

HELEN'S EUROPEAN CUISINE

“ NEW INSIDE
EXCITING SERVING SUGGESTIONS AND
RECIPES TO INCREASE PROFIT MARGINS ”

2016 PRODUCT CATALOGUE





Helen's Philosophy

"To consistently inspire you, our loyal customer, with the exceptional quality and flavours of our handmade foods – and add value to your business, with the great tastes that will have your customers come back for more."

"We are successful because we work as a family."

— Helen Zeniou

Helen Zeniou's love for both her family and food has been the driving force behind Helen's European Cuisine. Her unique style of cooking has been inspired by her European heritage and then lovingly perfected throughout her years of experience in the food industry.

Helen's exceptional menu offers an abundance of fantastically light and fresh, modern European and Australian cuisines, ideal for all styles of dining! You will be delighted and inspired to choose from over 120 diverse specialities on offer.

From humble beginnings more than 23 years ago, the business was originally founded by Helen, her husband Zen and son Jimmy. Helen began cooking for their first few customers at home in the family kitchen, while Zen sourced quality ingredients and Jimmy delivered products both before and after school. The business grew steadily and the family went on to buy new equipment and lease a small commercial unit. The unmistakable quality of Helen's food and her innovative product presentation, brought her to the attention of local Cafés and Businesses around Australia, increasing the demand for her products.

From there, the business continued to grow and diversify, with nephew Andrew Demetrios and Production Manager Cameron Devenish joining the team. From that time, our small family business has grown into a major producer and supplier of food products, networked across the country via national distribution.

In 2015, we were excited to appoint Michael Foenander as Chief Operating Officer. Michael is a founding member of the Australian Culinary Federation and is the winner of numerous medals and awards, both nationally and internationally. He is a welcomed colleague, who will continue to drive innovations and operational excellence at Helen's European Cuisine.

Due to popular demand, Helen and her product development team have been working on a range of quality gluten-free delicacies. At Helen's we are responsive to consumer trends that favour responsible eating, and our new Health and Vitality range reflects that philosophy. In today's Café and Quick Service Restaurant arena, the need for healthy options has been met with the introduction of these new and exciting products.

Health and Safety remains, as always, a non-negotiable top priority. We are proud to retain our much acclaimed 5 Star Rating, awarded by the Brisbane City Council. This accreditation, along with our continued success in meeting the exacting standards of both HACCP and SQF Certifications, guarantees our customers absolute excellence and peace of mind!

Enjoy!

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For more information visit helens.com.au

Serving Suggestions with Pete May

—Food Stylist, Marketer and Chef

At Helen's European Cuisine, we know how important sales are to our clients' profit margins. Therefore, we are delighted to announce the inclusion of Serving Suggestions in our catalogue, by accomplished Chef, Food Stylist and Creative Marketing Guru, Pete May.

Pete May has over 30 years' experience in the culinary industry, including a long history with Helen's. Throughout his career, Pete has shared his inspirational insights and fostered a broad range of high-profile clients, contacts and friendships across the industry. He is well known for his working motto *"Creative Process for Commercial Purpose"*.

Growing up in a food-obsessed family, Pete learned to appreciate the elements of ingredients from an early age, which lead to an ongoing fascination with food flavours, textures and visual appeal. He is excited to be able to share his insights with Helen's customers:



"I have been working closely with Helen's European Cuisine for more than 10 years. I have always been inspired by their genuinely amazing food, and how easy it is to serve these items so quickly, effortlessly and with minimum stress!"

The ethos of Helen's has always been to make a wonderful product, and although they can be served alone, I have always found that by adding a simple side serving or plating technique, their clients can achieve maximum value and bring in more dollars per plate.

Simple techniques like easy to prepare side salads or vegetables, along with special accompaniments, served with inexpensive yet quirky and stylish cutlery and tableware, can add major value and inspirational ideas to your current menus.

I have ensured that all Serving Suggestions can be created with ingredients you would normally have on hand in your kitchens. I have been very careful to create "Inspirations" rather than hard and fast recipes. This will enable you and your staff to experiment and create unique tastes and designs, using Helen's products as the backbone of a complete menu offering, whilst making them exclusive to your brand. Bon Appétit!"



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Side Dish Recipes

Grilled Pineapple and Chilli

(See Chicken, Mango and Macadamia Filo on page 6)

The best way to make this delightful side is to grill or fry the pineapple slices (or chunks) in some butter first. If using canned pineapple make sure it is very well drained so it's quite dry when it hits the hot butter.

Once it has a bit of colour pour over enough sweet chilli sauce to just coat and turn off the heat. The residual pan heat will cause the sweet chilli to thicken up and cling to the pineapple.

You can store this in the fridge for up to 4 days and reheat in the microwave for easy serving.

Mint, Cucumber and Yoghurt Side

(See Butter Chicken Premium Filo on page 8)

Part salad - part sauce, this clever accompaniment is based on the Classic Indian Raita. Quick to make by grating deseeded cucumber into a mix of one part chopped mint leaves to three parts plain yoghurt. Salt and pepper a must... also add a squeeze of lemon for zing.

This will keep for two days in the fridge but because of the high moisture content of cucumber, it will not last any longer. Making a smaller amount fresh every day is easy enough and ensures a fresh taste for your customers.

Zucchini, Mushroom and Kale Salad

(See Roast Pumpkin & Ricotta Roll Page 16)

Kale is the new darling of the healthy set and its robust texture and keeping abilities make it a very good inclusion to this lovely tasty side dish. Dice your unpeeled zucchini into 1cm cubes, salt and set aside. Melt a little olive oil or butter in a fry pan and toss in the zucchini until it starts to sweat. Now toss in a similar quantity of sliced or diced mushrooms and twice the amount of shredded kale leaves.

Keep tossing until all are well combined and just cooked. Add salt and pepper and store either in a warmer tray or fridge for reheating later.

Gremolata

(See Gourmet Pizza Scroll on Page 18)

Gremolata is a classic Italian condiment and usually includes grated lemon peel; although the zest from other citrus fruits (lime, orange, grapefruit, etc.) may be used. Mix one part finely chopped flat-leaf parsley with one part finely grated lemon rind. Fold in ¼ part finely minced garlic and bind with enough extra virgin olive oil to form a loose mix.

Easy Quick Cauliflower Gratin

(See Beef & Burgundy Deep Dish Pie on page 22)

Steam or microwave the cauliflower on high, until tender. This will take about 6 minutes.

Drain well before coarsely chopping into bite sized pieces.

Gently mix with a good cheese sauce or even some simple softened ricotta (if you are pressed for time), add salt and pepper to taste.

Fried Potato Discs

(See Steak and Guinness Deep Dish Pie on page 22)

Cute and tasty, these discs are easily made by finely slicing potatoes into rounds with a knife, or using a mandolin or Japanese blade slicer.

The discs need to be very dry before frying or oven baking. Try spacing them out on a few baking trays lined with baking paper, and leave them on a bench for a few hours. Turn over each hour; this dries the starches on the surface and makes for lovely crisp potato discs.

Try deep frying for a quicker result. Don't forget to season once they have drained well. Looks great stacked into a pile or tower, served in a little metal bowl, with some sauce on the side.

Miso Gravy

(See Beef and Burgundy Connoisseur Pie on Page 24)

Our clever Japanese influence will transform your simple gravy into a real signature taste! Very unique and popular.

Simply make a gravy your usual way but do not add salt yet. Blend enough Miso paste with some boiling water to soften and make a looser paste. Whip into your hot gravy and test for taste.

You can add salt and pepper now, but we prefer a splash of soy sauce for colour and flavour! Ratio wise, try a ¼ teaspoon of miso per cup of gravy as a good place to start, and make adjustments for your own taste.



For the individual

INDIVIDUAL ITEMS

The magic behind that truly homemade taste of Helen's European Cuisine lies in our careful ingredient selection and preparation. Fresh produce is hand-picked from local markets and premium ingredients sourced from quality suppliers. From hand-cut vegetables to innovative presentation, each product is especially handmade for one. With Helen's exciting range of Individual Items, your customers can indulge at any time.

Gourmet Filos

Helen's traditional oven-baked filos are made from wholesome produce sourced fresh from local markets.

Containing premium ingredients such as succulent tenderloin chicken, wrapped in layers of golden filo pastry, Helen's Gourmet Filos look great and guarantee customer satisfaction every time.



Thawed: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 200g

Dietary Information:



Contains Nuts



Vegetarian



Creamy Chicken & Mushroom

Whole chicken tenderloin marinated in white wine, enfolded in a creamy homemade sauce with sauteed mushroom, onion, shallots and parsley.



Chicken, Sundried Tomato & Pesto

Whole chicken tenderloin marinated in a light basil pesto, enfolded in a cheesy pesto sauce with finely chopped shallots and sundried tomato strips.



Chicken, Bacon & Avocado

Whole chicken tenderloin marinated in white wine, enfolded in a creamy avocado and capsicum sauce with a hint of lemon and chopped bacon bits.



Chicken, Mango & Macadamia

Whole chicken tenderloin and crushed macadamia nuts combined in a sweet mango and pawpaw relish.



Chicken & Bacon

Whole chicken tenderloin marinated in white wine, enfolded in a creamy homemade sauce generously sprinkled with chopped bacon bits.



Satay Chicken

Whole chicken tenderloin and crushed roasted peanuts combined in a mildly spicy, homemade satay sauce with fresh herbs and spices.



Chicken & Avocado

Whole chicken tenderloin marinated in white wine, enfolded in a creamy avocado and capsicum sauce with fresh parsley and a hint of lemon.



Creamy Chicken & Camembert

Whole chicken tenderloin marinated in white wine, enfolded in a creamy Camembert cheese sauce with finely chopped onion and shallots.



Roast Pumpkin, Spinach & Fetta

A rich and colourful filling of oven-roasted pumpkin, with simmered garden spinach enfolded in a creamy cheese blend of crumbled feta, onion and spices.



Italiano Chicken Parmigiana

Whole chicken tenderloin combined with our authentic Napolitana sauce, made from Italian crushed tomatoes, plus the added bite of tasty Parmesan cheese.



Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity

Serving Suggestions

Italiano Chicken Parmigiana Gourmet Filo

Try serving with a simple salad... layer a crisp frilly lettuce leaf with some shredded sugarloaf cabbage, snipped chives and some snow pea shoots. Finish with a couple of halved cherry tomatoes and drizzle on some olive oil and balsamic vinegar... perfect! (Red onion can be added too!)

