



INSPIRE YOUR LIGHTER MENU

WITH HEINZ LIGHT MAYONNAISE



HEALTHIER CHOICES ARE AN INCREASED PRIORITY FOR UK DINERS

GOVERNMENT GUIDELINES **AIM TO REDUCE SUGAR AND CALORIES BY 20% BY 2024** ACROSS THE FOOD INDUSTRY. OPERATORS ARE THEREFORE RECOGNISING THE NECESSITY OF **PROVIDING CONSUMERS WITH LIGHTER CHOICES ON THEIR MENUS** TO MEET DEMAND FROM POLICY AND CONSUMER.

HEALTHY DINERS AT A GLANCE:

- **62% of UK adults** try to eat healthily all or most of the time
- **68% still think it is much easier to eat healthier at home** than out of home
- When choosing **where** to eat OOH, healthy food credentials are a growing driver for diners: **6.8% in 2018 vs 6.4% in 2016** (particularly for students and fine diners)
- **COVID 19 has led people to look for healthier, sustainable diets** that are easy to prepare and affordable. Our diner's perception of 'healthier food' is associated with dishes that are low in fat and low in calories.

Sources: Mintel Healthy Eating Report Feb 2019, MCA Healthy Eating Report 2019, Fortnight Report (11th-24th May 2020), FMCG Gurus August 2020, Evolution of Consumer Attitudes During Covid19, IGD 2020, GlobalData's Q4 2017 global consumer survey, MCA healthy eating Nov 2018.

THIS TREND IS HERE TO STAY AND RESTAURANTS ARE QUICKLY RESPONDING TO DEMAND WITH A CREATIVE AND DELICIOUS RANGE OF HEALTHIER OPTIONS. IT'S NEVER BEEN EASIER TO ADD LIGHTER CHOICES TO YOUR INCLUSIVE MENU, LET US SHOW YOU HOW.

HEINZ LIGHT MAYONNAISE: FOR YOUR BALANCED MENU

ALL THE TASTE FOR ONLY

39
CALORIES

25%
FAT

PER
1 TBSP



MADE WITH FREE RANGE EGGS

THE NEW HEINZ LIGHT MAYONNAISE RECIPE HAS INCREASED THICKNESS TO WORK WELL FOR MIXING, AND HAS PERFECT ACIDITY, IS SUITABLE FOR VEGETARIANS AND HAS NO MUSTARD ALLERGEN. WHAT MAKES OUR MAYONNAISE EVEN MORE SUITABLE FOR YOUR BUSINESS NEEDS IS A 12-MONTH SHELF LIFE FROM PRODUCTION AND 2 MONTHS FROM OPENING.



INSPIRING, LIGHTER RECIPES AT A GLANCE



BESIDES BEING A CONDIMENT
HEINZ LIGHT MAYONNAISE
CAN BE USED IN
ENDLESS CREATIONS
TO TAKE YOUR BALANCED MENU
TO THE NEXT LEVEL
WITHOUT COMPROMISE.

HEINZ LIGHT MAYONNAISE HACKS & TIPS

1

USE AS A BASE
INGREDIENT
THROUGHOUT YOUR
MENU FOR CREAMY
“HOMEMADE” DIPS
AND SAUCES

2

ADD IT TO YOUR
KEY DISHES SUCH AS
MASHED POTATOES
OR SCRAMBLED EGGS
TO MAKE THEM SUPER
CREAMY AND RICH

3

RUB YOUR
CHICKEN IN IT BEFORE
ROASTING TO GIVE IT
A BEAUTIFUL GOLDEN
COLOUR YOUR DINERS
WILL LOVE

4

ADD OTHER DELICIOUS
INGREDIENTS LIKE SRIRACHA
OR PAPRIKA TO MAKE A NEW
FLAVOURED MAYONNAISE
OR SALAD DRESSING AND
SPICE UP YOUR MENU



CHOCOLATE MAYONNAISE CAKE

TOTAL TIME

PREP: 15 min. BAKE: 30 min. + cooling

METHOD

In a large bowl, combine the water, mayonnaise and vanilla until well blended. In a large bowl, combine the flour, sugar, cocoa and baking soda; gradually beat into mayonnaise mixture until blended.

Pour into a greased 9-in. square or 11x7-in. baking pan. Bake at 350° for 30-35 minutes or until a toothpick inserted in the centre comes out clean. Cool completely.

For frosting, in a small saucepan, cook and stir the brown sugar in butter until bubbly. Remove from the heat; stir in milk. Gradually add confectioners' sugar; beat until smooth. Frost cake.

