300g	<b>Knorr Italiana Pronto Napoli GF</b>
500g	Pappardelle pasta
20g	Basil leaves
120g	Parmesan cheese, grated

## Method

1. Heat oil saucepan. Add mince meat and cook until browned. Remove from the pan and set aside.
2. Add onion, garlic, carrot and celery into the same pan and cook for 5 minutes or until softened. Return lamb mince to pan.
3. Add **Knorr Moroccan Sauce GF** and **Knorr Italiana Pronto Napoli GF**, and simmer for 20 minutes or until the mince is cooked and the sauce reduced.
4. Cook pasta following packet directions.

## To Serve

Serve pasta with prepared sauce and garnish with basil and parmesan cheese.

## Nutrition Information

	Per Serve (298g)
Energy (kJ)	1968
Protein (g)	32
Total Fat (g)	14
Saturated Fat (g)	5
Carbohydrate (g)	50
Sugars (g)	12
Dietary Fibre (g)	3
Sodium (mg)	585

## Knorr Moroccan Sauce 2kg



- A flavourful, spicy sauce made with sultanas and ground spices
- Gluten-free
- No artificial colours, flavours or added MSG

## Knorr Italiana Pronto Napoli 4.15kg



- Made in Italy from sustainably grown Italian tomatoes
- Authentic Napoli base sauce with 95% tomato content and real tomato chunks throughout
- Gluten-free



# Lemon Chiffon Pie

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A classic with a twist. This pie is light and airy with a tangy lime flavour. Swap out scotch finger for any other biscuit to change the base.



# Lemon Chiffon Pie

Serves 10

## Ingredients

360g	Scotch finger biscuits
125g	Butter, melted
500ml	Milk, full cream
600ml	Cream
50g	Milk powder
<b>135g</b>	<b>Carte D'Or Pannacotta Dessert Mix</b>
<b>10g</b>	<b>Knorr Thai Lime Powder</b>
15g	Icing sugar

## Method

1. Process biscuits in a food processor until finely crumbed, add melted butter and combine.
2. Press crushed biscuits into a 24cm (9.5") round cake tin.
3. Bring milk and 300ml of cream to the boil. Add milk powder and **Carte D'Or Pannacotta Dessert Mix**, whisk until combined.
4. Pour the mixture into cake tins and refrigerate for 4 hours or overnight.
5. Whisk the remaining 300ml of cream, **Knorr Thai Lime Powder** and icing sugar until firm peaks.

## To Serve

Serve chiffon pie with cream on the side and dusted with icing sugar.

## Nutrition Information

	Per Serve (180g)
Energy (kJ)	2457
Protein (g)	10
Total Fat (g)	42
Saturated Fat (g)	27
Carbohydrate (g)	46
Sugars (g)	24
Dietary Fibre (g)	1
Sodium (mg)	264

## Carte D'Or Pannacotta Dessert Mix 780g



- Combines the richness of cream with the sweetness of vanilla

## Knorr Thai Lime Powder 500g



- Made with real lime
- Very versatile, add directly to any dish or make up as a lime mix instead of fresh lime



# Crêpe Cake

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Made with delicious layers of soft, thin crêpes and crème brûlée, topped with whipped cream and grated chocolate, this recipe doesn't only look impressive but also tastes amazing.



# Crêpe Cake

**Serves 10**

## Ingredients

1L	Milk, full cream
10 Tbs	Milk powder
<b>125g</b>	<b>Carte D'Or Crème Brûlée/Crème Caramel Mix</b>
300g	Traditional French Crêpes, frozen
300ml	Cream, whipped
60g	Dark chocolate, grated

## Method

1. Bring milk to the boil and whisk in milk powder and **Carte D'Or Crème Brûlée/Crème Caramel Mix**.
2. Line the bottom and sides of a round 23cm springform pan with baking paper well, to prevent the mixture from leaking through.
3. Start by placing two crêpes into the tin to form a solid base and ladle over the crème brûlée mixture – approximately 150-200ml per layer, place another crêpe on top.
4. Repeat with remaining mixture and crêpes. Refrigerate the cake overnight.
5. Beat cream until thick and spread on top and sides of the cake.

## To Serve

Top with grated chocolate and serve.

## Nutrition Information

Per Serve (192g)

Energy (kJ)	1465
Protein (g)	9
Total Fat (g)	19
Saturated Fat (g)	11
Carbohydrate (g)	35
Sugars (g)	25
Dietary Fibre (g)	1
Sodium (mg)	157

## Carte D'Or Crème Caramel/ Crème Brûlée Dessert Mix 1250g



- A two-in-one mix: combine with caramel sauce for a rich Crème Caramel or top with sugar and caramelise for Crème Brûlée