Creamy Chicken & Mushroom Gourmet Filo

Shoe string fries and a dollop of garlic aioli, team nicely with this filo. For a bit 'more' also add our signature salad of filled frilly ice lettuce cups, as described above.

Chicken, Mango & Macadamia Gourmet Filo

Brush some Sweet Chilli sauce generously onto hot grilled pineapple slivers, and serve in a frilly ice or cos lettuce cup. Perfect with the exotic filo flavours and looks very impressive!

(See Grilled Pineapple and Chilli recipe on page 3)

Italiano Chicken Parmigiana Gourmet Filo

Creamy Chicken & Mushroom Gourmet Filo

Chicken, Mango & Macadamia Gourmet Filo

Premium Filos

Traditional triangular shape filos that feature our finest cuts of lean chunky steak, tender lamb pieces and succulent chicken.

Our unique slow cooking process results in mouth watering tender meat and delicious gravies.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 180g

Dietary Information:



Contains Nuts



Vegetarian



Garden Spinach & Fetta ¹

Simmered garden spinach enfolded in a creamy cheese blend of crumbled feta with onion and spices.



Butter Chicken ¹

Succulent chicken pieces, slowly cooked in a classic, mildly spiced Indian Sauce.



Tender Steak & Guinness ²

Tender chunks of topside steak marinated in Guinness beer, combined with caramelised onions in a rich homemade gravy.



Rosemary Lamb ²

Tender chunks of lightly seasoned lamb, enfolded in a rich homemade rosemary and herb gravy.



Tender Steak & Mushroom ²

Tender chunks of topside steak marinated in red wine, combined with fresh field mushrooms and chopped shallots in a rich homemade gravy.



Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



Rosemary Lamb Premium Filo



Butter Chicken Premium Filo

Serving Suggestions

Rosemary Lamb Premium Filo

As an accompaniment to the rich flavours here, we have sweated down some chunks of mushroom and brown onion in butter, then moistened with a little sherry vinegar. Sour cream dollop is optional but very, very special!

Alternatively:

A simple tasty side is easy! Cut 1cm cubes of cooked or preserved beetroot and mix with some mint leaves. Top with crumbled fetta and a few mint leaves to garnish, add a drizzle of olive oil if necessary.

Butter Chicken Premium Filo

A freshly sliced cucumber side accented with fresh mint leaves, some yoghurt and chutney turn this very popular fillo into a main event, increasing dollars per spend — and your customers will return!

(See Mint, Cucumber and Yoghurt Side recipe on page 3)

Provençale Quiche

We turned to the regions of France as inspiration for our new range - Provençale Quiches.

Individual in size and unique in style, the flavours are pure rustic French Country. Your customers will relish the chunky generous fillings and superior flavour!



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



8 Units per Carton



Approx. 210g

Dietary Information:



Contains Nuts



Vegetarian



Roasted Mushroom & Thyme

Hearty whole champignon mushrooms, wild thyme and mature cheese, all baked into a rustic short crust pastry shell.



Quiche Lorraine with Streaky Bacon

Revamped with a crispy streaky bacon topping! Shallots, mature cheese and a buttery shortcut pastry base complete this taste sensation.



Maple Glazed Pumpkin & Fetta

Roast pumpkin pieces, glazed with maple syrup, accentuate the creamy sharpness of crumbled fetta cheese.

"Beautiful tasty food, quality ingredients, friendly staff and professional service are just some of the reasons why we have been dealing with Helen's for over 15 years." — Trent



Features &
Benefits:



Portion
Control



Reduce
Labour



Reduce
Wastage



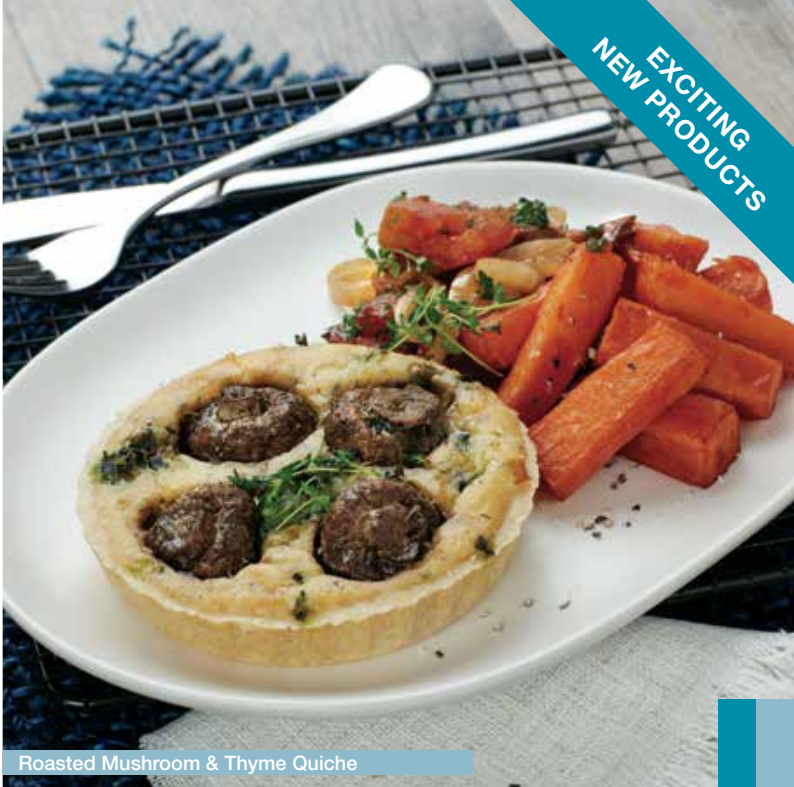
Consistency



Long
Shelf Life



Reduce
Complexity



Roasted Mushroom & Thyme Quiche



Maple Glazed Pumpkin & Fetta Quiche

Serving Suggestions

Roasted Mushroom & Thyme Quiche

The most classic of these French Provence favourites, mushrooms and thyme with cheese, begs for a side dish of roasted tomatoes and sweet onions, chopped parsley and some pan fried or baked sweet potato chips! Magnifique!

Maple Glazed Pumpkin & Fetta Quiche

Ramp up the value here and serve this subtle and satisfying quiche with some blanched and shredded kale, red onion dressed in a little balsamic vinegar or a squeeze of lemon for zing!

Gourmet Fancy Quiche

Helen's Gourmet Fancy Quiches are unique.

This versatile range has become a signature foundation to our product lines. Thin, crisp, hand layered pastry, is filled with bountiful ingredients to make a light and fluffy, yet very satisfying brunch, lunch, snack or dinner.

The possibilities for side orders and value adding are endless.



Classic Fancy Quiche Lorraine

A traditional quiche favourite with diced bacon, fresh eggs, herbs and tasty cheese, oven-baked in thin and crispy pastry and topped with a cherry tomato.



Garden Spinach & Fetta

Blanched garden spinach and crumbled chunks of fetta cheese, combined with farm fresh eggs, onion and herbs in a rich, yet light quiche.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



Units per Carton: 6



Approx. 200g

Dietary Information:



Contains Nuts



Vegetarian



Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



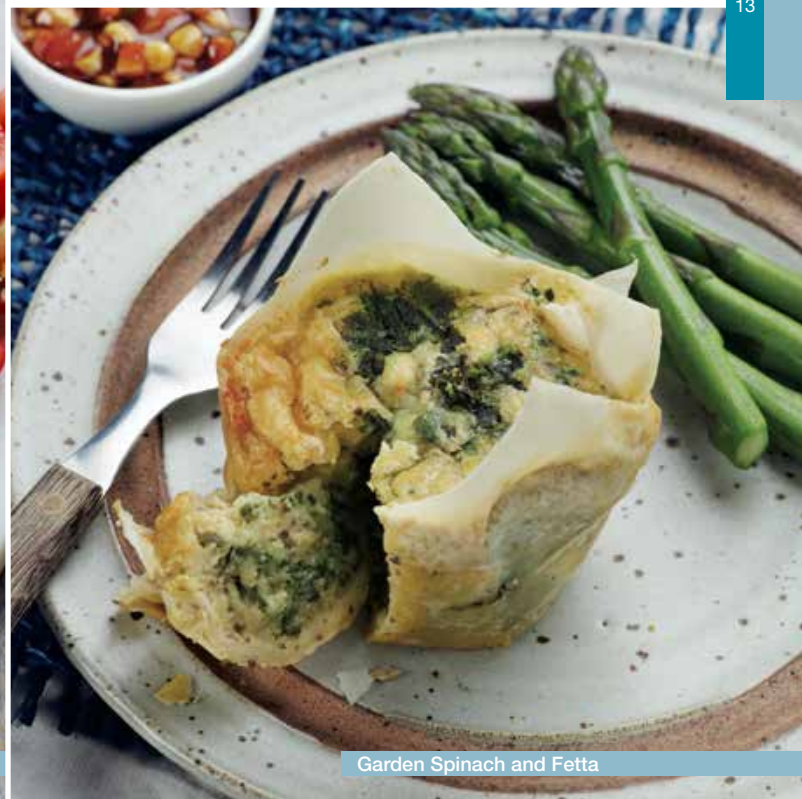
Classic Fancy Quiche Lorraine

Serving Suggestions

Classic Fancy Quiche Lorraine

Why not make a tasting plate of our famous fancy quiche, with a small pile of chopped cherry tomatoes and some fresh shallot greens, glazed with a little sherry vinegar.

A small handful of spinach or rocket adds even more retail value. Give your customers a surprising new twist by adding a small dish of savoury yeast flakes.



Garden Spinach and Fetta

Lasagne Petite-Rounds

Helen's hugely popular lasagnes are now available especially for one — in our new Lasagne Petite-Rounds range.

Your favourite Home-Style flavours have been recaptured in a miniature round lasagne, still carefully hand-layered and topped with a special blend of Italian cheeses, then oven-baked to perfection.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 275g

Dietary Information:



Contains Nuts



Vegetarian



Traditional Beef

Fresh homemade pasta and creamy Béchamel sauce layered with a rich Bolognese of beef mince, Italian crushed tomatoes, garlic and basil.



Roast Pumpkin & Garden Spinach

A rich and colourful filling of oven-roasted pumpkin; layered with our homemade Napolitana Sauce, and a creamy cheese blend of crumbled fetta, onion, spices and simmered garden spinach.



Herbaceous Pumpkin & Pesto

The flavour of fresh basil and pine nuts, combined with roasted pumpkin, and married with Béchamel, shallots, parmesan and garlic, in a unique lasagne for one.

