



## GLORIOUS GRAINS

Grains need a boost of moisture and flavor. Try cooking them with Knorr® Professional Ultimate Bases.

#### Chef Dana says:

"Cooking grains in Knorr®
Professional Bases imparts
a savory depth of flavor that
becomes the foundation for
the rest of the bowl."



## BE BOLD

Gen Z are demanding bold & spicy flavors. Hellmann's® Ready to Use Spicy Mayo and Ancho Chipotle Sauce deliver just that.

"These products offer the consistency you can rely on with the right amount of spice that diners seek out."



# DRESS TO IMPRESS

Hellmann's® Mayonnaise creates a consistent base for you to build on.

"Hellmann's® Mayos are perfectly balanced and act as the creamy canvas for all of your creative ingredient additions."



## POWER UP

Proteins and veggies need a flavor boost while retaining texture. Try Knorr® Professional Liquid Concentrated Bases. "Knorr® Professional Liquid Concentrated Bases give you the versatility to add complex flavor to your proteins and veggies - whether grilling, roasting, braising or more."

EXPLORE ALL OUR PRODUCTS →



### Meet Chef Dana

**Unilever Food Solutions Chef** 

After graduating from the Culinary Institute of America in Hyde Park, New York, Chef Dana took up an externship at The Four Seasons Resort in Palm Beach, Florida. This is where she developed her cooking style, with a flair for transforming local and seasonal ingredients into simple yet memorable dishes.

Get to know your UFS Chefs →





Take a flavor journey across the country with 3 of our top dishes:



#### **Smoky BBQ Pulled Pork Bowl**

Why we love it: The result of a smoky American classic colliding with exotic Korean spices. Try replacing the pork with tofu for a plant-forward version.



#### Buddha Bowl With Vegan Green Goddess Dressing

Why we love it: Healthy and green doesn't mean you need to sacrifice flavor. Try Hellmann's® Vegan Mayo as a base for the dressing.



#### Grain Bowl With Chickpeas & Quinoa

Why we love it: This Northeast bowl gives us all the fall vibes with flavors that warm the soul.



**BBQ Shroom Bowl** 

BBQ shiitake mushrooms act as a savory, texture swap for traditional protein.



Falafel + Hummus

The perfect pairing of spices and heat, balanced with freshness.



proudly puts vegetables center stage.

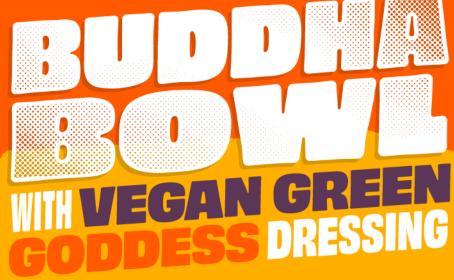


Looking for more ideas?











#### **INGREDIENTS**



Hellmann's® Heavy Duty Vegan Mayonnaise

1 cup



Best Foods® Vegan Mayo

6 Servings

1 cup

Italian parsley	1 cup
Spinach	1 cup
Chives	3 Tbsp
Tarragon	2 Tbsp
Garlic cloves	1 each
White wine vinegar	1 Tbsp
Lemon juice	3 Tbsp

Farro, cooked	3 cups
Shredded carrots	1 cup
Sweet potato steamed	1 cup
Chickpeas cooked	1 cup
Red cabbage thinly sliced	1 cups
Watermelon radish shaved thin	1 each

## **PREPARATION**

- In a blender add the parsley, spinach, chives, tarragon, garlic, white wine vinegar, and lemon juice.
- Pulse until mostly blended.
- Add the Hellmann's® Vegan Dressing and blend until smooth. Set in the fridge until ready to use.
- Build your bowl! Start with the grain, farro, in this case.
- Top with veggies and dress the bowl with the green goddess dressing you made.

