

Plant-based Trotein







Monkey gland sauce

10 ml Olive oil

120 g Onion, finely chopped

10 g Garlic, chopped20 g Tomato paste160 g Tomato, chopped

250 ml Chutney

15 ml Worcester sauce

10 ml Vinegar 10 g Sugar 1 g Salt

Burger patties

480 g Beef flavoured plant-based protein,

prepared

100 g Onion, finely chopped

20 g Garlic, chopped

20 g Butter

5 g Thyme, fresh and finely chopped

2 g Salt

1 g Black pepper

To assemble burger

8 Cheese slices 200 g Onions, sliced

40 g Butter 1 g Salt

4 Jumbo burger buns, buttered and

toasted

TT Lettuce leaves
TT Tomato, sliced

TT Red onion, thinly sliced and raw

TT Rosemary, fresh twigs





Method

Monkey gland sauce

- 1. Fry the finely chopped onion and garlic in oil until translucent.
- 2. Add tomato paste and tomatoes and simmer until required consistency.

Burger patties

- Fry the finely chopped garlic and onion in butter until translucent. Add to the prepared plant protein.
- 2. Mix the plant-based protein, chopped thyme, salt and pepper.
- 3. Divide into portions and form patties. They should be uniform in thickness. Smooth out any cracks using your fingers.
- 4. Bake in oven at 180°C for 15 minutes.

Assemble burger

- 1. While patties cook in oven, fry the sliced onions in butter until caramelised. Season with salt.
- 2. When patties are ready, add two slices of cheese to each patty, return to the still hot oven for cheese to melt.
- 3. Add lettuce, red onion slices, and tomato to one half of a toasted bun, top with cheese covered patty, caramelised onions and monkey gland
- 4. Garnish with onion rings fried in batter, and rosemary.
- 5. Add remaining half of the bun.
- 6. Serve with rustic hand-cut chips.

400 g Chicken flavoured plant-based

protein, prepared

Small chili, fresh and finely

chopped

TT Parsley, freshly chopped

TT Oregano, freshly chopped

TT Flour Egg

TT Breadcrumbs

Method

1

- Add the chopped chili and chopped herbs to the prepared plant-based protein. Mix well and shape into chicken nuggets of 20 g each.
- 2. Roll each nugget in flour, then egg, and then coat with the breadcrumbs.
- 3. Bake in the oven at 180°C until cooked, or shallow fry in oil or cook in an air fryer for a healthier option.

Gucken Muggets

CHEESE FILLED

Enicken Sites

Ingredients (Serves 4)

Use the same mixture as for the chicken nuggets (see recipe on page 6).

Method

- 1. Place a piece of cheddar or mozzarella cheese inside the plant-based protein mixture, and shape.
- 2. Cover with flour, egg and breadcrumbs the same as for the chicken nuggets.
- 3. Bake in an oven, or shallow fried or cook in an air fryer.

Pickled pepper relish

1½ cups Red and green peppers, sliced

60 ml Vinegar 60 g Sugar

20 g Garlic, freshly chopped

60 g Onion, chopped

2 g Salt

Burger patties

480 g Chicken flavoured plant-based protein,

prepared

20 g Parsley, fresh and finely choppedTT Onion and garlic, finely chopped and

fried in butter

80 g Flour 2 Eggs

60 g Breadcrumbs

To assemble burger

4 Burger rolls, toasted and buttered

TT Lettuce
TT Tomato, sliced
100 ml weet chili sauce

TT Crispy onions – thinly sliced onions,

dusted in flour and fried Rosemary, fresh twigs

Method

Pickled pepper relish

- 1. Add to a pot the peppers, vinegar, sugar, garlic, onion and salt.
- Bring to a boil. Reduce heat and simmer for 20 minutes.
- 3. Cool before serving.

Burger patties

- 1. Mix the plant-based protein, chopped parsley, and the cooked onion and garlic.
- 2. Form into patties.
- 3. Cover with flour, egg and breadcrumbs.
- 4. Shallow fry until cooked or bake in the oven at 180°C for 15 minutes.

Assemble burger

- 1. Add lettuce and sliced tomato to one half of a toasted burger roll. Add crumbed patty, and top with sweet chili sauce.
- 2. Top with the pickled pepper relish and garnish with crispy fried onions and rosemary.
- 3. Add remaining half of the burger roll.
- 4. Serve with fried sweet potato wedges.





