



EST. 1969

**BARKER'S**  
PROFESSIONAL

*Simple & tasty  
recipes*

MEAL BASES & SAUCES

NEW



# Kia Ora

The team at Barker's Professional have put together a selection of recipe ideas featuring their new range of meal sauces and meal bases.

These tasty, ready-to-use products, which have also been chef tested, will help reduce preparation time, allowing the culinary team to consistently prepare a great dish. They are cost effective, conveniently packed in resealable one-kilogram pouches and readily available through your local distributor and, of course, made in New Zealand.

Did you know...

The new meal sauce and meal base ranges have been designed to meet many dietary requirements: suitable for vegetarians and gluten free, while there is also a selection that are dairy free and vegan suitable.

They have also been crafted for flavour, consistency, texture, and colour, while optimising sugar and salt (sodium) levels. The inclusion of vegetables, where appropriate, is also a feature of the meal sauces.

The team is here to help...

Please contact them today if you would like a free sample (all details are on the very back page) and make sure you visit the website to check out more recipes, instructional videos and to see the full range of products.

Ngā mihi

The Team at Barker's Professional



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## BUTTER CHICKEN

# Meal Sauce

### Tips

- Use in butter chicken filo parcels, butter chicken strudel or as a filling in a savoury éclair as a canape.
- A delicious dipping sauce for polenta or fried cassava chips.
- Use as glaze for grilled slabs of haloumi, tofu or paneer.
- Whip into potato, kumara mash or pumpkin puree.
- Spread over a pizza base and top for a butter chicken pizza.

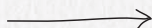


# BUTTER CHICKEN STUFFED POTATOES

Serves 12

## INGREDIENTS:

- 6 large roasting potatoes, pricked all over
- 250g **Barker's Professional Butter Chicken Meal Sauce**
- juice of 1 lemon
- handful of chopped chives
- sea salt flakes



## METHOD:

1. Place the pricked potatoes on a spray-oiled cooling rack sitting on an oven tray.
2. Place into a preheated 190°C oven for 55 minutes.
3. Remove from the oven and allow to cool enough to handle. Cut the 'lid' off the top two-thirds of the potato.
4. Using a spoon dipped in cold water, scoop out the flesh. With the oven turned off, place the potato casings back into the oven to lightly dry the inside whilst making the filling.
5. In a mixing bowl add the **Barker's Professional Butter Chicken Meal Sauce**, then suspend a mouli or sieve over the mixing bowl.
6. Push the flesh through the sieve suspended over the bowl.
7. Add the lemon juice and chives, mixing well to combine.
8. With either a spoon dipped in a bowl of cold water or a piping bag without a tip, fill the potato base and lid. Refrigerate to set for 2 hours.
9. Place the lid back on, spray with oil and top with sea salt.
10. Reheat in a 215°C oven for 10 minutes.

Handy  
hint

- Jazz up your potato mash with crumbled sheep's feta or toasted, crushed cashews.

## THAI GREEN CURRY

## Meal Sauce

## Tips

- Use as a marinade or glaze for satay sticks or skewers.
- Flavour the filling for rice paper rolls or as an accompanying dipping sauce.
- Add to mince and fill crisp lettuce cups.
- Dilute the sauce to be a dipping sauce for wontons or spring rolls.
- Spread over a pizza base and top for a green thai pizza.



## WOK FRIED BEANS & SNOW PEAS

Serves 6

### INGREDIENTS:

- 35ml vegetable oil
- 10ml sesame oil
- 3 cloves garlic, sliced
- knob grated ginger
- 300g trimmed snowpeas
- 300g trimmed runner beans
- 1 tsp table salt
- 200ml boiling water
- 125g **Barker's Professional Thai Green Curry Meal Sauce**
- 10g toasted sesame seeds (optional)

### METHOD:

1. In a wok or saucepan, add the two oils and heat until smoking hot.
2. Add in the garlic, ginger, snowpeas and beans. Stir-fry for 30 seconds.
3. Add the salt and water followed by the **Barker's Professional Thai Green Curry Meal Sauce**. Bring to the boil and simmer for 1 minute.
4. Spoon out onto a platter and scatter with sesame seeds.