MAKES

9-12 servings

INGREDIENTS

1 cup water
1 cup Heinz Light Mayonnaise
1 teaspoon vanilla extract
2 cups all-purpose flour
1 cup sugar
3 tablespoons baking cocoa
2 teaspoons baking soda

BROWN SUGAR FROSTING:

1/2 cup packed brown sugar
1/4 cup butter, cubed
2 tablespoons 2% milk
1-3/4 cups confectioners' sugar



USEFUL NOTES

Leave a lasting impression of your restaurant by treating your health-conscious diners to a delicious yet lightened up dessert.



USEFUL NOTES

Both chefs and diners love simple food done well and nothing beats a perfectly roasted chicken – the ultimate comfort food that’s sure to bring back nostalgic memories.

MAYONNAISE ROASTED WHOLE CHICKEN

TOTAL TIME

PREP: 10 min. BAKE: 60 min.

METHOD

Pat the chicken dry with paper towels and season generously with kosher salt inside and out. Tie the legs together with kitchen twine. Let sit for 1 hour in the refrigerator to allow salt to penetrate the meat. In a large bowl combine the ingredients for the white sauce. Keep a cup of the sauce for serving. Set aside.

Preheat your oven to 425°F (210°C) and lightly grease a baking dish or roasting pan. Line the garlic, sage, thyme, and onion halves in the bottom of the roasting pan and arrange chicken on top. Insert a couple of onion halves, garlic, sage, and thyme into the chicken. Add some more veggies around the bird. Brush chicken generously on all sides with the white sauce and sprinkle with herbs and more black pepper.

Roast chicken for 50-60 minutes, brushing chicken with the white sauce every 15-20 minutes. Garnish with fresh thyme, sage and serve with the remaining white sauce.

MAKES

4-6 servings

INGREDIENTS

One 4lb. (2kg) whole chicken
Fresh thyme sprigs
Fresh sage sprigs
Salt and pepper
2 heads of garlic, sliced horizontally
1 red onion, halved
1 yellow onion, halved

THE MAYONNAISE RUB

1 cup Heinz Light Mayonnaise
1/4 cup apple cider vinegar
1 tablespoon hot chilli paste (we used Sriracha sauce)
1 teaspoon Worcestershire sauce
1/2 teaspoon crushed fennel seeds
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon cayenne pepper
Kosher salt and fresh ground black pepper

CREAMY MAYONNAISE EGGS

TOTAL TIME

PREP: 2 min. COOK: 6 min.

METHOD

Whisk together the eggs, mayonnaise and water. Melt margarine over low heat. Pour in the eggs, and stir constantly as they cook. Remove the eggs to a plate when they are set, but still moist. Do not overcook. Never add salt or pepper until eggs are on plate, but these are also good without.

MAKES

2 servings

INGREDIENTS

4 eggs
2 teaspoon Heinz Light Mayonnaise
2 teaspoon water
2 teaspoon margarine
Salt and pepper to taste



USEFUL NOTES

Display nutritional information such as calorie and fat content on lighter menu dishes e.g. '400 calories or less options' for transparency and to help diners looking for healthier choices.



KIMCHI CHICKEN BURGERS

TOTAL TIME

PREP: 10 min. COOK: 20 min.

METHOD

Preheat the grill to medium-high (400°F), or get a grill pan hot over medium heat. Combine chicken, ginger, garlic, half the green onions, and soy sauce. Form mixture into 4 patties. Rub burgers with oil. Press a deep dimple into the centre of each burger (this will help it stay flat while it cooks).

Mix kimchi, cabbage, 1 tablespoon Sriracha, vinegar, sugar, the remaining green onion, and 2 tablespoons mayonnaise together in a medium bowl; set aside. In a separate bowl, mix remaining 2 tablespoons Sriracha and 2 tablespoons mayonnaise; set aside.

Grill burgers, covered, turning once halfway through, until cooked all the way, about 10 minutes total. Assemble burgers, topping each with the slaw mixture and a dollop of the spicy mayonnaise.

MAKES

4 servings

INGREDIENTS

1 1/2 pounds ground chicken thigh meat
1 tablespoon minced fresh ginger
1 tablespoon minced garlic
1/4 cup diagonally sliced green onions
2 tablespoons soy sauce
1 tablespoon vegetable oil
1 cup roughly chopped kimchi
2 cups thinly sliced savoy cabbage
3 tablespoons Sriracha or other hot sauce
1 tablespoon rice wine vinegar
2 teaspoons sugar
4 tablespoons Heinz Light Mayonnaise
4 whole wheat or plain hamburger buns, split and toasted

USEFUL NOTES

More restaurants than ever are experimenting with different sauces throughout their menus to cater to the ever-evolving palates of customers. Heinz Light Mayonnaise saves you time by being the ideal base for you to experiment with, without having to make everything from scratch.

PUMPKIN SALAD WITH HICKORY MAYONNAISE

TOTAL TIME

PREP: 30 min.