"With Helen's, you can trust in fresh, quality ingredients and a well-presented product!" — Judy



Features &
Benefits:



Portion
Control



Reduce
Labour



Reduce
Wastage



Consistency



Long
Shelf Life



Reduce
Complexity



Traditional Beef Lasagne

Serving Suggestions

Lasagne Petite-Rounds

Nothing beats our signature Hellenic side salad, served with any one of our yummy lasagnes; a nice crisp lettuce cup filled with shredded cabbage, snow peas, snipped chives and a few cherry tomatoes. A drizzle of olive oil and balsamic makes the dressing.



Gourmet Rolls

Helen's handmade Gourmet Rolls are ideal for a light meal or for customers on the go. Each Gourmet Roll is bursting with flavour, wrapped in a flaky puff pastry and oven-baked until golden brown.

Our Gourmet Rolls are made using only the best wholesome produce and premium ingredients, for that truly homemade taste.

-  Fresh: 4°C | Frozen: -18°C
-  Fresh: 5 – 7 Days | Frozen: 10 Months
-  8 Units per Carton
-  Approx. 180g

Dietary Information:

-  Contains Nuts
-  Vegetarian



Roast Pumpkin & Ricotta

Oven-roasted pumpkin and soft ricotta, combined with tasty cheese and select farmhouse herbs and spices.



Lean Beef

Fresh lean beef mince seasoned with select farmhouse herbs and spices, combined with our classic homemade Napolitana sauce.



Garden Spinach & Fetta

Simmered garden spinach enfolded in a creamy cheese blend of crumbled fetta, onion and spices.



Vegetable Harvest

A wholesome chunky mix of root and green vegetables, all rolled and baked in our delicious savoury puff pastry.



Chicken Tandoori

Chicken breast mince combined with a traditional, mildly spicy Tandoori paste and freshly chopped garden coriander.





Lean Beef Roll



Roast Pumpkin & Ricotta Roll

Serving Suggestions

Lean Beef Roll

For our beef roll, try a new spin on an old classic! Spark up with a smokey BBQ-base sauce, topped with charred cherry tomato quarters, served in a nice industrial style metal side dish.

Roast Pumpkin & Ricotta Roll

The best way to dress up this delicious roll is to add a side salad of zucchini discs, wilted mushroom slices and some fresh dressed kale leaves.

(See Zucchini, Mushroom and Kale Salad recipe on page 3)

Alternatively:

Instead of the usual tomato sauce, why not treat your customers to a tasty pot of Napolitana sauce? Add a little pile of fresh Tabbouleh and you've made all the difference!

Gourmet Scrolls

Light and crispy! Using nourishing ingredients, these versatile scrolls are based on traditional European flavours, all rolled into a convenient and enticing shape. Perfect for the sit down or the grab and go customer.



Garden Spinach & Fetta

Simmered garden spinach enfolded in a creamy cheese blend of crumbled feta and soft ricotta, together with diced onion and select spices.



Oven-Roasted Vegetable

Fresh garden pumpkin, sweet potato, eggplant, capsicum and zucchini, combined with feta and ricotta cheeses in our classic homemade Napolitana sauce.



Pizza

Italian seasonal vegetables and shredded ham, topped with creamy mozzarella on a rich tomato base.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 200g

Dietary Information:



Contains Nuts



Vegetarian

"I love Helen's products! Your Gourmet Vege Scrolls and Chicken Camembert Filos are amazing." —Annie



Features &
Benefits:



Portion
Control



Reduce
Labour



Reduce
Wastage



Consistency



Long
Shelf Life



Reduce
Complexity



Garden Spinach & Fetta Scroll

Serving Suggestions

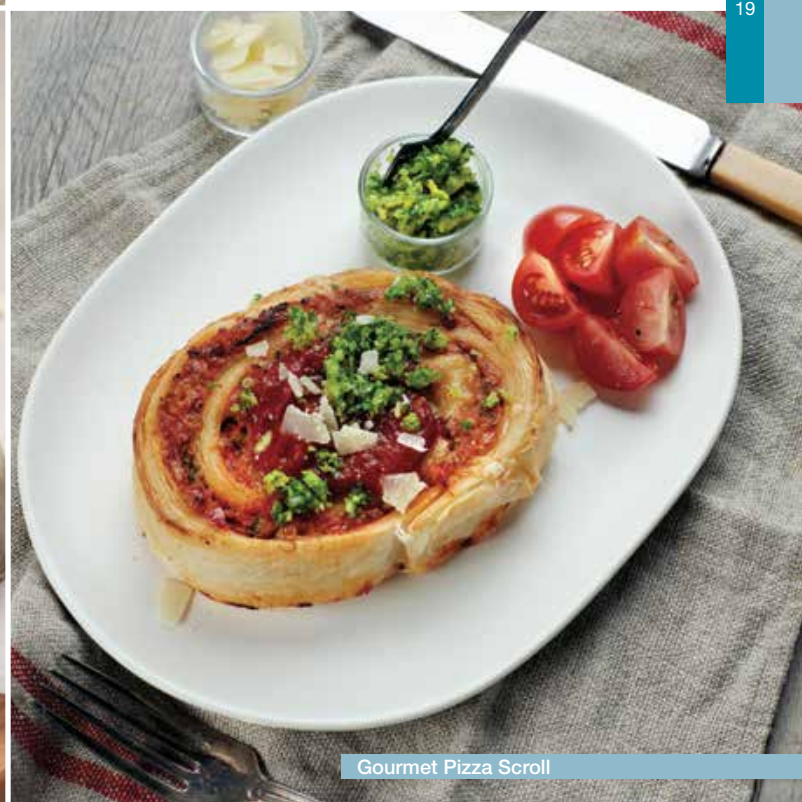
Garden Spinach & Fetta Scroll

Spinach and fetta served with a side salad of artichoke hearts, snapped green beans and a pot of basil mayonnaise.

Gourmet Pizza Scroll

Serve with gremolata (minced) of lemon parsley and garlic, and some fresh sweet quartered cherry tomatoes.

(See Gremolata recipe on page 3)



Gourmet Pizza Scroll

Savoury Tarts

Helen's Savoury Tarts are tantalising to the taste buds. Premium quality ingredients are hand layered in a delicious short-crust pastry, then oven-baked to perfection.

Now available in four flavoursome fillings with an array of colourful ingredients on show, these open-topped tarts present beautifully for display.



Breakfast (Bacon & Egg)

Vine-ripened tomato, tasty bacon and a whole freshly-cracked egg, layered with diced onion and tasty cheese. Perfect for breakfast on the go.



Caramelised Onion & Camembert

A sweet and savoury medley of caramelised onion, layered with smooth and creamy Camembert cheese chunks, finished with cracked pepper.



Chicken, Pumpkin, Spinach & Pesto

Succulent chicken breast pieces marinated in a green basil pesto with sundried tomato, tossed with oven-roasted pumpkin and English spinach.



Roasted Cherry Tomato, Red Pepper & Fetta

Market fresh cherry tomatoes and fire-roasted red peppers, layered with crumbled chunks of feta cheese and cracked pepper.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 150g

Dietary Information:



Contains Nuts



Vegetarian



Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



Serving Suggestion

Breakfast Savoury Tart

Make this tart even more special with a side serving of golden pan tossed potato chunks. Flavour by adding a few slices of garlic and fry until potatoes are crispy. In the last few minutes add some whole cherry tomatoes, then season with sea salt flakes and cracked pepper to finish.

Alternatively:

Make these elegant tarts even more delicious... serve a clever (and ridiculously easy!) salad of zucchini ribbons with salt flakes and cracked pepper.

To make these ribbons simply peel off full lengths of zucchini with a vegetable peeler and let them crisp and curl in icy cold water. They keep well for a few days in this water, until needed for use. You can also treat carrot the same way. Drain and place onto the serving plate, then dress with your favourite drizzle or mayonnaise!

(See Zucchini and Carrot Ribbon Salad recipe on page 37)



Breakfast Savoury Tart

Deep Dish Pies

Elegantly shaped, Helen's Deep Dish Pies represent superb taste and value combined.

Customers will savour the hearty meat fillings, which are nestled inside premium golden brown baked pastry. Available in a tempting assortment of rich, gourmet flavours.



Beef & Burgundy

Tender chunks of beef and diced bacon, in a rich burgundy wine casserole, combined with rustic vegetables.



Tender Steak & Guinness

A hearty combination of chunky beef and caramelised onion, slow cooked in an earthy Guinness-based gravy.



Tender Steak & Mushroom

Tender chunks of steak and fresh field mushrooms, marinated in red wine, combined with garden shallots and slow-cooked in a rich homemade gravy.



Butter Chicken

Based on an authentic recipe, this pie is filled with succulent chicken and our famous mildly spiced sauce.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



5 Units per Carton



Approx. 180g

Dietary Information:



Contains Nuts



Vegetarian



Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity

Serving Suggestions

Beef & Burgundy Deep Dish Pie

A side dish of cauliflower gratin and some steamed asparagus spears has this pie in the fine dining category!

(See Cauliflower Gratin recipe on page 3)

Steak & Guinness Deep Dish Pie

Go classic here — Pie and chips... but with a twist! Serve with some rich tomato sauce and clever fried potato discs all piled nearby.

(See Fried Potato Discs recipe on page 3)

Butter Chicken Deep Dish Pie

This pie looks and tastes wonderful with a side of fresh corn and tomato salsa mixed with a spicy chutney. Add a few microwaved poppadums to add value to the plate!



Butter Chicken Deep Dish Pie



Steak & Guinness Deep Dish Pie




Beef & Burgundy Deep Dish Pie

Connoisseur Pies


Showcasing the authenticity behind our handmade promise, Helen's brand of Connoisseur Pies are beautifully decorative and delectable.

These upmarket pies will fulfil any appetite, with hearty meat fillings nestled inside golden baked pastry, and finished with a delicate filo pastry topping.

Available in a tempting assortment of gourmet flavours, designed for your customers to sit down and savour in the comfort of your cafe or restaurant.

 Fresh: 4°C | Frozen: -18°C

 Fresh: 5 – 7 Days | Frozen: 10 Months

 6 Units per Carton

 Approx. 240g

Dietary Information:

 Contains Nuts

 Vegetarian



Beef & Burgundy

Tender chunks of steak marinated in a rich Burgundy sauce, combined with chopped bacon and fresh garden vegetables.