### Handy hints

- In-season asparagus, bok choy and choy sum are great substitutes.
- The addition of chopped, pickled ginger lifts this to another level!

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SWEET & SOUR

# Meal Sauce





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# SWEET & SOUR CHICKEN WITH VEGETABLES

Serves 8

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## INGREDIENTS:

### Marinate Chicken

- 350g boneless chicken pieces
- 60ml water
- ¼ tsp garlic powder
- ½ tsp onion powder
- 1 tsp sesame oil
- 1 tsp ground white pepper
- ¼ tsp table salt

### Vegetables

- 40 ml deepfry oil
- 1 red onion, sliced
- 1 red capsicum, sliced
- 1 green capsicum, sliced
- 250g **Barker's Professional Sweet and Sour Meal Sauce**
- 300g pineapple chunks

### Chicken Coating

- 2 cups rice flour
  - 1 cup milk
- 

## METHOD:

1. In a mixing bowl add the chicken, water, garlic powder, onion powder, sesame oil and seasoning.
2. Allow to marinate for 10 minutes.
3. Meanwhile preheat a fryer to 175°C.
4. Place the flour and milk in separate mixing bowls. Dip the chicken in the milk followed by the flour.
5. Deep fry in batches and drain on kitchen paper.
6. Place the oil in a wok and heat until smoking hot.
7. Add in the onion and capsicum and stir fry for 1 minute. Add the **Barker's Professional Sweet and Sour Meal Sauce**, bring to the boil, then add the chicken and pineapple. Simmer for 2 minutes.

Handy  
hint

- To save time in preparation marinate instead with Barker's Professional Yuzu Citrus Dressing.

SWEET & SOUR

# Meal Sance



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# SOUTH EAST ASIAN CHICKEN SALAD

Serves 4

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## INGREDIENTS:

- 150ml coconut milk
  - **350g Barker's Professional Sweet and Sour Meal Sauce**
  - 400g chicken breast, cubed
  - ¼ papaya, peeled and cubed
  - 1 courgette, sliced thinly or on a mandolin
  - ¼ cabbage, shredded finely or on a mandolin
  - 100g toasted cashews
  - handful of coriander, roughly chopped
  - handful of mint leaves, torn
  - crushed nacho chips (optional)
- .....

## METHOD:

1. In a saucepan, bring the coconut milk and **Barker's Professional Sweet and Sour Meal Sauce** to a simmer.
2. Add the chicken and poach until semi cooked. Turn off the heat and allow to cook in the residual heat.
3. Meanwhile, in a mixing bowl, add the papaya, courgette, cabbage, cashews, coriander and mint.
4. Using a slotted spoon, lift the chicken out and place into the salad.
5. Dress the salad with some of the poaching liquor.
6. Arrange in bowls or on a platter and crush the chips over the salad.
7. Garnish with extra coriander, roughly chopped.

### Handy hints

- Swap out nacho chips for crispy noodles.
- Smoked chicken is a great substitute for chicken breast.

MALAY CURRY

# Meal Sance



# POTATO SALAD

Serves 8

## INGREDIENTS:

- 1.3kg gourmet potatoes, scrubbed and halved
- water
- 1 onion, finely diced
- 100ml lemon juice
- 4 hard-boiled eggs, peeled and quartered
- ½ cup chopped parsley
- 400g **Barker's Professional Malay Curry Meal Sauce**

## METHOD:

1. Place the potatoes in a large saucepan, bring to the boil then simmer for 30 minutes.
2. Meanwhile whisk the onion and lemon juice.
3. Strain the potatoes and tip onto a wide tray. Pour over the lemon mix so the potatoes absorb the liquid.
4. Allow to cool before mixing.
5. In a large mixing bowl, add the eggs, parsley and warmed **Barker's Professional Malay Curry Meal Sauce**. Toss together until well coated.

### Handy hints

- For a gourmet version, try adding bacon and/or avocado.
- Halve the weight of the gourmet potatoes and add half of this weight with red skin potatoes.
- Swap potatoes with kumara for a tasty change.
- For a lighter version replace 50% meal sauce with mayonnaise.

