



*Fresh meal ideas,
with help from
Continental*

Continental

Quick, easy, tasty and balanced meal solutions with the help of Continental.



Family meal times matter

Continental is committed to helping families share quality family mealtimes together more often. Continental helps meal providers to make convenient, tasty and nutritious meals possible every day.

Research has shown a correlation between frequent family meals and more nutritious eating habits. For more information visit www.continental.com.au

Nutrition Enhancement Program

Unilever's Nutrition Enhancement Program is driving improvements in the nutritional composition of Continental products. Continental's achievements so far have resulted in more than 150 tonnes of saturated fat and 60 tonnes of salt being removed from the Australian and New Zealand food supply.

Culinary Expertise

Continental values the skills and expertise of the Unilever culinary team, who deliver meal ideas that help deliver nutritious meal solutions that taste great.



Continental®



Our Commitment to Sodium Reduction

In recognition of the positive impact Continental can make to people's health, in Australia & New Zealand, Continental has been actively involved in sodium reduction efforts since the 1990's.

A Unilever Sodium Reduction Strategy has been devised in response to research that indicates a high dietary intake of sodium (salt) contributes to the rise in blood pressure occurring with increasing age. The strategy is to systematically reduce the amount of sodium in our products across our portfolio, in an effort to help consumers meet the World Health Organisation daily sodium intake recommendations. This involved setting benchmarks for each product category, which will contribute to reducing sodium intake overall in the diet.

Globally we have been making reductions of up to 25% across our portfolio, while maintaining great tasting products, to meet an interim target of 6 grams of salt per day by the end of 2010.

We will continue our journey with further gradual reductions, aiming for the World Health Organization (WHO) recommendation of 5 grams of salt per day.

Working with the Heart Foundation Tick

Continental has been working with the Heart Foundation Tick for over ten years. Over 50 Continental products now meet the Heart Foundation Tick's strict nutrition standards. Each are independently tested for saturated fat, trans fat, sodium and for some products other nutrients such as fibre.

Here are just some of Continentals recipes. Our culinary team has followed the Heart Foundations Guidelines for Healthier Recipes to develop meals that not only look and taste good but also demonstrate how to prepare balanced meals for you and your clients.

Lemon & Herb Chicken Skewers with Pasta Alfredo

Preparation Time 15 minutes
(plus marinating time)

Cooking Time 15 minutes
Serves 4



Ingredients

500g skinless chicken breast fillet, cut into 3 cm cubes

2 teaspoons finely chopped thyme

Finely grated zest of 1 lemon

Freshly cracked pepper

2 teaspoons olive oil

1 x 130g **Continental Alfredo Pasta & Sauce, Value Pack**

1¼ cups (310ml) reduced fat milk

1 cup (250ml) hot water

2 teaspoons Flora Salt Reduced spread

200g seasonal vegetable of your choice e.g green beans, snow peas, sugar snaps or sliced zucchini

1 small lemon, cut into wedges

Method

Thread the chicken onto skewers. Sprinkle over the thyme, lemon zest, pepper and olive oil.

Cover, refrigerate and marinate for 20 minutes.

Preheat a barbecue or grill pan to moderately hot. Add the chicken skewers, allow to brown and cook through.

Prepare the Pasta & Sauce following packet instructions using milk, water and Flora Salt Reduced spread; adding the snow peas during the last 2 minutes of cooking.

Serve the Pasta & Sauce with the chicken skewers and a small wedge of lemon.

Tip Soak wooden skewers in cold water for 30 minutes before threading chicken onto them to stop the wood burning when grilling or barbecuing.

Nutrition information

(average quantity per serve based on listed ingredients):
Energy 1607kJ; Protein 35.6g; Total Fat 13.0g; Sat. Fat 4.0g;
Carbohydrate 29.9g; Total Sugars 7.5g; Dietary Fibre 1.9g;
Sodium 418 mg

Pasta Alfredo with Chicken and Broccolini

Preparation Time 10 minutes

Cooking Time 10 - 15 minutes

Serves 4



Ingredients

1 x 130g Value pack, **Continental Alfredo**

Pasta & Sauce

1 ¼ cups (310ml) reduced fat milk

1 cup (250ml) hot water

2 teaspoons Flora Salt Reduced spread

400g skinless chicken breast fillets, thinly sliced

2 bunches broccolini, trimmed and halved

2 tablespoons finely grated Parmesan cheese

Freshly cracked black pepper

Fresh salad for serving

Method

Prepare the Pasta & Sauce following packet instructions using milk, water and spread. Stir through the chicken half way through the cooking time, ensuring it is cooked through.

Add the broccolini 2 minutes before serving.

Serve topped with a little Parmesan, cracked black pepper and a fresh salad.

Hint Instead of broccolini, try fresh peas, baby spinach or your favourite green vegetable.