Tender Steak & Mushroom

Tender chunks of steak marinated in red wine, combined with fresh field mushrooms and garden shallots in a rich homemade gravy.



Butter Chicken

Succulent chicken breast pieces in our own mild and creamy butter chicken sauce, based on an authentic Indian recipe.



Tender Steak & Guinness

Tender chunks of steak marinated in Guinness beer, combined with caramelised onions in a rich homemade gravy.



Spinach & Fetta (Spanakopita)

Our iconic recipe of young spinach, sweated leeks, soft ricotta and tasty fetta, makes this pie a cornerstone of the Helen's range.



Creamy Chicken Mornay

Succulent chicken breast pieces combined with fresh garden vegetables in a creamy homemade white sauce.

"The passion and care that goes into Helen's pies is the equivalent of any artisanal producer that I've met. The staff (i.e. the people actually making the product on the factory floor) are happy people."* — The Pieologist, www.thepieologist.blogspot.com.au

Helen's
EUROPEAN CUISINE®

Features &
Benefits:



Portion
Control



Reduce
Labour



Reduce
Wastage



Consistency



Long
Shelf Life



Reduce
Complexity

Serving Suggestions

Creamy Chicken Mornay Pie

For this pie, we suggest the following lovely accompaniment: braise some celery chunks and red and/or green capsicum with a little butter and some thyme sprigs until wilted, then splash with white wine to moisten and serve hot or warm.

Another idea is a fresh salad of shaved fennel bulb, green apple, mint and spinach leaves for a smart catered lunch.

Spinach & Fetta (Spanakopita) Pie

A dish of creamy mashed potato broiled with a scattering of parmesan cheese is ideal with this flavoursome pie.

Beef & Burgundy Pie

Our Beef & Burgundy pie is always a standout, but for a few cents you can indulge your customers with a side of roasted sweet and classic potato cubes tossed with chopped rosemary leaves. Serve in a nice metal measuring cup or ramekin for stylish presentation.

For a real wow factor, serve with a batch of simple gravy or butter sauce flavoured with a good measure of white miso paste. Thin with a little sherry for an even better result.

(See Miso Gravy recipe on page 3)



Chicken Mornay Pie



Spinach & Fetta (Spanakopita) Pie



Beef & Burgundy Pie

Side Dish Recipes

Lemon Hollandaise

(See Quiche Lorraine on page 32)

Most commercially available tetra pack or frozen Hollandaise sauces work well here. Most of them are a little bland though and the simple addition of some fresh lemon zest adds lots more depth and flavour. Use your best judgement but we suggest the fine zests of two lemons per litre is a good place to start. Another option is to whisk in a little double cream to the cool sauce makes the flavour less commercial and more unique to your business.

Peanut Buttermilk Dressing

(See Thai Chicken & Vegetable Tortilla Bake on page 34)

This unexpected pairing is a real find! Blend equal parts crunchy peanut paste and buttermilk with a pinch of salt and perhaps some chilli flakes if desired. Makes a great alternative to oily dressings and can even update that basic Caesar salad to new heights!

Or... Try ¼ peanut paste to ¼ sweet chilli sauce and slowly add buttermilk until you achieve your desired consistency. A pinch of cumin here is great too!

Honey Roasted Truss Tomato

(See Oven-Roasted Vegetable Tortilla Bake on page 34)

The charring of sweet little cherry tomatoes (either in a very hot oven or open flame) accentuates the flavour immensely! Once they are hot, drizzle with a little honey and a few dried thyme leaves and your customers will be back for more!

Alternatively slice larger tomatoes and stack the slices alternating with single basil leaves and a small dollop of honey. Finish with a squeeze of lemon and cracked pepper...you will reap the accolades!



For the display cabinet

LARGE ITEMS

Helen's love for family and cooking has been the sole vision behind the creation of Helen's European Cuisine. Inspired by her own European heritage and coupled with years of experience in the Food Industry, Helen and her team have developed their own distinctive style of cooking — to bring a wholesome and unique range of large items to share with family, friends and your customers.

Home-Style Lasagne

Helen's all-time favourite Home-Style Lasagnes are a must for every eatery. Each variety is hand layered with fresh pasta sheets and our creamy Béchamel sauce, then topped with a special blend of Italian cheeses and oven-baked until golden brown — the ultimate in homemade meals!

Our signature round shape lasagnes are sure to brighten up your display cabinet and keep your customers wanting more.



Roast Pumpkin & Garden Spinach

A rich and colourful filling of oven-roasted pumpkin, layered with a creamy cheese blend of crumbled fetta, onion, spices, simmered garden spinach and Napolitana sauce.



Traditional Beef

Fresh homemade pasta and creamy Béchamel sauce layered with a rich Bolognese of beef mince, Italian crushed tomatoes, garlic and basil.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



Pre-cut – 12 Slices per Carton



Approx. 3.5kg

Dietary Information:



Contains Nuts



Vegetarian



Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



Roast Pumpkin & Garden Spinach Lasagne



Traditional Beef Home-Style Lasagne

Serving Suggestions

Roast Pumpkin & Garden Spinach

Add a clever side salad of stacked tomato, cucumber and red onion, with crumbled fetta and Balsamic glaze. If desired simply add a rosemary or thyme garnish.

Traditional Beef Home-Style Lasagne

We recommend a few fun ways to serve our very best seller! How about serving it with a Greek salad of cubed cucumber, cherry tomatoes and finely shaved red onion and olive oil? Add Italian or French dressing to finish.

Alternatively:

Perhaps a side of pan blasted Broccolini spears served al dente, dressed with olive oil and chilli flakes, salt and pepper. Brilliantly simple!

Square Lasagne

Helen's Square Lasagnes are a perfect option for any busy cafe or restaurant. They are amazing value, easy to handle and fit perfectly into a half bain-marie tray (300mm x 240mm).

Each Square Lasagne is hand-layered with premium ingredients, then topped with a special blend of Italian cheeses and oven-baked until golden brown. Helen's Square Lasagnes are also pre-cut for your convenience.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



Pre-cut – 12 Slices per Carton



Approx. 3.5kg

Dietary Information:



Contains Nuts



Vegetarian



Roast Pumpkin & Garden Spinach

A rich and colourful filling of oven-roasted pumpkin, layered with a creamy cheese blend of crumbled fetta, onion, spices and simmered garden spinach, plus our own Napolitana sauce.



Traditional Beef

Fresh homemade pasta and creamy Bechamel sauce layered with a rich Bolognaise of beef mince, Italian crushed tomatoes, garlic and basil.

"I smile every time I'm snacking on one of Helen's products – I am a continuous customer with stores all over Australia and Helen's products still play a big role in our menu mix."

"Why? Great people to deal with, brilliant product range and quality that is consistently the best in the industry. Long may we be partners in business because the chemistry is right. Our customers tell us so!" — John



Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



Traditional Beef Home-Style Lasagne



Roast Pumpkin & Garden Spinach Lasagne

Serving Suggestions

Traditional Beef Square Lasagne

Our traditional Square lasagne is perfect just on its own but a beautiful topping of fresh slaw (made with red cabbage and some carrot shavings) adds crunch and colour. A wedge of lemon and some parmesan add the final tasty touch!

Roast Pumpkin & Garden Spinach Square Lasagne

Serve with a big handful of freshly washed baby spinach, and if necessary some shaved parmesan cheese.

La Grande Quiche

Helen's tempting range of delicious La Grande Quiches are made with fresh farm eggs and premium ingredients.

Oven-baked in a savoury short-crust pastry, your customers will be delighted by their attractive appearance and mesmerised by the taste!



La Grande Quiche Lorraine ¹
Diced bacon with tasty cheese and freshly chopped vine-ripened tomato.



Roasted Mushroom and Thyme ²
Hearty whole champignon mushrooms, wild thyme and mature cheese, all baked into a rustic short crust pastry.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



Pre-cut – 12 Slices per Carton



Approx. 2kg

Dietary Information:



Contains Nuts



Vegetarian



Serving Suggestions

La Grande Roasted Mushroom & Thyme Quiche

Creamy mash and steamed beans are the perfect and simple side offered here.

La Grande Quiche Lorraine

Nothing goes better with this classic French dish than a few simple steamed vegetables tossed in melted butter and some good grain mustard. Don't forget the salt and pepper!

Alternatively, a small side bowl of warmed olives and pine nuts dressed with some picked parsley leaves adds interest and a new flavour profile for your customers.

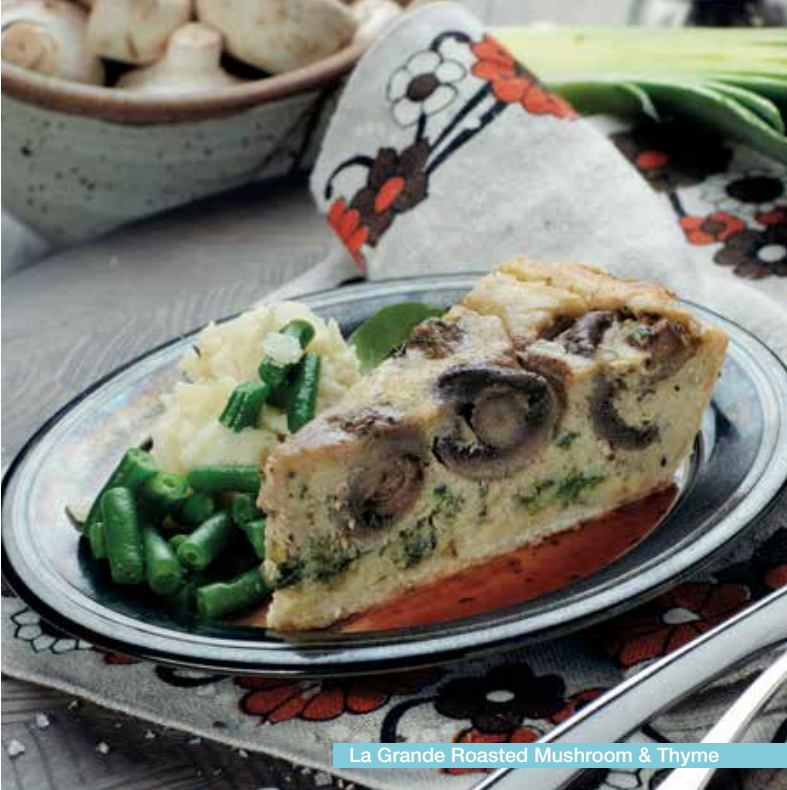
Make your Quiche Lorraine extra fancy and serve with Prosciutto wrapped asparagus spears drizzled in lemony Hollandaise sauce.