METHOD

Preheat oven to 220°C or preheat BBQ grill to high (if using). Toss pumpkin, carrots, red onion and chilli (if using) with a drizzle of olive oil. Roast for about 20 minutes, until starting to caramelise.

When pumpkin has 5 minutes cook time remaining, add remaining pumpkin salad ingredients (except spinach) to tray and cook until warmed through. While pumpkin cooks, pat lamb dry and season with za'atar spice mix and salt. Heat a drizzle of oil in a small fry-pan on medium-high heat. Cook lamb for about 2 minutes each side for medium-rare (depending on thickness), or until cooked to your liking. Set aside to rest, covered, for a few minutes.

While lamb rests, roughly chop spinach leaves and set aside. Mix together mayonnaise and hickory hot sauce in a small bowl.

Toss spinach through pumpkin salad. Place pumpkin salad and za'atar lamb onto a plate and top with a dollop of hickory mayonnaise.

MAKES

2 servings

INGREDIENTS

PUMPKIN SALAD

300g pumpkin, skin on, thinly sliced
4 baby carrots, tops trimmed and cut in half lengthways
1/2 red onion, thinly sliced
1/2 chilli, finely sliced (optional)
2 teaspoons pine nuts
2 tablespoons capers
2 tablespoons raisins
60g feta cheese, roughly crumbled
2 handfuls baby spinach leaves

ZA'ATAR LAMB

300g lamb leg steak (at room temperature)
2 teaspoons za'atar spice mix

HICKORY MAYONNAISE

2-3 tablespoons Heinz Light Mayonnaise
2 tablespoon hickory hot sauce



USEFUL NOTES

The NEW Heinz Light Mayonnaise recipe has increased thickness to work well for mixing, perfect for this recipe.



MAYONNAISE WITH HERBS AND SPICES

OUR LIGHT MAYONNAISE IS SMOOTH, NATURAL AND HAS A DELICATE TASTE THAT REINFORCES THE ORIGINAL TASTE OF OTHER INGREDIENTS.



JERK MAYONNAISE

1000g Heinz Light Mayonnaise
25g scotch bonnet paste
40g orange juice
10g nutmeg
20g all spice
6g onion powder
15g garlic powder
4g cinnamon powder
10g salt
10g liquid smoke
12g thyme

UMAMI MAYONNAISE

1000g Heinz Light Mayonnaise
15g shiitake mushroom powder
75g soy sauce
40g liquid arninos
15g fish sauce
15g liquid smoke

AWESOME SAUCE

1000g Heinz Light Mayonnaise
100g ketchup
100g mustard
35g diced cornichon
35g diced shallot
15g liquid smoke
85g soy sauce
10g paprika



CHARRED ONION DIP

1 thinly sliced shallot
1 thinly sliced leek
2 thinly sliced spring onion
2 tablespoons olive oil
1 grated garlic clove
64g Heinz Light Mayonnaise

64g sour cream
2 teaspoons fresh lemon juice
1 teaspoon chopped thyme
2 tablespoons buttermilk
Salt & pepper

Heat large frying pan until smoking hot. To the pan add thinly sliced shallot, 1 thinly sliced leek, and 2 thinly sliced spring onion with 2 tablespoons olive oil. Fry the veg until charred, about 10-15 minutes. Leave the veg mix to cool in the fridge. In a large mixing bowl add 1 grated garlic clove, 64g mayonnaise, 64g sour cream, 2 teaspoons fresh lemon juice, and 1 teaspoon chopped thyme. Thin with 2 tablespoons buttermilk. Next add the cold charred veg mix the mixing bowl mixing both components of the dip tighter seasoning with salt and pepper to taste. Service the dip in ramekin with fresh veg crudité's, fresh baked bread.

SALSA VERDE

250g fresh parsley leaves
125g fresh mint leaves
6 cloves of garlic
75g capers

90g Dijon mustard
200ml olive oil
20 flat anchovy fillets
1000ml Heinz Light Mayonnaise

Rough chop the parsley, mint, garlic. Mix all the ingredients apart from the mayonnaise in a bowl and leave to stand for 10 minutes to allow the flavours to infuse into one another. Blend into a coarse paste (or do this with a pestle and mortar). Put the mayonnaise into another bowl and slowly whisk in the blended herb mixture.



YUZU MAYONNAISE

1000g Heinz Light Mayonnaise
65g yuzu
50g lime juice
75g porzu
15g togarashi

SCOTCH BONNET MAYONNAISE

1000g Heinz Light Mayonnaise
50g orange juice
50g scotch bonnet paste
50g cider vinegar

Over a medium heat fry the scotch bonnet and garlic in a little oil until soft. Blitz in a food processor until you have a paste. Combine and thoroughly mix all the ingredients in a bowl.

BALANCE
YOUR MENU WITH
HEINZ LIGHT
MAYONNAISE