Nutrition information

(average quantity per serve based on listed ingredients):

Energy 1686kJ; Protein 36.3g; Total Fat 13.8g; Sat. Fat 4.3g;

Carbohydrate 30.4g; Total Sugars 8.3g; Dietary Fibre 6.7g;

Sodium 634mg

Beef Kebabs with Mediterranean Couscous and Roasted Tomatoes

Preparation Time 10 minutes

Cooking Time 40 minutes

Serves 4



Ingredients

- 4 roma tomatoes, halved
- Olive oil spray
- Freshly ground black pepper
- 2 teaspoons chopped parsley
- 400g lean cubed beef, visible fat trimmed
- 1 teaspoon dried mixed herbs
- 1 packet **Continental Mediterranean Vegetables & Herbs Couscous**
- 1 cup (250ml) water
- 2 teaspoons olive oil
- 2 bunches rocket

Method

Preheat oven to 160°C.

Place the tomatoes onto a paper lined baking tray, lightly spray with oil, season with pepper and sprinkle over the chopped parsley. Place into the oven for 40 minutes or until the tomatoes are soft and just cooked through, remove from oven and keep warm.

Preheat a barbecue or grill pan to moderately hot.

Thread the beef onto 8 skewers, lightly spray the kebabs with oil and sprinkle over mixed herbs, place on barbecue and allow to cook 1-2 minutes each side until just cooked in the centre, remove from barbecue and allow to rest 5 minutes.

Prepare the Couscous following packet instructions using the water and oil.

Serve Couscous topped with fresh rocket and tomatoes with the beef kebabs on the side.

Tip Feel like something different? You can mix it up and replace the beef with grilled lean chicken or fish.

Nutrition information

(average quantity per serve based on listed ingredients):
Energy 1276kJ; Protein 27.1g; Total Fat 9.4g; Sat. Fat 2.9g;
Carbohydrate 25.9g; Total Sugars 3.9g; Dietary Fibre 3.9g;
Sodium 281mg

Chicken, Cheese & Bacon Arancini

Preparation Time 15 minutes
(plus refrigeration time)

Cooking Time 25 minutes

Serves 4

Tip Working with moist fingers will keep the rice from sticking to your hands.

Ingredients

- 1 packet **Continental Risotto Cheese & Bacon**
- 2 cups (500ml) water
- 400g skinless chicken breast fillet, finely chopped
- 1 tablespoon plain flour
- 2 eggs, lightly beaten
- 1 cup dry breadcrumbs
- ¼ cup (60ml) canola oil
- 1 tablespoon **Flora Salt Reduced spread**
- 1 cos lettuce, washed and torn
- 1 small telegraph cucumber, sliced
- 1 small red onion, thinly sliced
- 1 red capsicum, cut into strips
- 1 small carrot, grated
- 2 tablespoons fat free Italian dressing

Method

Prepare the Risotto in a medium saucepan. Bring the Risotto pack contents and water to the boil, stirring occasionally. Reduce heat and simmer uncovered for 5 minutes.

Add the chicken and continue to simmer for a further 10 minutes, stirring occasionally. Remove from heat, transfer to a large bowl and allow to cool before placing into the refrigerator to become cold.

Roll the cold risotto into small balls, using your hands. Lightly dust in flour, then dip into the egg and allow excess to drain off before rolling in breadcrumbs.

Heat a large fry pan to moderately hot, add the oil and Flora spread, when foaming, place in the Arancini balls, cook until golden brown and heated through. Remove from pan and place on kitchen paper towel to drain.

Combine, in a large bowl, the salad ingredients together and stir through Italian dressing. Serve with Arancini balls.

Nutrition information

(average quantity per serve based on listed ingredients):
Energy 2533kJ; Protein 35.3g; Total Fat 27.2g; Sat. Fat 5.5g;
Carbohydrate 51.5g; Total Sugars 11.5g; Dietary Fibre 6.5g;
Sodium 765mg



Oriental Rice with Asian Greens and Sticky Pork Chops

Preparation Time 10 minutes
(plus 20 mins marinating time)

Cooking Time 20 minutes

Serves 4



Ingredients

- 4 lean pork cutlets, visible fat trimmed
- ¼ cup salt reduced tomato sauce
- ¼ cup salt reduced soy sauce
- ¼ cup honey
- 1 x 180g Value pack, **Continental Oriental Rice**
- 1 2/3 cups (415ml) hot water
- 2 teaspoons Flora Salt Reduced spread
- 1 bunch broccolini

Method

Marinate the chops in the tomato sauce, soy and honey for 20 minutes.

Preheat a barbecue or grill pan to moderately hot, be sure it is not too hot. Add the chops and cook for 5 minutes each side, brushing a little of the remaining marinade over the chops as they cook. The chops will caramelize and become quite brown. Remove and allow cutlets to rest for 5 minutes before serving.

Prepare the Oriental Rice following packet instructions using the water and spread.

Blanch or steam the bok choy until tender.

Serve Oriental Rice topped with a pork cutlet and broccolini on the side.

Tip Increase the vegetables in this meal by adding in some more greens, such as bok choy and snow peas.