(See Lemon Hollandaise recipe on page 25)

Alternatively:

Dress up with a smart zucchini and carrot ribbon salad, add some red onion rings and French dressing. Fresh lemon wedge optional.

(See Zucchini and Carrot Ribbon Salad recipe on page 37)



La Grande Roasted Mushroom & Thyme



La Grande Quiche Lorraine



Tortilla Bakes

Releasing Helen into the kitchen resulted in the amazing innovation of the Tortilla Bake. Fresh tortilla bread stacks are hand-layered with mouth-watering fillings and topped with creamy mozzarella, then oven-baked until golden brown. A unique and hearty meal from the kitchen of Helen!



Thai Chicken & Vegetable

Layers of tortilla bread filled with succulent chicken breast pieces and stir-fried vegetables in a spicy Thai green curry sauce.



Oven-Roasted Vegetable

Layers of tortilla bread filled with oven-roasted capsicum, sweet potato, pumpkin, eggplant, zucchini and a hint of basil pesto.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



Pre-cut – 12 Slices per Carton



Approx. 3.5kg

Dietary Information:



Contains Nuts



Vegetarian

"We are always looking for high quality products that are consistently of a high standard in terms of taste, shelf life and presentation. Helen's products certainly deliver on this!"

— James



Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



Thai Chicken & Vegetable Tortilla Bake

Serving Suggestions

Thai Chicken & Vegetable Tortilla Bake

Try our classic side — a green leaf salad, fresh chilli slivers and/or a small cup of Sweet Chilli sauce.

Alternatively:

Side with steamed snake beans, fresh grated ginger, mayonnaise and fresh chilli. A simple coleslaw dressed with a peanut buttermilk dressing works a treat too. Just blend peanut paste with buttermilk, salt and pepper.

(See Peanut Buttermilk Dressing recipe on page 25)

Oven-Roasted Vegetable Tortilla Bake

Dress on a smart plate with roasted cherry tomatoes on the vine, flavoured with honey and lemon thyme. Add a pot of Tzatziki with toasted pine nuts for extra flavour and texture.

(See Honey Roasted Truss Tomatoes recipe on page 25 and Tzatziki recipe on page 45)



Oven-Roasted Vegetable Tortilla Bake

Gourmet Soups

Helen's traditional home-style Soups are an easy and convenient choice for your busy kitchen.

The soups are hearty enough to be a meal unto themselves and are a wonderfully fuss-free accompaniment to your menu!

Available in handy
300ml Single Serve and
2.5 Litre resealable pouches.



Creamy Pumpkin Soup

Thick and creamy style pumpkin soup seasoned with ground nutmeg and white pepper.



Italian Lentil, Smokey Bacon & Tomato Soup

Hearty and chunky, this soup delivers a real smokey flavour punch! Handmade and seasoned with mild chilli.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 x 300ml per carton / 1 x 2.5 litre Pouches



Approx. 300ml and 2.5 litre Pouches

Dietary Information:



Contains Nuts



Vegetarian

"I love the idea of a pre-portioned soup! The staff in my cafes just have to pour it into a bowl, and the serving is spot on every time! My customers love the homemade taste that Helen's products provide." —Nitan



Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



Serving Suggestion

Gourmet Soups

Rustic grilled bruschettas are the side order here! Spread with a little pesto and some shredded cheese.

Or do the Italian thing and rub with a raw, cut garlic clove before oven crisping.



Side Dish Recipes

Cabbage, Carrot and Leek Slaw

(See Gluten Free Sweet Potato, Pumpkin, Spinach & Fetta Frittata on page 40)

There's no mistaking fresh slaw is one of today's most popular salads. Fresh and crisp with great keeping qualities, skip the creamy dressings and add light oil free or Asian style ones. Try our Buttermilk and Peanut dressing (on Page 25) for an even newer twist. Or how about some balsamic vinegar and orange juice. Beautiful and unique. The secret to good slaw is shaved very fine slivers of vegetables rather than heavy chunks.

Red cabbage is a good inexpensive starter with plenty of plate appeal. Add the contrast colour of carrot and some green onions and it starts to look very festive. Celery and green apple are great additions too (a lemon juice drenching will keep it green and crisp).

Use up anything in your larder that needs to be used quickly; bean shoots, asparagus, blanched brussels sprouts, yellow capsicum etc. — all will work.

Bacon and Mushroom Stuffed Tomatoes

(See Gluten Free Baby Spinach & Fetta Frittata on page 40)

Ideal for using up bits and pieces, stuffing tomatoes with any number of on-hand ingredients makes good sense for your bottom line and your customer's taste buds!

Let your imagination guide you but these bacon, mushroom, cheese, and herb stuffed tomatoes will please everyone! (Even try a gluten free or vegetarian version).

Finely dice your mushrooms and sweat down in a pan. Baking off diced bacon in a quick oven is fast and hands free. Add these to your mushrooms and some chopped herbs like parsley and sage or thyme. Rosemary is a bit strong for this flavour combo but not out of the question.

You can bulk the mix with some soaked quinoa, burghul or couscous; or try finely chopped kale or spinach too. Don't forget the seasonings!

We like to shred some cheese in the mix and then add a little more to the stuffed tomatoes tops for garnish, before grilling or roasting until hot and bubbling. Keep warm in a Bain Marie or reheat in your microwave.

Zucchini and Carrot Ribbon Salad

(See Breakfast Savoury Tart on page 20 and La Grande Quiche Lorraine page 32)

Using a good vegetable peeler, take long full slices from whole zucchinis (topped and tailed) and soak in plenty of cold (or icy) water. They will firm up nicely and hold the elegant shape. Do the same for peeled carrots. Wait for a few hours and you will have a wonderful textured and visually appealing side dish, in which you can use for many of our great products. Dressings are virtually limitless!

Fried Kale Chips with Yeast Flakes

(See Paleo Loaf on Page 42)

Kale is a newcomer to the green grocer but its strength of flavour, incredible nutritional value and resilience to heavy handling has it at the top of many shopping lists.

To fry kale chips, thoroughly wash the kale and remove the stems. Tear the leaves up into large bite-size pieces and dry them either in a salad spinner, or on paper towels.

Drop 5 to 7 leaves in hot oil at a time and fry for about 60 to 90 seconds, until the kale is crisp and almost transparent. It will splatter so be ready with a splash shield.

Drain on a wire rack set over paper towels and season with salt while hot.

For the adventurous — try Savoury Yeast Flakes, the new healthy salt alternative. Most supermarkets have them in the health food section, or check with your local wholesaler.



Health & Vitality

GLUTEN-FREE

At Helen's we are responsive to consumer trends that favour responsible eating, and our new Health and Vitality range reflects that philosophy. In today's Café and Quick Service Restaurant arena, the need for healthy options has been met with the introduction of these new and exciting products.

Gluten-Free Frittatas

After much development and taste-testing, our Gluten-Free Frittatas are made with premium 100% gluten-free ingredients.

Available in three tasty flavour combinations, brimming with fresh vegetables, these Gluten-Free Frittatas are perfect for the health conscious customer!



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 250g

Dietary Information:



Contains Nuts



Vegetarian



Baby Spinach & Fetta ¹

Blanched garden spinach and sauteed onion, combined with a creamy blend of fetta and tasty cheeses, seasoned and topped with crumbled fetta.



Sweet Potato, Pumpkin, Spinach & Fetta ¹

A wholesome blend of sweet potato and pumpkin chunks, oven-roasted with Spanish onion and herbs, combined with blanched baby spinach and crumbled fetta.



Chorizo, Roast Potato, Red Pepper & Spinach ²

Spicy Chorizo sausage with roast potato chunks, fire roasted red pepper strips, fresh baby spinach and a tasty blend of fetta and ricotta cheeses.

"I have been looking for some great tasting Gluten-Free Products, and Helen's Gluten-Free Frittatas taste Fantastic! I am very happy with the products available, and have added them to my menu." —Patrick



Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity

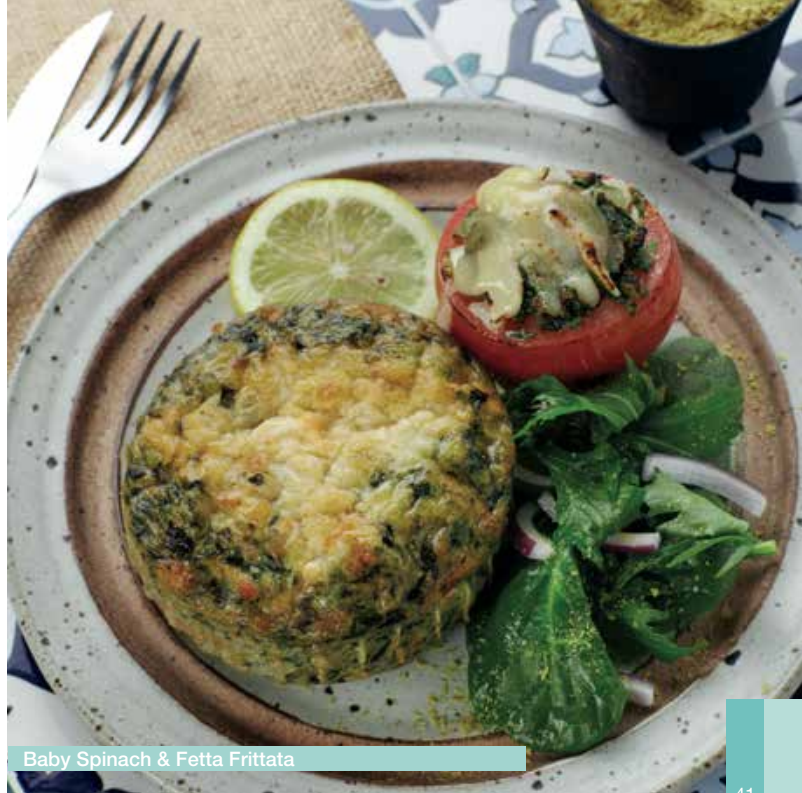
Serving Suggestions

Gluten-Free Baby Spinach & Fetta Frittata

As a wonderful vegetarian option, serve this frittata with a few simple leaves and red onion crescents.

But to really escalate the value — stuff some ripe tomatoes with onions, buttered mushrooms and cheese then bake until bubbling hot. As a non-vegetarian alternative, add diced bacon.

