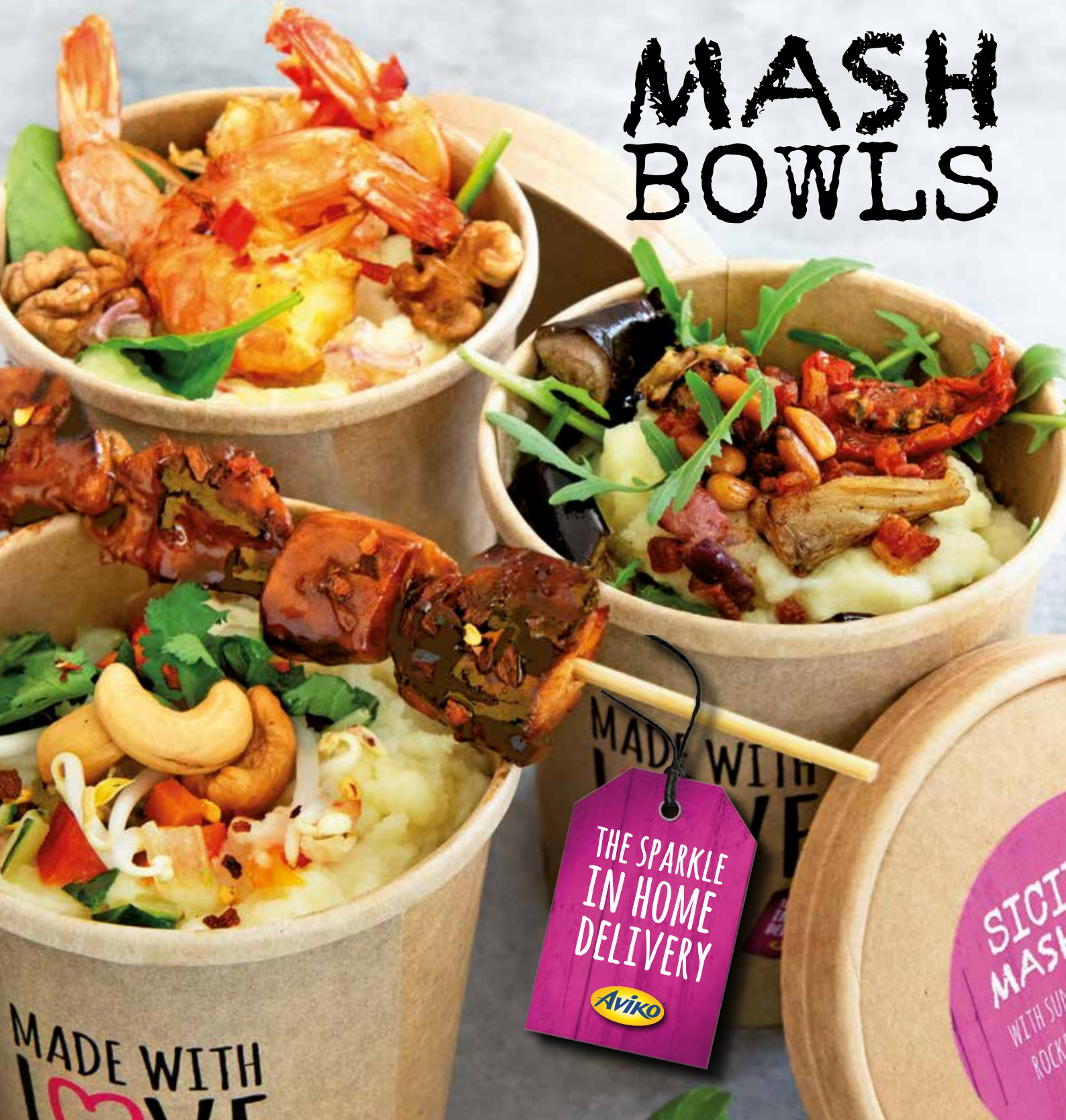


MASH BOWLS



THE SPARKLE
IN HOME
DELIVERY



SICILIAN
MASH
WITH SUN
ROCK

FRIES

A new home delivery concept: Mash Bowls

- Mash Bowls will become the new trend
- Make your digital Mash Bowl Bar and let consumers choose
- It is so easy, and you can vary endlessly



Mash it like it's hot

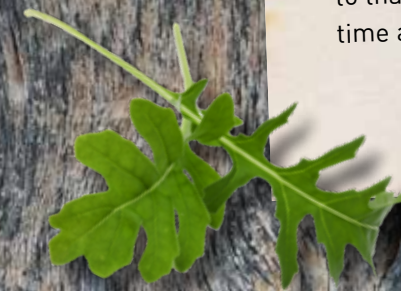
This booklet is full of inspiration to surprise your customers with fresh and healthy comfort food. We introduce a new concept: Aviko Mash Bowls. Easy to make and you can produce endless variations.