Meatballs

400 g Chicken flavoured plant-based protein,

prepared Breadcrumbs Soya sauce

10 g Coriander, freshly chopped 60 g Onions, finely chopped

10 g Garlic, chopped
10 g Ginger, freshly grated

Glaze

20 g

20 ml

60 ml Soy sauce 40 ml Lemon juice 30 ml Honey 20 ml Oil

40 g Onions, finely chopped 5 g Coriander, freshly chopped 5 g Ginger, freshly grated

5 g Garlic, chopped

5 g Chili, fresh and finely chopped

To assemble poke bowl

20 Chicken flavoured plant-based mini

meatballs, already prepared and cooked

200 g Basmati rice, cooked

TT Greens – lettuce, fresh coriander,

marjoram

TT Cucumber, diced
TT Tomato, diced
TT Pickled red onion
TT Red pepper, diced

TT Plain yoghurt, unsweetened

TT Lemon zest

TT Salt

TT Mint, freshly chopped TT Sesame seeds, toasted





Glaze

- 1. In a pot, add together all ingredients for the glaze.
- 2. Bring to the boil, reduce heat and simmer for 20 minutes, stirring often until thick.

Burger patties

- 1. Combine all the ingredients for the meatballs thoroughly and with wet hands, roll into mini-size balls.
- 2. Bake in the oven at 180°C for 10 minutes.
- 3. Glaze immediately after removed from the oven.

Assemble poke bowl

- 1. Mix yogurt with grated lemon zest, salt, and chopped mint.
- 2. Place herbed yoghurt in bottom of bowl. Arrange the remaining ingredients on top.
- 3. Garnish with toasted sesame seeds.



WITH SAVOURY RICE

Meatloaf

600 g Beef flavoured plant-based protein,

prepared

100 g Onion, finely chopped

3 Eggs

40 g Garlic, chopped 100 ml Tomato sauce

20 g Parsley, fresh and finely chopped

60 g Breadcrumbs

40 ml Milk 2 g Salt 3 g Paprika

Meatloaf marinade

100 ml Tomato sauce 10 ml White vinegar

10 g Sugar 2 g Salt

Savoury rice

200 g Rice10 g Butter10 g Turmeric

60 g Red and green peppers, chopped

20 g Onion, chopped 10 g Curry powder

2 g Salt

TT Coriander, fresh and finely chopped



Method

Meatloaf

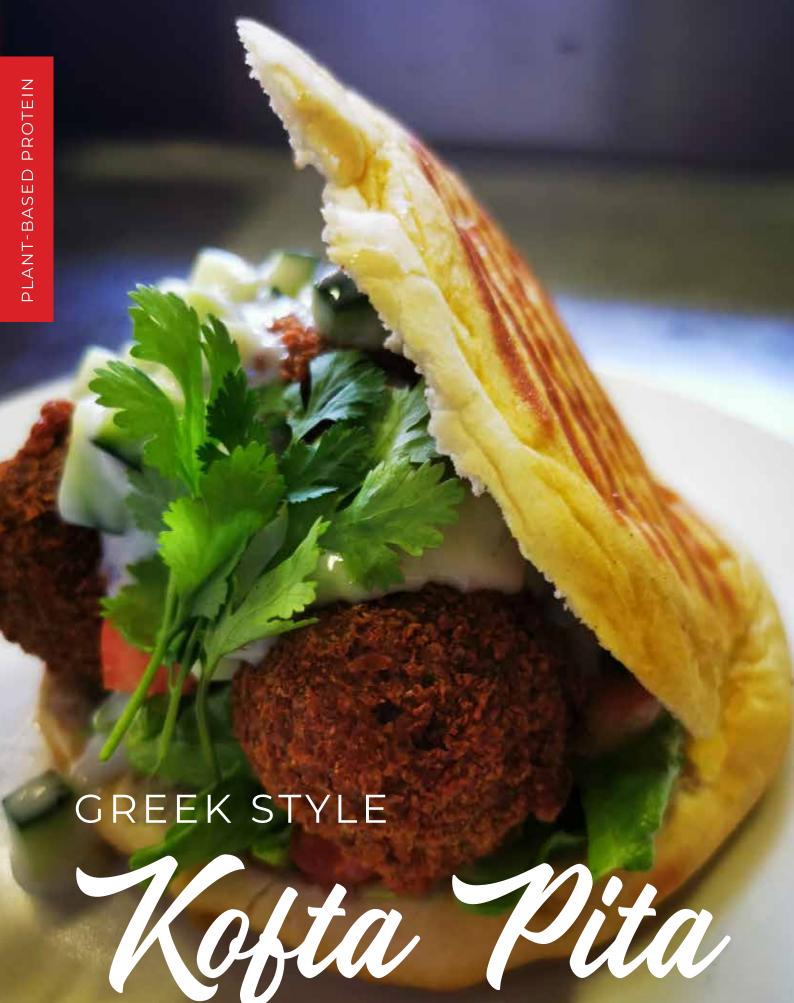
- 1. Preheat oven to 180°C.
- 2. Line a baking tray with parchment paper and oil well.
- 3. In a large bowl, add all the ingredients for the meat loafs. Mix well to combine.
- 4. Form into 150 g each individual meat loaves.
- 5. Bake meat loaves for 25 minutes.