(See Bacon & Mushroom Stuffed Tomatoes recipe on page 37)



Baby Spinach & Fetta Frittata



Sweet Potato, Pumpkin, Spinach & Fetta Frittata

Serving Suggestions

Gluten-Free Sweet Potato, Pumpkin, Spinach & Fetta Frittata

Add a side serving of delicious buttered mushrooms, along with some wilted red onion for a smart dinner plate. Alternatively, this frittata is perfect for a healthy lunch served with a freshly made simple slaw.

Red cabbage, carrot and some shaved leeks, is an excellent and inexpensive combination which can be dressed with a simple lemon vinaigrette.

(See Cabbage, Carrot and Leek Slaw recipe on page 37)

Paleo Loaf

High protein and low processed food diets are heralded as being a new way of thinking in healthy and responsible lifestyles.

Our Paleo Loaf is the first of many delicious new recipes in this category and we look forward to expanding this range further in the future.



The Paleo Loaf

A bounty of seeds, nuts and vegetables, this loaf is packed with ancient nature's best.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



9 Units per Carton



Approx. 140g

Dietary Information:



Contains Nuts



Vegetarian



*Gluten
Free*

Our gluten-free products are made with premium 100% gluten-free ingredients.

However, they are still manufactured in our commercial kitchen and therefore may contain traces of gluten.



Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity

Serving Suggestion

The Paleo Loaf

Serve as a healthy cafe or deli lunch, with some crispy fried kale leaves (dusted with yeast flakes for flavour), some sour cream or ricotta, and a little pot of chutney... delicious and popular!

(See Fried Kale Chips with Yeast Flakes recipe on page 37)




Super Food Muffins


By popular demand, we have created a whole new category. This convenient muffin now comes super charged with energy and zing! Delightful and healthy ingredients are baked into one sensational little wonder! Early reports are this is the product to watch.



The Super Food Muffin
A little miracle in itself! A collective of almond butter, pumpkin, honey, eggs, cinnamon, black chia, pumpkin seeds, cranberries and chocolate make this little sensation a true super food.

 Fresh: 4°C | Frozen: -18°C

 Fresh: 5 – 7 Days | Frozen: 10 Months

 20 Units per Carton

 Approx. 25g

Dietary Information:

 Contains Nuts

 Vegetarian



Gluten
Free

Our gluten-free products are made with premium 100% gluten-free ingredients. However, they are still manufactured in our commercial kitchen and therefore may contain traces of gluten.



Features & Benefits:


Portion Control


Reduce Labour


Reduce Wastage


Consistency


Long Shelf Life


Reduce Complexity

Serving Suggestion

Super Food Muffin

These delicious muffins are perfect served with a fresh juice and a few slices of fruit and or nuts. Alternatively, a pot of yoghurt - sweet or plain - will do nicely too.



Side Dish Recipes

Our party boxes of small savouries make any party easy, easy, easy! For some extra wow, add a few unique dipping and side sauces.

Singapore Sauce

This brilliantly simple sauce will have everyone asking for the recipe. To make, use equal portions of commercial sweet chill sauce and crunchy peanut paste, then warm over a low to medium heat and stir until well combined. Be gentle and resist the temptation to whip these two together, as they will tend to become foamy and too aerated.

Apple Chutney

Sweet and spicy, this little dip is a marvel! To make, take equal portions of any good fruit chutney — lime or plum are great, then fold together with an equal amount of mashed steamed green apple. Keeps for a few days in refrigeration.

Ming Sauce

This dipping sauce is perfect for most pies and pastry items, and will complement meatballs and grilled skewers as well.

Hoisin sauce is available from most wholesalers and is a traditional Chinese smoky plum and soy based sauce. When mixed with an equal amount of tomato ketchup it creates a flavour miracle.

Your guests will all want to know how you make it. Keep it to yourself!

Tzatziki

(See Oven Roasted Vegetable Tortilla Bake on page 34)

Hands down, this is one of the best side sauces for any party platter! Light, fresh and zingy, it works well with all meats and vegetables.

To make: Simply peel and finely dice one cucumber, place it in a bowl and add salt.

Put cucumber into a strainer to drain the liquid from the flesh. This can take up to half an hour.

Discard the liquid and place the diced cucumber in a mixing bowl.

Add 1kg of Greek yoghurt, a dash of white pepper and one teaspoon of the following: lemon juice, minced garlic, olive oil and white wine vinegar.

Mix with a wooden spoon and serve!



For the entertainer

FINGER FOODS

Known for her innovative and inspirational approach to food, Helen's skilfully hand made Finger Foods are presented with passion and enthusiasm, and are ideal for your next function. With something to suit everyone's taste, our contemporary menu features an abundance of mouth watering, modern European and Australian cuisines.

With delicacies like these, catering has never been so easy — or tasty!

Finger Food Platter

Helen's European Cuisine Finger Food Platter equals stress-free catering!

Our gourmet platter makes parties so easy, with a selected assortment of our favourite products in mini-sized portions.

Pre-cooked, the platter requires only re-heating before serving.



72 Piece Platter (Ideal for Approx. 18 People)

- 8 x Spinach & Fetta Mini Pastries
- 8 x Bacon & Sundried Tomato Mini Pastries
- 8 x Beef Mini Rolls
- 8 x Pumpkin & Ricotta Mini Rolls
- 8 x Beef & Caramelised Onion Mini Pies
- 8 x Bite Size Meatballs
- 8 x Butter Chicken Tartlets
- 8 x Spinach & Fetta Mini Filos
- 3 x Quiche Lorraine Mini Quiches
- 3 x Caramelised Onion & Camembert Mini Quiches
- 2 x Smoked Salmon & Dill Mini Quiches
- 1 x Sweet Chilli Dip



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months

Dietary Information:



Contains Nuts



Vegetarian



Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity

Serving Suggestion

Party Platter

It is so easy to make our unique party packs look amazing! A nice old oven tray looks chic and on trend.

A rustic metal serving tray spread with our goodies only needs some baking paper lining, a sauce jug and a sprig of green herbs to add visual value.

No need to be too fiddly, our party food is robust and filling, perfect for those catered events when you need convenience and some spare kitchen time.

(See dipping sauce recipes on page 45)



Side Dish Recipes

Brown Sugar Butter

(See Banana & Walnut Loaf on page 52)

You can vary the sweetness in this recipe, but a good starting point is equal portions of butter and brown sugar. Simply let your butter, shortening or margarine reach room temperature, before blending in the brown sugar. The trick is not to over work it, as the grains of brown sugar are what will give the mix its crunchy texture when grilled onto your loaf or toast.

Orange and Cinnamon Syrup

(See Orange & Poppy Seed Texas Muffin on page 60 and Greek Orange Almond Cake on page 66)

There are two ways to make this exotic and very addictive syrup.

For the first method you will need: 2 cups of (packed) dark brown sugar, 2 cups of water, 2/3 cup of orange juice, zest of one orange and 1 teaspoon of ground cinnamon.

Bring brown sugar, water and orange juice to the boil in a heavy-based medium saucepan over high heat, stirring until sugar dissolves. Boil until syrup reduces to 2 cups, which will take about 10 minutes. Remove from heat and whisk in cinnamon and orange zest.

The second method is very easy. Take 500ml of Orange Marmalade or Jam and warm gently to soften and liquefy. Once runny, simply add in 1 full teaspoon of ground cinnamon and mix while still warm; this ensures the cinnamon flavour imbues the sauce. Store for long periods in a sealed jar at room temperature.

Fresh Chutney

(See Roast Pumpkin & Bacon Muffin on page 62)

It's amazing what the addition of fresh diced vegetables can do to the humble chutney.

Use what's at hand, but we like the crunch of diced carrot, blanched drained corn kernels, cucumber (deseeded) and tomato flesh. Simply mix up your choice of fresh vegetables with your chutney each morning, and you will have a signature condiment that your customers will love and keep coming back for.

Traditional Honey Syrup

(See Honey Puffs on page 65)

You will need: 2 cups of (packed) castor sugar, 2 cups of water, 1 cinnamon quill, 3 cloves, half a lemon (with rind) and half a cup of honey.

Bring sugar, water, cinnamon quill, cloves and lemon to the boil in a heavy-based medium saucepan over high heat, stirring until sugar dissolves. Boil for 6 minutes until syrup thickens, then add honey, stir and let cool.

Another little inspirational idea ...

Crumble Cream

(See Co-Co-Nana Bambino Loaf on page 54)

This is a wonderfully versatile recipe that will go well with any of our chocolate breads and muffins.

Often it is difficult to find things to serve with chocolate items, due to the all fulfilling magic of chocolate as an ingredient and a flavour. Well, here is a wonderful idea!

Take equal parts of light cream cheese, whipped cream and any good chocolate crumbs.

These could be crumbled choc cream biscuits, dried crumbled chocolate cake, or even chocolate muffins crumbled and dried slightly in a warm oven.

Whip together the cream cheese and whipped cream, then fold the chocolate crumbs in at the very last moment. Store as you would fresh cream.

For a more adult offering, flavour with a little rum and/or orange liqueur!



For the sweet at heart

SWEETS AND MUFFINS

Helen's aim has always been to allow people to enjoy a finer side of food preparation and taste. Handmade with love from recipes that have spanned generations, Helen's extensive range of Sweets and Muffins present an exciting array of taste sensations for everyone to savour. When you eat any one of her quality gourmet products, you genuinely feel part of something special.

Gourmet Breads

Helen's delicious range of moist, homemade breads will entice any diner. The sweet fruity flavours in a cake-like consistency make them an easy choice for the perfect morning or afternoon tea!



Banana ¹

Available Pre-cut and Whole

Ripe yellow bananas and cracked walnuts, blended into a moist, sweet bread loaf.



Raspberry, Banana & Pear¹

Available Pre-cut and Whole

Sweet ripe bananas combined with whole raspberries and juicy pear chunks.



Coconut & Mango ²

Available Pre-cut only

The flavours of summer combined in a soft, moist loaf, with shredded coconut and sweet mango, topped with crushed macadamia nuts.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



1 Loaf per Carton



Approx. 2kg

Dietary Information:



Contains Nuts



Vegetarian

*"We absolutely love Helen's products and our customers do too!
Helen's Banana Bread just walks out the door. It is difficult to keep
in stock, as it sells so quickly!" —Tracey*



Features &
Benefits:



Portion
Control



Reduce
Labour



Reduce
Wastage



Consistency



Long
Shelf Life



Reduce
Complexity



Serving Suggestion

Banana & Walnut Loaf

As if this product couldn't get any better... Try this! Make our Banana Loaf Brûlée: Spread a slice of the loaf with a mix of brown sugar and butter, before placing under the grill or salamander for a few moments until toasty and bubbling. Serve hot with some simple fruit slices for a decadent breakfast or brunch.