All based on one product: Aviko Mashed Potatoes.

Aviko Mashed Potato is very easy to use, high-quality homemade mash. It has maximum flexibility because it is frozen and easy to portion (GN measures).

Ideal for delivery!

Delivery is still growing rapidly and consumers are asking for variety and healthy options to satisfy their needs. Mash is a fantastic answer to that. It fits the healthy and homemade trend. It has a long holding time and you can vary endlessly.





"I choose Aviko frozen mash potatoes for quality, definitely. First, I had doubts because mashed potato in the freezer gets wet: you see that after defrosting. But I wanted to try it and I experimented a little. I was positively surprised! After warming up the mash, you have to mix it well. Then you add different flavours, for example: Parmesan cheese or sun-dried tomatoes, herbs, whatever. Put love in it and it's all done! I call it: Intelligent convenience. As fresh as it can be, top quality and tasty. It's also a flexible product because it is frozen, easy to calculate, less waste. Thousands of possibilities with one product."

David Girault
Head Chef



MENU

- ITALIAN MASH BOWL** WITH SUNDRIED TOMATOES, OLIVES, SALAMI, BASIL AND PARMESAN CHEESE
- MEXICAN MASH BOWL** WITH KIDNEY BEANS, JALAPENO PEPPERS AND CHEDDAR CHEESE
- SPANISH MASH BOWL** WITH RED PEPPERS, GARLIC, SPINACH, PRAWNS AND WALNUTS
- ASIAN MASH BOWL** WITH TERIYAKI CHICKEN, BEAN SPROUTS, CASHEW NUTS AND CILANTRO
- SICILIAN MASH BOWL** WITH PANCETTA, SUNDRIED TOMATOES, PINE NUTS, AUBERGINE AND ARUGULA
- FRENCH MASH BOWL** WITH PUMPKIN, GOAT CHEESE, PUMPKIN SEEDS AND THYME



ITALIAN MASH BOWL

Main course, serves 10

Preparation: 20 minutes

1 pack of Aviko Super Mash Homemade (2,5 kg)
500 g salami
200 g black olives
300 g sun-dried tomatoes in oil
15 g basil leaves
100 g Parmesan cheese
- Grater, 10 (meal) bowls (content 480 ml)

Dice the salami and chop the olives and the tomatoes. Finely chop the basil. Grate the cheese.

Heat the mashed potato according to the instructions.

Mix $\frac{3}{4}$ of the salami, olives, tomato, basil and cheese with the mash.

Add pepper to taste.

Put the mash in the bowls and garnish with the rest of the salami, olives, tomatoes, basil and cheese.

Tip: Add a little
tomato oil for
that extra Italian
flavour.



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MEXICAN MASH BOWL

Main course, serves 10

Preparation: 20 minutes

1 pack of Aviko Super Mash Homemade (2,5 kg)

500 g red pepper

400 g red onion

150 g jalapeño peppers

150 g spring onion

75 ml olive oil

1 kg red kidney beans (tin or jar)

500 g grated cheddar cheese

- 10 (meal) bowls (content 480 ml)

Dice the red pepper and finely chop the onion. Finely chop the jalapeño peppers. Cut the spring onion in rings.

Heat the mashed potato according to the instructions. Heat the olive oil in a frying pan. Fry the pepper and red onion until crispy and done in 4 minutes. Mix in the kidney beans and heat for another 2 minutes.

Mix $\frac{3}{4}$ of the pepper-bean mixture, the jalapeño peppers, spring onion and cheese with the mash. Add salt to taste.

Put the mash in the bowls and garnish with the rest of the pepper-beans mixture, the jalapeño peppers, spring onion and cheese.

*Tip:
Delicious with
tortilla chips.*



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SPANISH MASH BOWL

Main course, serves 10

Preparation: 20 minutes

*1 pack of Aviko Super Mash Homemade (2,5 kg)
6 cloves of garlic
2 red peppers
400 g shallots
300 g fresh spinach
750 g large shell-on shrimps (defrosted)
75 ml olive oil
150 g walnuts
- Baking tray, 10 (meal) bowls (content 480 ml)*

Preheat the oven to 220°C. Finely chop the garlic and the red pepper. Finely chop the shallot. Remove any hard stalks from the spinach and roughly chop the leaves.

Mix the shrimps with 50 ml of olive oil, red pepper and half the garlic. Put the prawns on the baking tray and grill in the preheated oven in 10 minutes.

Heat the mashed potato according to the instructions. Heat the remaining 25 ml of olive oil in a frying pan. Fry the shallot with the rest of the garlic for 2 minutes.

Mix the spinach and the fried onion and garlic with the mash. Add salt and pepper to taste.

Put the mash in the bowls and divide the grilled shrimps and the walnuts over the bowls.