Meatloaf marinade

- 1. In a small bowl, mix all the ingredients together for the sauce.
- 2. Spread the sauce over meatloaves after 25 minutes baking time. Return to oven and bake an additional 10 minutes.
- 3. Rest meatloaves for 10 minutes before slicing.
- 4. Drizzle with baking juices from the baking pan after slicing.

Savoury rice

- 1. Cook rice in salted water.
- 2. Fry peppers and onions, add turmeric and curry powder and fry to release spice flavours.
- 3. Add mixture to the rice and season with salt, if needed.
- 4. Stir in the chopped coriander.





400 g Beef flavoured plant-based protein,

prepared

40 ml Lemon juice

60 g Garlic, chopped and divided (for use in

salad)

40 g Mint, freshly chopped and divided (for

use in salad)

TT Oil

Greek salad

120 g	Cucumber – seeded, quartered and
	chopped
100 g	Tomatoes, chopped
40 g	Red onion, thinly sliced into half moons
40 g	Feta cheese, crumbled
20 g	Coriander, freshly chopped
160 ml	Plain yoghurt, unsweetened

2 g Salt

To assemble pitas

2 Head of lettuce, each halved and thinly

sliced

4 Pitas, partly sliced open and lightly

toasted

Method

Koftas

- 1. In a bowl, whisk together lemon juice, oil, half the garlic and half the mint.
- 2. Add to the plant-based protein and mix well.
- 3. Form into 25 g balls.
- 4. Place on a lined and oiled baking sheet and bake in oven at 180°C for 10 minutes.

Greek salad

- 1. In a large bowl, toss together cucumber, tomatoes, red onion, and Feta cheese.
- 2. In another bowl, whisk together yoghurt, salt, chopped coriander and remaining garlic and mint.
- 3. Drizzle over salad and toss gently to combine.

Assemble pitas

- 1. Stuff each pita pocket with lettuce, Greek salad and top with the koftas.
- 2. Garnish with mint or coriander leaves.



Meatballs

600 g Beef flavoured plant-based protein,

prepared

2 slices Brown bread

50 ml Milk

2 Eggs, beaten

2 g Salt

Carrots, gratedOnion, gratedOregano, fresh

Marinara sauce

100 g Onion, chopped 60 g Garlic, chopped

10 ml Oi

100 g Canned tomato and onion mix

2 g Salt 5 g Sugar

20 g Powdered tomato and onion relish

40 g Tomato paste

5 g Oregano, freshly chopped

Pasta

80 g Spaghetti, cooked in salted water





Method

Meatballs

- 1. Soak bred sliced in milk.
- 2. In a large bowl, combine the plant protein, bread, salt, carrot, onion and beaten egg.
- 3. Mix well and form into 50 g balls. (3 per portion).
- 4. Store covered in refrigerator until ready to bake.
- 5. Bake in oven at 180°C for 15 minutes.

Marinara sauce

- 1. In a large saucepan over medium heat, sauté onion and garlic in oil until onion is translucent.
- 2. Stir in tomatoes, salt, sugar and tomato paste.
- Mix relish powder with water, then add to the pot. Stir and cover. Reduce heat to low, and simmer.

To serve

- 1. Plate the spaghetti and top with meatballs.
- 2. Dress with marinara sauce and garnish with fresh oregano.

SAVE

ON FISH STICKS

- 1. Pre-heat oven to 220°C.
- 2. Cook from frozen, do not defrost before cooking.
- 3. Place a dozen fish sticks on a greased baking sheet in the middle of the oven.
- 4. Bake for 10 minutes, turn once and continue baking for another four minutes until golden.
- 5. Serve hot.