(See Brown Sugar Butter recipe on page 49)

Pear & Raspberry Loaf

The flavours of fruit are intensified here by gently toasting a slice in a little butter. Shower with icing sugar before topping with some poached or macerated raspberries and a pour of double cream... Heaven on a plate!

Alternatively, try soaking a few slices in egg and milk very briefly before frying off the ultimate "Pear & Raspberry French Toast"!



Banana & Walnut Loaf



Pear & Raspberry Loaf

Bambino Loaves

Our baby sized loaves are designed for the modish consumer.

On-trend ingredients and new petite sizing, makes these perfect as a stand alone offering.

Priced for maximum return, these are an easy impulse add on to coffee, tea and drink sales.



Lemon Courgette Bambino

A light sweet zucchini cake, drenched in our Zesty Lemon Syrup.



Banana Bambino

Little loaf — big banana flavour! Topped with our signature Banana Crumble.



Coco-Nana Bambino

Harmonious blending of Cadbury Dark Chocolate and fresh banana, baked into the perfect little loaf.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



10 Units per Carton



Approx. 100g

Dietary Information:



Contains Nuts



Vegetarian





Serving Suggestion

Banana Bambino

This loaf is sensational with a small pot of creamy yoghurt swirled with passion fruit pulp added as an extra buy.

Lemon Courgette Bambino

Add dollars to the average sale by offering a pot of crème fraiche or sweetened cream cheese, studded with halved blueberries as an extra side.

Co-Co-Nana Bambino

This little loaf comes to life with a topping of equal parts light cream cheese, whipped cream, and with some chocolate crumbs folded through.

(See Crumble Cream recipe on page 49)

Alternatively, a simple topping of whipped cream and fresh raspberries keeps this delicious little mix sweet and simple!



Banana Bambino



Lemon Courgette Bambino



Co-Co-Nana Bambino

Gourmet Muffins

Indulgent and decadent! Helen's range of Gourmet Muffins are the delightful accompaniment to morning or afternoon tea.

With a perfect combination of contemporary flavours and stylish presentation, why not let your customers treat themselves today. They will love you for it!



Butterscotch & White Chocolate

A blast of butterscotch caramel and white chocolate gems in a rich, moist muffin, drizzled with a white chocolate topping.



Apple & Date

A classic combination of juicy apples and dates, generously topped with toasted caramelised coconut flakes.



Strawberry & White Chocolate

Luscious whole strawberries with Cadbury white chocolate gems, topped with a dollop of smooth butter cream.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 120g

Dietary Information:



Contains Nuts



Vegetarian



Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



Sweetheart Muffins

Our new Sweetheart Muffin range brings a whole new taste and style to the table! Generous fruit fillings are at the heart of this new moist muffin.

Many cafes and restaurants will find these a premium offering and the new unique proportions of fruit to muffin are a delightful change for your customers.



Blueberry Sweetheart

A luscious, moist muffin, with a delicious heart of sweet blueberry patisserie.



Pineapple, Coconut Royale

With a centre of moist pineapple pieces, roasted coconut and rich vanilla crème.



Apple Sweetheart

Helen's traditional crème muffin, bursting with a filling of sweet apple compote.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 120g

Dietary Information:



Contains Nuts



Vegetarian



Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



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Serving Suggestions

Apple Sweetheart

Spice up a side dish of double cream with a topping of dusted brown sugar and cinnamon, for an elegant add-on value with this classic tea cake flavoured muffin.

Blueberry Sweetheart

Add extra value for your customers... This beautiful muffin with its moist centre of blueberries is perfect with a dollop of hot or warm vanilla custard. Try serving as a hot pudding dessert, by heating in a small ramekin of the same size.

Pineapple, Coconut Royale

The delicious tropical flavours of this muffin are best served warm with either cream or a rich vanilla ice cream.



Apple Sweetheart



Blueberry Sweetheart

Texas Muffins

Helen's famous Texas Muffins are a hugely popular treat! With a mix of classic and contemporary taste combinations, these Texas Muffins are guaranteed to make even the most discerning sweet-tooth's mouth water.



Blueberry & Custard

Juicy blueberries and a double hit of vanilla custard: piped in the centre and swirled on top.



Wildberry & White Chocolate

Whole wild berries in a soft, moist muffin, drizzled with a white chocolate ganache topping.



Triple Choc

A decadent chocolate muffin with Cadbury chocolate chips and a rich, dark chocolate ganache topping.



Orange & Poppy Seed

Orange zest and poppy seeds in a soft, moist muffin, topped with a subtle orange glaze.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 180g

Dietary Information:



Contains Nuts



Vegetarian



Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



Blueberry & Custard Texas Muffin

Serving Suggestions

Triple Choc Texas Muffin

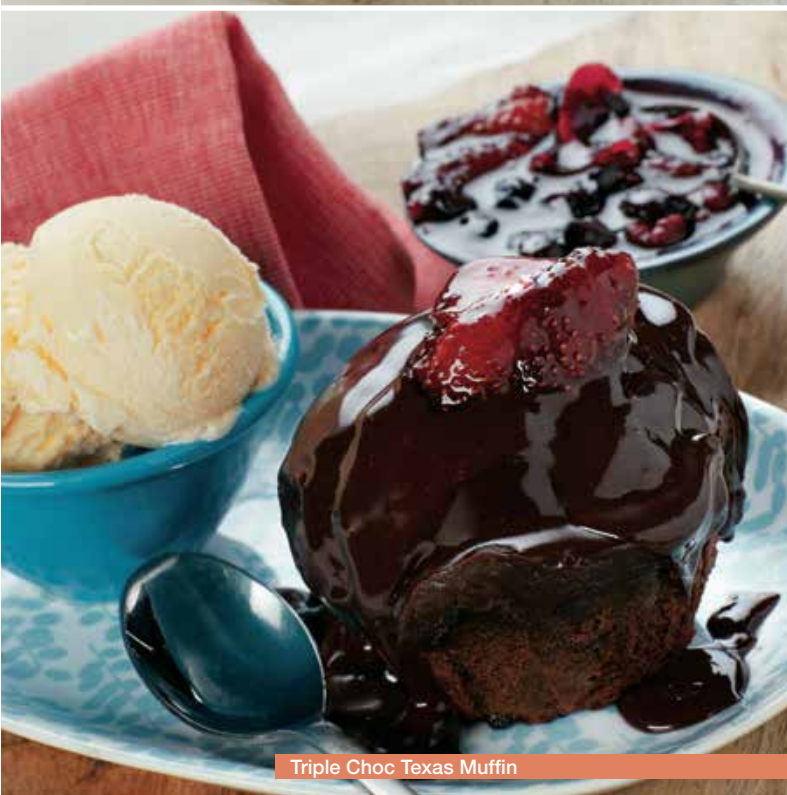
For years, customers have enjoyed these muffins warmed in a microwave, served with vanilla ice-cream and fresh strawberries, or a pot of mixed berries in syrup.

To add value and decadence, simply drizzle with a little extra warm chocolate fudge.

Orange & Poppy Seed Texas Muffin

Ever popular, this classic muffin makes a star entrance when served with some orange and cinnamon syrup, a dollop of rich crème fraîche or mascarpone, and some candied orange peel. To make the syrup we suggest melting down some marmalade with a good measure of ground cinnamon, and thinning with some Cointreau, or sweet sherry.

(See Orange and Cinnamon Syrup on page 49)



Triple Choc Texas Muffin



Orange & Poppy Seed Texas Muffin

Savoury Muffins

Helen's range of savoury muffins are the perfect option for a healthier, wholesome snack.

Made with only fresh, premium ingredients and oven-baked until golden brown, these savoury muffins taste sensational. Serve with a crisp light salad or zesty salsa.



Baby Spinach & Fetta

Market fresh baby spinach and crumbled chunks of fetta, seasoned with select farmhouse herbs and spices.



Roast Pumpkin & Bacon

Oven-roasted pumpkin and diced bacon with select farmhouse herbs and spices, topped with crispy bacon bits.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 180g

Dietary Information:



Contains Nuts



Vegetarian

"The savoury muffins from Helen's are an ideal all-day snack option. The range caters for vegetarians and meat lovers! They are quick and easy to serve." —Natalie



Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



Roast Pumpkin & Bacon Savoury Muffin



Baby Spinach & Fetta Savoury Muffin

Serving Suggestions

Roast Pumpkin & Bacon

To take this super snack up a notch for your guests is easy. Serve warmed with a pot of cream cheese or Greek yoghurt, mixed with herbs and minced garlic.

We also particularly like to turn a simple chutney into a healthy condiment, with the addition of fresh blanched corn kernels, diced peppers, celery and tomato.

(See Fresh Chutney recipe on page 49)

Baby Spinach & Fetta Savoury Muffin

Serve warm, with a small crock or bowl of fresh crispy vegetable batons — we suggest carrot and celery. This will add another element to this versatile product. Fold some finely chopped herbs into a small dish of ricotta, yoghurt, or even cream cheese, to add another taste sensation!

Mini Muffins

Helen's Mini Muffins are small in size but definitely not in taste! Perfect for children and function catering, these bite-size muffins lose nothing in decadence and flavour.

Our Mini Muffins are so irresistible, you won't be able to stop after one.



Triple Choc

A decadent chocolate muffin with Cadbury chocolate chips and a rich, dark chocolate ganache topping.



Blueberry & White Chocolate

Whole juicy blueberries in a light and fluffy muffin, drizzled with a white chocolate ganache topping.



Orange & Poppy Seed

Orange zest and poppy seeds in a light and fluffy muffin, topped with a subtle orange glaze.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



20 Units per Carton



Approx. 25g

Dietary Information:



Contains Nuts



Vegetarian



Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



Serving Suggestion

Mini Muffins

These cute little muffins are perfect for impulsive coffee side snacks, but also make up a great offer for children.

Simply pair with a flavoured milk, served in a vintage bottle. Add some thick vanilla custard, ice cream or double cream.



Traditional Greek Sweets

Experience our delightful range of homemade Greek Sweets, made using traditional recipes passed down through generations of Helen's family.

Perfect to serve as a dessert, or as an irresistible treat with tea or coffee.