Tip: Marinate the shrimps with red pepper, garlic and olive oil for a few hours for an extra delicious flavour.



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ASIAN MASH BOWL

Main course, serves 10

Preparation: 20 minutes

1 pack of Aviko Super Mash Homemade (2,5 kg)
800 g chicken fillet
200 ml teriyaki marinade
800 g pak choi
500 g red pepper
75 ml stir-fry oil
200 g bean sprouts
150 g unsalted cashew nuts
20 g coriander
- 10 skewers, 10 (meal) bowls (content 480 ml)

Cut the chicken fillet into 1-2 cm cubes and mix in a bowl with the teriyaki marinade. Marinate the chicken fillet, and keep it covered in a chilled place for at least 30 minutes.

Cut the pak choi in strips and the pepper in cubes. Keep the white and the green part of the pak choi separate. Put the chicken cubes on the skewers.

Heat the mashed potato according to the instructions. Grill or fry the chicken teriyaki until browned and done in 6-8 minutes. Heat the wok. Add the oil and fry the white pak choi strips and the pepper until crispy and done in 4-5 minutes.

Mix the pak choi with the pepper and half of the bean shoots with the mash. Add salt and pepper to taste. Roughly chop the coriander.

Put the mash in the bowls and garnish with the rest of the bean shoots and the cashew nuts. Add the chicken teriyaki and garnish with coriander.

*Tip:
Sprinkle with
chilli flakes
for that extra
kick.*



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SICILIAN MASH BOWL

Main course, serves 10

Preparation: 20 minutes

1 pack of Aviko Super Mash Homemade (2,5 kg)
500 g pancetta
250 g sun-dried tomatoes in oil
50 g grilled pine nuts
50 ml olive oil
750 g grilled aubergine (chilled or defrosted)
150 g rocket
- 10 (meal) bowls (content 480 ml)

Dice the pancetta. Chop the tomatoes. Grill the pine nuts golden brown in a dry frying pan and shake them onto a plate.

Heat the mashed potato according to the instructions. Heat the olive oil in a frying pan. Fry the pancetta brown and crispy in 5 minutes.

Mix the aubergine with the pancetta and fry for another 2-3 minutes.

Mix $\frac{3}{4}$ of the pancetta-aubergine mixture, the tomatoes and rocket with the mash. Add salt and pepper to taste.

Put the mash in the bowls and divide the rest of the pancetta-aubergine mixture, the rocket and the tomatoes on top. Sprinkle with grilled pine nuts.

Tip: Replace the diced pancetta with tuna in olive oil (from a tin). Divide the tuna over the mash.



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FRENCH MASH BOWL

Main course, serves 10
Preparation: 20 minutes
Oven: 10-15 minutes

1 pack of Aviko Super Mash Homemade (2,5 kg)
2 kg pumpkin
100 ml olive oil
500 g fresh goat's cheese (roll)
10 g thyme
80 g pumpkin seeds
- Baking tray, 10 (meal) bowls (content 480 ml)

Preheat the oven to 220°C. Cut the pumpkin in 1 cm cubes. On the baking tray, mix the pumpkin with the olive oil and salt to taste. Spread the pumpkin cubes. **Grill** the pumpkin in the preheated oven until done in 10-15 minutes. In the meantime, heat the mashed potato according to the instructions. **Slice** the goat's cheese. Remove the leaves from the stalks of thyme. **Mix** $\frac{3}{4}$ of the pumpkin and thyme with the mash. Add salt and pepper to taste. **Put** the mash in the bowls and sprinkle with the rest of the pumpkin. Put the goat's cheese on top and garnish with the pumpkin seeds and the rest of the thyme.

Tip:
Finish the mash
bowls with a
drizzle of honey.











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Aviko

Mashed potatoes

- The more often people order food, the more often they want to have healthy and more homemade types of meals.
- Mash is a fantastic product for delivery.
 - It has a long holding time.
 - It fits the healthy and homemade trend.
 - You can vary endlessly.
 - Aviko offers a very easy to use, high quality homemade mash.
 - Maximum flexibility because it is frozen and easy to portion (GN measures).
 - It is intelligent convenience and as fresh as can be.
 - 100% weight efficiency, no waste of raw material, easy to calculate and control costs

MASH	Product	Art. Number	Weight	Preperation
	Super Mash Homemade	801757	4 x 2500g	Combi-Steamer 12 min. 120°C Microwave 4 min. 1350 Watt Pressure cooker 2 min. 100°C   
	Mashed Potatoes	804815	4 x 2500g	Combi-Steamer 12 min. 120°C Microwave 4 min. 1350 Watt Pressure cooker 2 min. 100°C   



We love to help you!

We would like to inspire you with the taste, quality and convenience of our delivery products. Please do not hesitate to contact us for information, inspiration or a product sample. We are here to help you to grow your delivery business.