**MALAY CURRY****Meal Sance**

# LO SHU FUN NOODLES

Serves 4

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## INGREDIENTS:

- 600g white rice noodles
- hot water
- 500g pork mince
- 40ml vegetable oil
- 5 cloves garlic, sliced
- 1 long chilli, sliced
- 3 spring onions, sliced
- handful of mung bean sprouts
- 20ml vegetable oil
- 50ml light soy sauce
- 375g **Barker's Professional Malay Curry Meal Sauce**

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## METHOD:

1. In a mixing bowl, add the rice noodles and hot water to help separate the noodles easily. After 10 minutes gently press the noodles to separate them, then drain well.
2. Meanwhile, in a wok, add the vegetable oil and fry the pork mince with the garlic and chilli until caramelised.
3. Add the spring onion and mung bean sprouts, toss through, then place into a large mixing bowl.
4. Add the second amount of oil to the wok, toss in the noodles and stir-fry, adding the soy sauce.
5. Add in the **Barker's Professional Malay Curry Meal Sauce** and heat through.
6. Place the noodles onto the pork mince base and fold through.

Handy  
hint

- Swap out pork mince for chicken or try rice-dusted, fried tofu cubes for a vegetarian spin.

MALAY CURRY

# Meal Sance





# FRAGRANT PORK CURRY LETTUCE CUPS

Serves 8

## INGREDIENTS:

- 40g rice
- 40ml vegetable oil
- 450g pork mince
- 1 tsp coconut sugar
- 30ml fish sauce
- 2 limes, juiced
- 2 red chillies, sliced
- 1 red onion, thinly sliced
- 6 spring onions, sliced
- ½ cup coriander leaves
- 1 cup mint leaves
- 125g **Barker's Professional Malay Curry Meal Sauce**, heated
- lettuce cups, washed and chilled

## METHOD:

1. In a wok (or brat pan for a scaled-up recipe), add the raw rice and toast until they turn golden and fragrant. Pour onto a tray to cool, then blitz to a powder. Set aside.
2. Wipe the wok with a clean, damp cloth. Heat the oil, add the pork mince and stir-fry until the mince is caramelised.
3. Add in the toasted rice powder, sugar, fish sauce and lime juice. Stir-fry for 1 minute.
4. Add the chillies, onions, coriander, mint and **Barker's Professional Malay Curry Meal Sauce**.
5. Cook for a further 2 minutes and pour onto a tray to cool.
6. When tepid in temperature, spoon into lettuce cups.
7. Garnish with extra toasted rice powder.

### Handy hints

- As an added extra, soak threaded coconut in water until soft. Drain, and add to the salad.
- Store the chilled lettuce cups in ice-cube water in the fridge until required so they are snappy and crisp.
- To simplify the steps, use un-toasted rice powder.

SPINACH SAAGWALA

# Meal Sance



# BROCCOLI, KUMARA & CHICKPEA BAKE

Serves 12

## INGREDIENTS:

- 2 large kumara, diced
- 4 carrots, diced
- 750g **Barker's Professional Spinach Saagwala Meal Sauce**
- 4 eggs
- 10 small potatoes, sliced
- 2 heads broccoli florets
- 1 can chickpeas, drained

## METHOD:

1. Combine the kumara and carrot in a dish with 2 centimetres of water and microwave on high for 15 minutes.
2. In a blender/liquidiser, in batches, add the kumara, carrots, the **Barker's Professional Spinach Saagwala Meal Sauce**, water and eggs.
3. Blitz all these ingredients until smooth.
4. Grease a roasting pan or serving dish.
5. In one layer, cover the bottom with potato. Scatter over some of the broccoli florets and chickpeas.
6. Pour over some of the vegetable 'custard' and repeat the process until the dish is three-quarters full.
7. Cover with foil and place into a preheated 200°C oven for 55 minutes.
8. Remove the foil and grill the top for 10 minutes.
9. Garnish with fresh herbs.

### Handy hints

- Swap out the chickpeas for cooked penne pasta.
- For a quick alternative use diced potato.