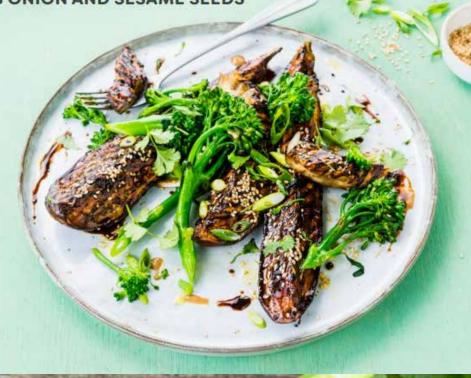
BUYER COD	E ITEM	REGION	CODE	SUPPLIER
4201	Crumbed Fish Sticks - Chefs Classique - 3KG	NATIONAL	FSH2872	BIDFOOD
4201	Fish Fingers - Southern Seas -5KG		FSH2027	Section 1
109972	Fish Cakes -Southern Seas - 80 x 50g	40 60 00	FSH2351	
4051	Battered AA Portions Southern Seas 60 X 150g		FSH2026	







WITH HOISIN, BROCCOLI RABE (TENDERSTEM), SPRING ONION AND SESAME SEEDS











INGREDIENTS

- For the marinade, add all the ingredients (except the aubergine) into a small pot, bring to the boil for 1-2 min on a medium to high heat while stirring. Set aside.
- Grill the aubergines for about 15 min. Turn every 5 min. When nicely grilled and still hot, transfer to the marinade and marinate for about 15 min.
- Add all the souce ingredients into a small pot, bring to the boil and keep stirring until everything is dissolved.



BUY NOW



BUY NOW



SEASONAL CALENDAR



VEGETABLES	JAN	FEB	MAR	ADD	MAY	JUN	JUL	AUG	SEP	ОСТ	NOV	DEC
Artichokes	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCI	NOV	DEC
Asparagus												
Baby butternuts												
Baby carrots												
Baby dumplings												
Baby corn												
Baby gems												
Baby gems Baby cabbage												
Baby marrow Beans												
Beans, broad												
Beetroot												
Brinjals												
Brussels sprouts												
Butternut												
Broccoli												
Curry leaves												
Cabbage, green												
Cabbage, green Cabbage, red												
Cabbage, red Cabbage, chinese												
Cappage, chinese Carrots												
Cauliflower												
Celery												
Celery root Cucumber												
Cucumber, English												
Cocktail tomatoes												
Chilies												
Coriander												
Dill												
Endive												
Fennel Garlic												
Ginger												
Gherkins												
Gem squash Hubbard squash												
Kholrabi												
Leeks												
Lettuce												
Marrows												
Mint												
Mealies												
Madumbi												
Okra												
Patty pans												
Pepper, green												
Pepper, yellow												
Pepper, red												
Parsnips												
Parsley												
Potatoes												
Pickling onions												
Pumpkin												
Radish												
Rhubarb												
Spinach												
Spring onions												
Sweet corn												
Sweet potatoes Sugar snap peas												
Tomatoes												
Turnips												
Witlof												
VVILIOI		L						L				

SEASONAL CALENDAR



FRUIT	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	ОСТ	NOV	DEC
Apples, Golden Delicious												
Apples, Granny Smith												
Apples, Royal Gala												
Apples, Starking												
Apricots												
Avocados												
Bananas												
Blueberries												
Cherries												
Coconuts												
Figs												
Gooseberries												
Grapefruit												
Grapes												
Grenadillas												
Guavas												
Kiwifruit												
Kumquats												
Lemons												
Limes												
Litchis												
Mangoes												
Minneolas												
Naartjies												
Nectarines												
Oranges, navel												
Oranges, other												
Olives												
Papinos												
Pawpaw												
Pears												
Pineapples												
Peaches												
Plums												
Prunes												
Prickly pears												
Spanspek												
Sweet melon												
Strawberries												
Watermelon												

GRAPES	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	ОСТ	NOV	DEC
Alphonso La Valee												
Barlinka												
Bonheur												
Bien Donne												
Dan-Ben-Hanna												
Dauphine												
Erlihane												
La Rochelle												
Red Globe												
Red Seedless												
Green Seedless												
Waltham Cross												

ĺ	IN SEASON
I	AVAILABLE BUT NOT IN SEASON
	OUT OF SEASON, SOMETIMES IMPORTED







Ingredients

1 kg	Sweet potato, peeled
1 kg	Carrots, peeled
1 kg	Beetroot, peeled
220 g	Red onion, cut into 8 pieces

Oil Spray & Cook 30 g Salt (or to taste)