Nutrition information

(average quantity per serve based on listed ingredients):
Energy 2312kJ; Protein 46.3g; Total Fat 11.0g; Sat. Fat 3.9g;
Carbohydrate 65.4g; Total Sugars 26.7g; Dietary Fibre 2.8g;
Sodium 1154 mg

Beef Skewers with Savoury Tomato & Onion Pasta, BBQ Zucchini and Feta

Preparation Time 15 minutes
(plus 20 mins marinating time)

Cooking Time 15-20 minutes
Serves 4



Ingredients

500g lean cubed beef, visible fat trimmed
3 medium zucchini, sliced into ½ cm ribbons
2 teaspoons olive oil
5 sprigs fresh thyme
2 teaspoons chopped parsley
Freshly cracked black pepper
1 x 140g Value pack **Continental Savoury Tomato & Onion Pasta & Sauce**
2½ cups (625ml) hot water
2 teaspoons **Flora Salt Reduced spread**
½ cup crumbled reduced fat feta
Fresh thyme to garnish

Method

Thread the beef onto skewers.

Marinate the beef skewers and zucchini in the oil, thyme, parsley and black pepper for 20 minutes.

Preheat a barbecue or grill pan to moderately hot.

Cook the beef skewers on the grill for 2-3 minutes each side, or until browned and cooked they way you like. Remove and allow beef skewers to rest 5 minutes before serving. Place the zucchini on the grill and cook for 1-2 minutes each side until browned and tender.

Prepare the Pasta & Sauce following packet instructions using the water and spread. Stir through the cooked zucchini.

Serve beef skewers with the Pasta & Sauce. Crumble over the feta and garnish with fresh thyme leaves and some freshly cracked black pepper.

Tip Soak the skewers in water before threading the beef to prevent them burning on the barbecue or grill pan.

Nutrition information

(average quantity per serve based on listed ingredients):
Energy 1635kJ; Protein 35.6g; Total Fat 14.2g; Sat. Fat 5.4g;
Carbohydrate 28.3g; Total Sugars 5.5g; Dietary Fibre 3.2g;
Sodium 603mg

Pork & Prawn Fried Rice

Preparation Time 15 minutes

Cooking Time 15 minutes

Serves 4



Ingredients

- 1 tablespoon sunflower oil
- 300g lean pork, sliced
- 1 red capsicum, diced
- 1 2/3 cups (415ml) hot water
- 1 x 180g **Continental Oriental Rice, Value Pack**
- 200g cooked prawns, peeled
- 1 1/2 cups snow peas, halved
- 2 spring onions, sliced
- 1 tablespoon toasted sesame seeds

Method

Heat the oil in a frying pan or wok and brown pork and capsicum. Add water and Oriental Rice, bring to the boil, stirring.

Cover with a tight fitting lid and simmer gently for 10 minutes, adding prawns and snow peas for the last few minutes of cooking.

Stir well, replace lid and stand for 2 minutes.

Serve topped with spring onions and sesame seeds.

Tip This dish can also be served as a Rice salad. After cooking the Rice and before adding the prawns and snow peas, stir through 1 tablespoon of salad dressing and refrigerate. Once cold stir through prawns, snow peas and top with spring onions and sesame seeds.

Nutrition information

(average quantity per serve based on listed ingredients):
Energy 1670kJ; Protein 33.5g; Total fat 10.2g; Sat Fat 1.9g;
Carbohydrate 41.7g; Total sugars 4.9g; Fibre 1.6g;
Sodium 585 mg



Tuna Bake

Preparation Time 5 minutes

Cooking Time 28 minutes

Serves 4

Ingredients

- 1 teaspoon vegetable oil
- 1 large onion, diced
- $\frac{3}{4}$ cup reduced fat milk
- 1 $\frac{1}{2}$ cups water
- 1 packet **Continental Alfredo Pasta & Sauce, Value Pack**
- 1 x 425g can tuna in spring water, drained
- 4 cups baby spinach leaves
- 1 cup frozen peas
- $\frac{1}{2}$ cup grated tasty cheese, reduced fat

Method

Preheat oven to 200°C

Heat oil in a medium pan and cook onions until golden.

Add milk and water, bring to the boil. Add Pasta & Sauce and simmer uncovered for 8 minutes, stirring occasionally.

Stir in spinach, peas and tuna, mix well.

Place mix into a lightly greased ovenproof dish. Sprinkle with cheese and bake for 20 minutes or until golden.

Tip This recipe is also suitable to be made in individual serve overproof dishes.

Nutrition information

(average quantity per serve based on listed ingredients):
Energy 1407kJ; Protein 30g; Total Fat 9g; Sat. Fat 4.5g;
Carbohydrate 31g; Total Sugars 7g; Dietary Fibre 4g;
Sodium 470mg



For more Continental recipes visit www.continental.com.au

For more nutrition information and resources
visit www.unileverhealthcarenutrition.com.au

To view the Heart Foundations Guidelines for
Healthier Recipes visit www.heartfoundation.org.au.

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