**SPINACH SAAGWALA**

*Meal Saver*



# SPINACH SAAGWALA LASAGNE

Serves 6

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## INGREDIENTS:

- 60ml olive oil
- 2 sliced eggplants
- 1 leek, thinly sliced
- 6 field mushrooms, sliced
- 500g cottage cheese
- 400g **Barker's Professional Spinach Saagwala Meal Sauce**, heated
- 400g cooked lasagne sheets, drained

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## METHOD:

1. Heat the olive oil in a fry pan.
2. Add the eggplant and lightly fry on both sides until golden.
3. Remove the eggplant, add a little more oil and cook the leek for 2 minutes.
4. Add the mushrooms and cook for a further minute.
5. In a greased earthenware dish, lay down sheets of lasagne trimmed to the shape of the dish.
6. Spoon a thin layer of **Barker's Professional Spinach Saagwala Meal Sauce**, followed by a layer of eggplant, leek, mushroom and a spooned layer of cottage cheese.
7. Repeat this sequence until three-quarters of the dish is full.
8. Spoon over the remaining **Barker's Professional Spinach Saagwala Meal Sauce**.
9. Place into a pre-heated 185°C oven and bake for 30 minutes.
10. Garnish with fresh mint leaves.

### Handy hint

- Instead of using lasagne sheets, spiral up and down the dish layers with cooked egg noodles, keeping them close and compact as you go.

TOMATO

# Meal Base



# ITALIAN TOMATO SAUCE

Makes 1 litre

## INGREDIENTS:

- 40ml olive oil
- 1 onion, diced
- 3 cloves garlic, chopped
- 50ml balsamic vinegar
- ½ tsp dried thyme
- ½ tsp dried oregano
- 500g **Barker's Professional Tomato Meal Base**
- 500ml water
- sea salt
- freshly milled pepper

## METHOD:

1. Heat the oil in a large saucepan.
2. Add the onion and garlic, and fry until golden.
3. Deglaze with the balsamic vinegar and reduce by half.
4. Add the thyme and oregano. Stir in.
5. Dilute the **Barker's Professional Tomato Meal Base** with the water and add to the saucepan. Bring to the boil then simmer for 5 minutes.
6. Adjust the flavour profile with salt and pepper.



### Handy hint

- Keep the oil left in the jar from sundried tomatoes and use to fry the onion and garlic.

TOMATO

# Meal Base





# HOUSEMADE BAKED BEANS

Serves 12

## INGREDIENTS:

- 20ml vegetable oil
- 150g bacon, diced
- 1 onion, diced
- 3 cloves garlic, minced
- 300g cooked black turtle beans
- 600g cooked haricot/  
cannellini beans
- 300g **Barker's Professional  
Tomato Meal Base**
- 300ml water
- 45g molasses
- 40ml cider vinegar
- 1 tbsp American mustard
- 10ml Worcestershire sauce
- ½ tsp cayenne pepper
- table salt
- freshly milled pepper

## METHOD:

1. Heat the vegetable oil in a saucepan.
2. Add the bacon, onion and garlic. Lightly fry for 3 minutes.
3. Add the beans, the **Barker's Professional Tomato Meal Base**, water, molasses, cider vinegar, mustard, Worcestershire sauce and cayenne pepper.
4. Bring to the boil, then cover with a lid and simmer for 1 hour.
5. Adjust the seasoning.
6. Garnish with chopped parsley.

### Handy hints

- For quicker preparation, use canned beans. Drain and rinse before adding.
- Use smoked bacon pieces instead to lift the profile of these beans to another level.
- Delicious with fried eggs and breakfast sausage.
- Remove the bacon for a vegetarian option.
- Also great for nachos.
- If molasses unavailable, swap out for 30g brown sugar.

CREAM STYLE

# Meal Base



# CREAM OF TOMATO SOUP

Makes 1 litre

## INGREDIENTS:

- 350ml water
- 250g **Barker's Professional Cream Style Meal Base**
- 350g **Barker's Professional Tomato Meal Base**
- sea salt
- freshly milled pepper

## METHOD:

1. In a saucepan, add the two meal bases and the water.
2. Whisk to the boil, then simmer for 5 minutes.
3. Adjust the flavour profile with salt and pepper, and garnish with chopped parsley.



*Creamy & tasty!* →



### Dilution hint

**Cream Soup Dilution – Makes approximately 1 litre**

In a saucepan, whisk 500g Barker's Professional Cream Style Meal Base with 500ml water or stock. Bring to a simmer and then add your ingredients.