30 g Black pepper, freshly ground

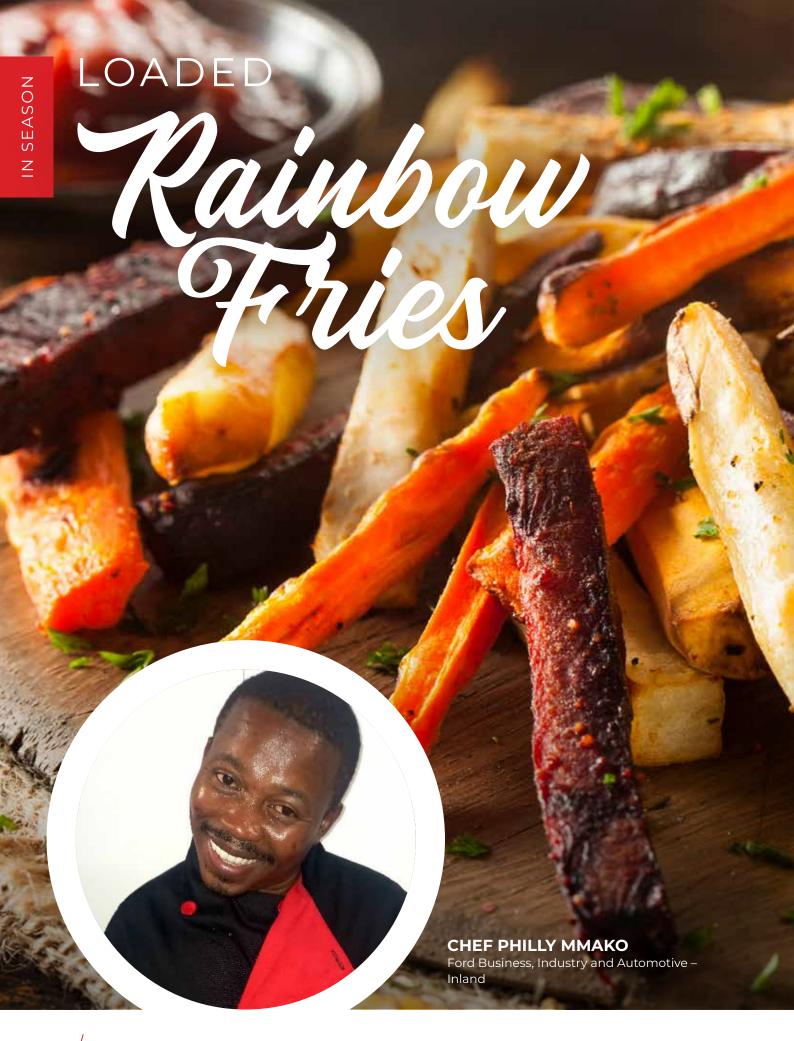
15 g Cajun spice

6 g Rosemary leaves, freshly chopped

Method

50 ml

- 1. Preheat the oven to 160°C. Arrange a rack in the middle of the oven.
- 2. Cut the root vegetables in 1 cm x 1 cm cubes.
- 3. Spray a large baking tray with Spray & Cook.
- 4. Spread root vegetables and red onion pieces evenly into a single layer on the baking tray. Drizzle with oil, salt, pepper, Cajun spice and rosemary and toss well. If your baking sheet is not large enough, make sure you use two baking trays.
- 5. Transfer baking tray(s) to the oven and roast for 45 minutes or until the vegetables are fork tender and caramelised.







Ingredients

Vegetable fries

1 kg1 kgBeetroot

1 kg Sweet potato (unpeeled)

75 ml Olive oil 2 ml Salt

2 ml Black pepper, freshly ground

Cheese Sauce

15 ml Flour 15 g Butter

5 ml Dijon mustard

TT Salt

TT White pepper 650 ml Full cream milk

100 g Cheddar or Gouda cheese, grated

Toppings

TT Spring onion, chopped 50 g Pickled Jalapeños, chopped

Method

Vegetable fries

- 1. Preheat oven to 200°C.
- 2. Cut beetroot, sweet potato and butternut into batonettes and place each in a separate bowl.
- 3. In each bowl pour 15 ml olive oil and season with a pinch salt and crushed black pepper.
- 4. Toss the vegetables in the oil and seasoning until all is well covered.
- 5. Place each vegetable type onto a separate oven tray and place in the oven for 1 hour or until well roasted.