Greek Orange Almond Cake ¹

This timeless recipe features the exquisite flavour of whole oranges, ground almonds, saturated with our clove and spice syrup.



Honey Puffs ²

Delightful little dough balls deep-fried until golden and crispy on the outside, but soft on the inside. Best served with a sweet honey syrup.



Baklava Fingers ³

Homemade Baklava with crushed almonds in a sweet cinnamon centre, rolled into filo pastry fingers and finished with a drizzle of rich honey syrup.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton ¹
200 Units per Carton ²
14 Units per Carton ³



Approx. 180g ¹, 10g ², 110g ³

Dietary Information:



Contains Nuts



Vegetarian

Important: Honey Puff Cooking Instructions

Honey Puffs require defrosting prior to cooking.

Cooking from frozen may cause an uneven consistency and under cooked centre.

Submerge defrosted Honey Puffs in deep-fryer for 80 seconds at 180°C, then remove and dip in honey syrup for 20 seconds.

For best results, warm syrup first. Sprinkle with icing sugar and serve immediately.

(See Traditional Honey Syrup recipe page 49)



Features &
Benefits:



Portion
Control



Reduce
Labour



Reduce
Wastage



Consistency



Long
Shelf Life



Reduce
Complexity



Honey Puffs



Greek Almond Cake

Serving Suggestion

Greek Orange Almond Cake

A cinnamon infused syrup, poured over dollops of mascarpone cream cheese, then topped with orange zest, is perfect with this classic cake.

This cake also serves well warmed.

(See Orange and Cinnamon Syrup recipe on page 49)

Alternatively:

Take 3 parts of whipped cream, to 1 part Greek yogurt. Add a splash of orange blossom water to the orange and cinnamon syrup, then pour over the cream and yogurt component.

Simply garnish with some orange zest, to make this an authentic Greek accompaniment.



Freezing & Defrosting Tips

Freezing

- Store at -18°C
- Highly recommended: to keep products in original boxes
- Best quality: Place in freezer bags and return to box
- Note: If unable to keep products in boxes, individually wrap items in freezer bags or cling wrap items.

Defrosting

- Move products to cold room (4°C) to defrost
- Remove freezer bags and return product to boxes. This will prevent condensation, causing items to become soggy
 - Note: If discarded box, we recommend transferring items to a plate and defrost
 - Once defrosted, if storing products in cold room fridge it is recommended to cling wrap item on plate. This will prevent products from becoming dry. Otherwise place items in display cabinet.
- Large Products may need 2 days to defrost
- Unwrap the plastic around the product and leave in original box in the coldroom/refrigerator to defrost. Any excess water will be absorbed by the cardboard box.
- If you do not have room for the box, unwrap the plastic around the product and place in a separate dish with an absorbent paper towel beneath
- Strain away any residual water before displaying.

Re-heating Instructions

All products are pre-cooked so it is just a matter of reheating items. Helen's products can be re-heated in a Microwave or Oven.

Fast Serving

- We recommend that customers heat items in a microwave
- Products may be finished under a grill for 10–30 seconds, or in the oven. This will ensure that products are crispy.

Microwaving Tips

- Cook on a low heat for a prolonged period of time
- Core temperature of 70°C.

Oven Tips

- As a general rule of thumb – heat products in 180°C oven for about 15–40 minutes depending on product size
- Easy and convenient: Place items on top of baking paper, this will prevent sticking to trays.



Important Facts About Helen's

- Australian made and owned
- All of our products are handmade
- Most thawed products have 5–7 days shelf life stored at 4°C or below
- Frozen products have 10 months shelf life from date of manufacture, stored at -18°C or below
- For your convenience we can call you for an order, and then place your order directly with your preferred Distributor, Australia wide.
- New packaging and pre-slicing of selected products allows for easier stock control as well as minimising waste
- We have a national distribution network to ensure delivery anywhere in Australia
- We can produce point of sale signs for all of our products
- Our products are consistent and have sensational presentation
- All of our products are microwave friendly and only require re-heating
- Products can be displayed in your COLD DISPLAY or in your HOT BOX
- All of our products are produced and manufactured under the SQF Code Level 3 Food Safety and Quality Management System
- We are HACCP Approved (Cert. No. HCV00508) to give you the highest quality product possible
- Brisbane City Council 'Eat Safe' 5 Star Rating.

All of our products are uniquely hand made, therefore as orders increased so did our staff numbers!

Helen maintains that looking after her staff has helped her build a solid reputation and clientele.

Today Helen's European Cuisine employs over 65 staff members, many of whom have worked here for years!



(Left to Right): Chloe, James, Helen, Jimmy, Michelle and Margaret

Meet Helen and your friendly sales team

Direct Ordering Details

Ask to be added to our call list, which can be arranged on any day of the working week that is suitable for you. We can place orders directly with your preferred Distributor for your convenience!

We also provide an online ordering service.

Ask about being included on our email list to receive information about monthly specials and competitions.

P (07) 3272 2722 **F** (07) 3273 7600 **E** orders@helens.com.au

Other Information

- Visit our website for additional information, including Product Specifications, news and promotions
- Re-freezing not recommended
- Prices may vary without notice
- Whilst every effort has been made to ensure the accuracy of content in this catalogue, Helen's European Cuisine cannot be held responsible for any errors or omissions.

Effective 14th of March 2016.

Frequently Asked Question

Where can I find Helen's product specifications?

Helen's product specifications can be easily accessed from our website helens.com.au. You will be required to register your company online, which will provide access to all of our product specifications.

What Health & Safety standards does Helen's European Cuisine have in place?

Helen's European Cuisine products are produced and manufactured under The SQF Code Level 3 process and product certification standard. Our Hazard Analysis Critical Control Points (HACCP)-based food safety and quality management system is globally recognised, approved and certified. Both our current SGS Certificates can be accessed via our website: helens.com.au, located under the 'downloads' tab.

What are Helen's European Cuisine office trading hours?

8am – 4pm / Monday – Thursday

8am – 3pm / Friday

We are closed on weekends and public holidays.

Do you have a sales rep that I can contact?

Yes, we have an Australia wide sales team. Please contact our Head Office on (07) 3272 2722 to obtain your local sales rep details.

When heating individual slices of the Tortilla Bake or Home-Style Lasagnes, how can I prevent the pieces from collapsing?

When heating an individual slice of our Tortilla Bake, it is recommended to place a skewer through the middle of the slice. This will prevent the product from collapsing during heating. Remove the skewer before serving.

How do I heat Large Pie slices?

When heating individual slices of our Large Pies, adjust your microwave to 70-80% heat and cook for a longer period of time. This will prevent the product from being damaged by your microwave blasting at 100% heat.

How do I avoid paying freight? (Applicable to local Brisbane Metro customers only)

Your company will be exempt from Helen's European Cuisine freight charge when your order value is over \$100 excluding GST. Alternatively, you may contact your local distributor for delivery terms. Interstate customers please contact Helen's European Cuisine for a list of Distributors to your area.

What are your payment methods?

Helen's European Cuisine accepts cash and cheques for COD customers. If you are a credit approved customer, EFT payments are also accepted. Otherwise please contact your local distributor for their payment terms.

How can I track my Helen's account status? (Applicable to local Brisbane Metro customers only)

Local registered customers are able to view their account status via our website helens.com.au, located under the 'online store/web account' tab. This site provides registered customers the ability to download invoices and proof of delivery, as well as access to view account statements.

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This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Garnish Chart

Gourmet Filo	Garnish Description
Chicken & Avocado	Poppy seeds across short centre
Chicken & Bacon	Grated parmesan across short centre
Chicken, Bacon & Avocado	Poppy seeds down long centre
Chicken, Mango & Macadamia	No garnish
Chicken, Sundried Tomato & Pesto	Mixed herbs down long centre
Creamy Chicken & Camembert	Grated parmesan across one end
Creamy Chicken & Mushroom	Sprinkled with sesame seeds
Pumpkin, Spinach & Fetta	Mixed herbs across short centre
Italiano Chicken Parmigiana	Dusted with paprika
Satay Chicken	Curry powder at one end
Premium Filo	
Garden Spinach & Fetta	Triangle: Sprinkled with sesame seeds
Topside Steak & Mushroom	Triangle: Dusted with paprika
Topside Steak & Guinness	Triangle: Mixed herbs across short centre
Rosemary Lamb	Triangle: Sprinkled with dried Rosemary
Butter Chicken	Triangle: Curry Powder
Rolls	
Chicken Tandoori	No garnish
Garden Spinach & Fetta	Poppy seeds across short centre
Vegetable Harvest	Sprinkled with poppy seeds
Lean Beef	Sprinkled with sesame seeds
Roast Pumpkin & Ricotta	Sprinkled with mixed herbs
Lasagne (Petite-Rounds, Home Style & Square)	
Herbaceous Pumpkin and Pesto	Dollop of Pesto sauce
Roast Pumpkin & Spinach	Pumpkin slice in centre
Traditional Beef	Half cherry tomato and parsley in centre
Deep Dish Pies	
Beef & Burgundy	Sprinkled with poppy seeds
Steak & Guinness	Sprinkled with mixed herbs
Steak & Mushroom	No garnish
Butter Chicken	Sprinkled with sesame seeds
Savoury Muffins	
Baby Spinach & Fetta	Sprinkled with crumbled fetta
Roast Pumpkin & Bacon	Sprinkled with bacon bits

Tortilla Bakes	
Oven-Roasted Vegetable	Sprinkled with vegetable pieces
Thai Chicken & Vegetable	Sprinkled with diced capsicum & shallots
Pies (Connoisseur & Deep Dish)	
Beef Burgundy	Napolitana Sauce in centre
Butter Chicken	Butter Chicken Sauce in centre
Creamy Chicken Mornay	White Sauce in centre
Tender Steak & Guinness	Sweet Chilli Sauce in centre
Tender Steak & Mushroom	BBQ Sauce in centre
Spanakopita	Sprinkled with poppy seeds
Quiche (Fancy & La-Grande)	
Classic Quiche Lorraine	Cherry tomato slice in centre / around edge
Garden Spinach & Fetta	Sprinkled with crumbled fetta & spinach
Roasted Mushroom and Thyme	Whole mushrooms and herbs
Gluten-free Frittatas	
Baby Spinach & Vegetable	No garnish
Chorizo, Roast Potato, Red Pepper & Spinach	Chorizo slices, ricotta
Sweet Potato, Pumpkin, Spinach & Fetta	Sweet Potato pieces, crumbled fetta