# CREAM STYLE Meal Base

Cream of  
Mushroom Soup  
↓



Cream of  
Spinach Soup  
↓



Cream of  
Pumpkin Soup  
↘



## CREAM OF MUSHROOM SOUP

Makes 1 litre

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### INGREDIENTS:

- 750g **Barker's Professional Cream Soup** dilution\*
- 250g sautéed button mushrooms and reserved pan juices
- seasoning

### METHOD:

1. In a saucepan, heat the **cream soup** dilution. Stir in the mushrooms and juice.
2. Season, then garnish and serve.

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## CREAM OF SPINACH SOUP

Makes 1 litre

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### INGREDIENTS:

- 700g **Barker's Professional Cream Soup** dilution\*
- 300g chopped, cooked spinach
- seasoning

### METHOD:

1. In a saucepan, heat the **Cream Soup** dilution. Stir in the spinach and season.
2. Garnish and serve as it is or place in a blender and puree.

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## CREAM OF PUMPKIN SOUP

Makes 1 litre

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### INGREDIENTS:

- 700g **Barker's Professional Cream Soup** dilution\*
- 300g blanched, diced pumpkin
- seasoning

### METHOD:

1. In a saucepan, heat the **Cream Soup** dilution. Stir in the pumpkin and season.
2. Garnish and serve as it is or place in a blender and puree.

*\*refer to page 25 for dilution instructions*

CREAM STYLE

# Meal Base



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# SEAFOOD CHOWDER

Serves 8

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## INGREDIENTS:

- 60g butter
  - 1 leek, washed and diced
  - 2 cloves garlic, peeled and chopped
  - 100ml lemon juice
  - 500ml fish stock or water
  - 500g **Barker's Professional Cream Style Meal Base**
  - 2 large potatoes, peeled and 1cm dice
  - 1kg diced fish and seafood
  - 150g peas
  - handful of parsley, chopped
  - handful of tarragon, chopped
- .....

## METHOD:

1. Heat the butter over a low heat in a large saucepan. Add the leek and garlic, stirring occasionally until tender.
2. Add the lemon juice and reduce by half.
3. Add the stock and **Barker's Professional Cream Style Meal Base** and bring to a simmer.
4. Add the diced potato and cook until just tender.
5. Add the diced fish and seafood and peas. Simmer until the seafood is just cooked.
6. Add the herbs and stir through.
7. Sprinkle some roughly chopped tarragon to garnish.

### Handy hints

- Dilute the **Barker's Professional Cream Style Meal Base** to create a pouring cream and spoon a swirl on top of the portion of soup as a garnish.
- Swap out the lemon juice for white wine for the deglazing process.
- Pre-cook potatoes to reduce cooking time.

CREAM STYLE

# Meal Base





# SCALLOPED POTATOES

Serves 8

## INGREDIENTS:

- 375ml vegetable stock
- 375g **Barker's Professional Cream Style Meal Base**
- 1 bay leaf
- 2 cloves garlic, sliced
- 2.5kg peeled and thinly sliced roasting/baking potatoes
- handful of fresh thyme leaves
- sea salt
- freshly milled black pepper
- 150g grated cheddar cheese
- 100g grated parmesan cheese

## METHOD:

1. In a wide based roasting pan, add the vegetable stock, **Barker's Professional Cream Style Meal Base**, bay leaf and garlic.
2. Bring this pan to a simmer, and simmer for two minutes.
3. Preheat the oven to 200°C.
4. Turn off the pan heat, remove the bay leaf and stir in the thyme leaves.
5. Place the potatoes in overlapping rows, seasoning as you do each alternative layer.
6. Sprinkle over the cheddar and parmesan cheeses.
7. Cover with baking paper and foil, bake for 50 minutes.
8. Remove the foil and place back in the oven for a further 10 minutes to create a crunchy, golden top.

### Dilution hints

*Cream Sauce Dilution – Makes approximately 500ml*

*In a saucepan, warm 300g Barker's Professional Cream Style Meal Base. Whisk in 200ml water or chosen stock. Bring to a simmer and now ready to use.*

### Handy hint

- Swap out potato for pre-cooked pasta and reduce cooking time.