Cheese Sauce

- 1. While the vegetables bake, prepare the cheese sauce.
- 2. Make a basic roux with the flour and butter, brown well.
- 3. Add in the mustard.
- 4. Add warm milk in intervals until a desired nappe consistency is reached for the cheese sauce.
- 5. At the end slowly fold in the cheese.







1 kg	Potatoes, cut into slices
20 g	Garlic powder (or granules)

20 g Paprika 1 tsp Salt

1 tsp Black pepper, ground

30 ml Oil

30 g Corn starchTT Non-stick spray

Method

- 1. Preheat oven to 180°C.
- 2. Mix corn starch with 100 ml water and coat the chips
- 3. In a large bowl, toss the potato slices with the seasonings, salt, and oil until the potatoes are evenly coated.
- 4. Spray a baking tray with non-stick spray.
- 5. Lay the potatoes slices on a baking tray, try to leave some space between the slices so that they do not overlap.
- 6. Bake in the oven for 30-35 minutes, or until the fries are crispy. Flip the fries every 10 minutes to cook evenly.

NIK NAKS RE-LAUNCH





WHY STOCK NIK NAKS?

- No.1 Naks/Pellets brand in South Africa
- R750 Million rand brand
- 8 of the Top 15 Naks/Pellets SKU's are NikNaks, contributing to 58% of total segment sales
- 69.9 Million packs sold in the last 52 weeks
- · 5.6 Million packs sold on average each month
- NikNaks outsells key competitor 3:1

THE RE-LAUNCH IDEA



THE FRESH NEW LOOK

Nik Naks is a brand with a strong relevance within the South African society. Our intent is to bring new news and excitement to a beloved brand.

The visual elevation of Nik Naks will attract a younger, expressive and authentic consumer, that represents the true eKasi spirit!















INTRODUCING LAY'S FLAVOURS OF THE WORLD

- This series of Limited Editions, which will introduce various flavours with an authentic taste profile that will bring each destination to life via a gastronomic experience.
- Trapping into key flavour trends and segments from around the world, for the affluent consumer who is spoilt for choice, these flavours offer a variety of unique flavours that currently do not exist.
- The first two flavours of the exciting series are French Garlic Baguette and Portuguese Peri-Peri Prawns.
- Launched March 2022 as a 12 month
 Limited Edition. 36 g will only be on the
 market for 3 months as a trial driver.



HOW TO LOG A CALL ON THE

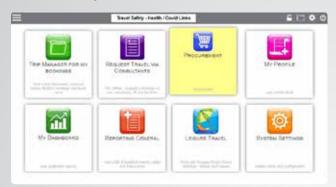
TSEBO SOURCE HELPDESK

The Tsebo Source email address will no longer be active

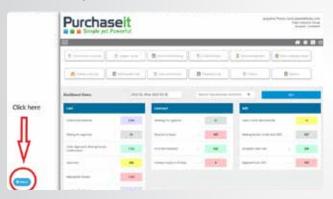
There are two ways in which you can log a helpdesk call:

Option 1

- 1. Log into Tsebo source / Purchase IT
- 2. Accept travel message
- 3. Click on 'My Procurement'



4. Click on the blue help icon on the bottom left corner of your screen

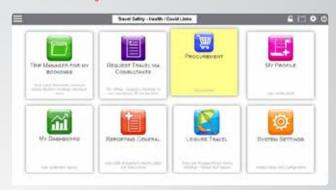


- 5. Select category for the call you want to log (please use the drop down arrow).
- 6. Once your category is selected, please leave a detailed message in the message column.
- 7. Click on send
- 8. Your call will be assigned to the designated procurement support for resolution, you will receive an email notification with your helpdesk call log number.

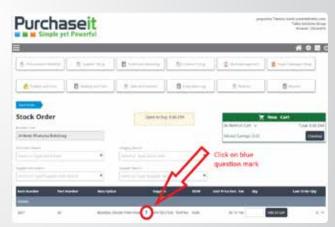


Option 2

- 1. Log into Tsebo source / Purchase IT
- 2. Accept travel message
- 3. Click on 'My Procurement'



- 4. Click on 'orders and recieving'
- 5. Click on 'stock order'
- 6. Search for stock item
- 7. Click in the blue question mark next to any stock item on Tsebo source



- 8. Select category for the call you want to log (please use the drop down arrow).
- Once your category is selected, your message block with automatically be prepopulated with detail but you can add additional information if needed
- 7. Click on send
- 8. Your call will be assigned to the designated procurement support for resolution, you will receive an email notification with your helpdesk call log number.