CREAM STYLE  
*Meal Base*



# ROAST CHICKEN CROQUETTES

Makes 25 pieces

## INGREDIENTS:

- 600g mashed potato (cooled)
- 350g roast chicken, chopped
- 150g tasty cheese, diced (optional)
- 200g corn kernels, blanched
- 100g peas, blanched
- 1 lemon, zested
- handful of chopped parsley
- 100g **Barker's Professional Cream Style Meal Base**
- 250g panko breadcrumbs, seasoned
- 200g plain flour
- 3 eggs, beaten with 4 tbsps vegetable oil

## METHOD:

1. In a mixing bowl, combine well the potato mash, chicken, cheese, corn, peas and lemon juice, parsley and **Barker's Professional Cream Style Meal Base**.
2. Using scales, cover the weighing pad with cling film. With hands dipped in a bowl of water, weigh each portion to 45 grams. Roll each portion into a cylinder shape. Place into the freezer to firm up.
3. Dip the pieces into the flour, followed by the egg, then into the breadcrumbs. Coat well.  
Note: These can be free flowed and frozen for future use.
4. Heat a deep fryer with clean vegetable oil to 185°C then add croquettes and fry until crisp and golden.
5. Garnish with chopped chives before serving.

### Handy hints

- Swap out the chicken for smoked salmon, roast pork, tuna or roast kumara.
- For catering purpose try rolling into small balls and follow cooking instructions above.

THAI STYLE

# Meal Base



# CHICKEN LAKSA

Serves 4

## INGREDIENTS:

- 550ml coconut milk
- 250g skinless chicken breast
- 450g **Barker's Professional Thai Style Meal Base**
- 40g store-bought laksa paste
- 1 tsp crushed chilli
- 20ml lime juice
- 30ml fish sauce
- 500g rice noodles

## Optional Garnish

- 3 kaffir lime leaves, julienned
- 125g mung bean sprouts
- 1 tbsp fried shallots
- handful of coriander leaves

## METHOD:

1. To make the Laska Soup, in a saucepan bring the coconut milk to a simmer and add the chicken breast. Simmer for 15 minutes, cool, then shred the chicken.
2. Bring the coconut milk poaching stock, **Barker's Professional Thai Style Meal Base**, laksa paste and crushed chilli slowly to the boil. Reduce the heat and simmer for 5 minutes.
3. Add the lime juice and fish sauce.
4. Place the noodles and shredded chicken into the individual bowls, then pour over the laksa.

## Extra flare and finish

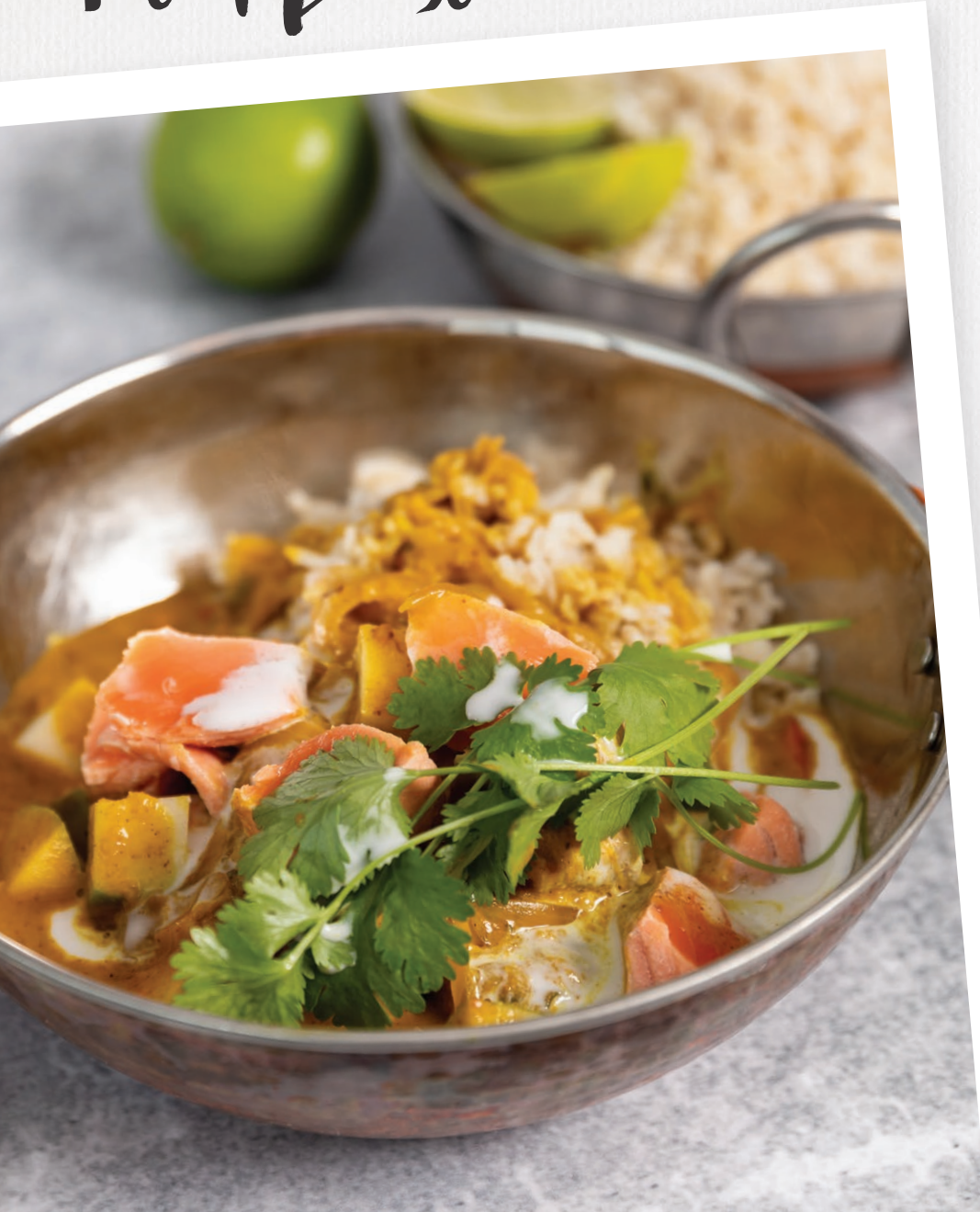
Top with lime leaf, mung bean sprouts, shallots and coriander.

Handy  
hint

- Swap out the chicken and fish sauce for eggplant and fish sauce to create a vegetarian version (Swap out fish sauce with equal quantity of soy sauce).

THAI STYLE

# Meal Base



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# THAI SALMON CURRY

Serves 4

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## INGREDIENTS:

- 30ml coconut oil
  - 2 tsp ground cumin
  - 1 onion, sliced
  - 30g grated ginger
  - 4 cloves garlic, minced
  - 6 green chillies, chopped
  - 1 Tbsp curry powder
  - 4 apples, cored and diced
  - 300ml coconut milk
  - 200g **Barker's Professional Thai Style Meal Base**
  - 1 tsp ground turmeric
  - 800g salmon in 3cm cubes
  - 30ml fish sauce
  - ¼ cup coriander leaves
- .....

## METHOD:

1. In a saucepan, heat the coconut oil and add the cumin, onion, ginger, garlic, chilli and curry powder until softened and fragrant.
2. Add the apple, coconut milk and **Barker's Professional Thai Style Meal Base** and bring to the boil. Stir in the turmeric and simmer for 3 minutes.
3. Add the salmon and fish sauce and simmer for a further 4 minutes.
4. Stir in the coriander leaves and serve with steamed rice.
5. Garnish with coriander stems to serve.

### Handy hints

- Instead of salmon use a combination of fish pieces and smoked fish.
- For a lower cost alternative, swap out salmon for kumara.

THAI STYLE  
*Meal Base*





# THAI FRIED RICE

Serves 6

## INGREDIENTS:

- 20g butter, diced
- 2 eggs, whisked
- 40g butter, diced
- 2 carrots, diced
- 1 onion, diced
- 150g frozen peas
- 3 cloves garlic, minced
- 20g butter, diced
- 4 cups cooked short grain rice, chilled
- 3 spring onions, sliced
- 60ml light soy sauce
- 100g **Barker's Professional Thai Style Meal Base**
- 300ml water
- coriander, to garnish

## METHOD:

1. In a large frypan, heat the first amount of butter.
2. Add the egg and cook until scrambled. Remove and transfer to a bowl.
3. Add to the frypan the second amount of butter, then add the carrots, onion, peas and garlic, and sauté for 5 minutes.
4. Add the remaining butter to the pan, add the rice, spring onion and soy sauce.
5. Sauté the rice for 3 minutes.
6. Dilute the **Barker's Professional Thai Style Meal Base** with the water, pour over the rice and fold in.
7. Fold through the egg and adjust the seasoning.
8. Garnish with chopped coriander.

### Handy hints

- Another option for adding the egg, is to pour slowly through a small funnel onto the rice from a height and fold through.
- This is a great base to add cooked shrimps, roast chicken or BBQ pork.

# Meal Sauces

**GF** – Gluten Free  
**V** – Vegetarian Suitable  
**VE** – Vegan Suitable  
**DF** – Dairy Free  
**HS** – Halal Suitable



## BUTTER CHICKEN

1.0kg (76241)

A classic, creamy, butter chicken flavour profile makes this curry easy to make.

Sugar  $\leq$  5g/100g  
 Sodium  $<$  370mg/100g  
 Saturated Fat  $\leq$  3.5g/100g

CONTAINS MILK

**GF | V | H**



## MALAY CURRY

1.0kg (76244)

Our wonderful coconut curry is a favourite with chicken or fish, but great substituting tofu, tempeh or vegetables too.

Sugar  $<$  5g/100g  
 Sodium  $<$  380mg/100g  
 Saturated Fat  $\leq$  5.8g/100g

CONTAINS SOY

**GF | V | DF**



## THAI GREEN CURRY

1.0kg (76243)

A popular Southeast Asian favourite containing green peppers, making it also a popular vegetarian option.

Sugar  $<$  5g/100g  
 Sodium  $<$  380mg/100g  
 Saturated Fat  $\leq$  5.7g/100g

CONTAINS SOY

**GF | V | DF**



## SWEET & SOUR

1.0kg (76240)

With its typical sweet and sour profile this high fruit and vegetable content sauce ( $>$ 80%) takes sweet and sour dishes to a new level. Optimised sugar content.

Sugar  $<$  10g/100g  
 Sodium  $<$  380mg/100g  
 Saturated Fat  $\leq$  0.1g/100g

CONTAINS SOY

**GF | V | VE | DF | H**



## SPINACH SAAGWALA

1.0kg (76242)

A north Indian favourite containing  $>$  30% spinach, making it also a perfect vegetarian option.

Sugar  $\leq$  4g/100g  
 Sodium  $\leq$  380mg/100g  
 Saturated Fat  $\leq$  2.0g/100g

CONTAINS MILK

**GF | V | H**

Meal Sauces



Recipe Information



# Meal Bases

**GF** – Gluten Free  
**V** – Vegetarian Suitable  
**VE** – Vegan Suitable  
**DF** – Dairy Free  
**HS** – Halal Suitable



## TOMATO

1.0kg (76246)

The 'go to' to base for making a wonderful Italian tomato sauce for lasagne, bolognese or meatballs. A great soup base.

Concentrate  
 Sugar  $\leq$  10g/100g  
 Sodium  $<$  360mg/100g  
 Saturated Fat  $\leq$  0.1g/100g

**GF | V | VE | DF | H**



## THAI STYLE

1.0kg (76247)

Making pad thai, fried rice or laksa is easier using this Southeast Asian flavoured base.

Concentrate  
 Sugar  $<$  8g/100g  
 Sodium  $<$  380mg/100g  
 Saturated Fat  $\leq$  2.3g/100g

**CONTAINS SOY**

**GF | V | VE | DF**



## CREAM STYLE

1.0kg (76248)

A perfect base for creamy soups, white 'style' sauces and traditional stroganoff.

Concentrate  
 Sugar  $<$  4g/100g  
 Sodium  $<$  380mg/100g  
 Saturated Fat  $\leq$  7.5g/100g

**CONTAINS MILK**

**GF | V | H**

Meal Bases



Recipe Information




SEE OUR WEBSITE  
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 for more great recipe ideas.

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# **BARKER'S**

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