

On Trend: Fresh Meets Bold

TWO NEW FLAVOURS.
ENDLESS POSSIBILITIES.

Introducing our herb-packed, vibrant **Green Goddess** and tropical, punchy **Mango Habanero** - created to deliver flavour, versatility, and menu appeal.

Serve as a dip, drizzle to finish, or use as the foundation for your next signature dish.



SIZE	UNITS PER CARTON	SERVES PER UNIT	SHELF LIFE	PRODUCT CODE	SIZE	UNITS PER CARTON	SERVES PER UNIT	SHELF LIFE	PRODUCT CODE
Mango Habanero					Green Goddess				
1L	12	40	6 Months	10010580	1L	12	40	6 Months	10010579

SUITABLE FOR VEGETARIAN NO ARTIFICIAL FLAVOURS

NO ARTIFICIAL COLOURS

Allergen: Contains sulphites

PLANT-BASED NO ARTIFICIAL FLAVOURS

NO ARTIFICIAL COLOURS

Allergen: Contains sulphites

frenchmaid®

GROENZ
A Golden State Foods company

New Zealand
www.groenz.co.nz +64 4 568 2687
ordersliquidnz@gsf-anz.com

Australia
www.groenz.com.au +61 7 3393 5562
ordersliquidau@gsf-anz.com

Shrimp Taco with Red Cabbage and Mango Habanero Sauce



Ingredients

For the red cabbage slaw:

2 cups red cabbage, finely shredded
1 small carrot, grated
¼ red onion, thinly sliced
1 ½ Tbsp fresh coriander, finely chopped
Juice of ½ lime
1 Tbsp olive oil
Salt to taste

For the shrimp:

1 tbsp olive oil
1 tsp smoked paprika
½ tsp ground cumin
½ tsp garlic powder
Salt to taste
Juice of ½ lime

Assembling the tacos:

8 small corn tortillas
8 Tbsp Frenchmaid Mango Habanero sauce
1 large avocado, pitted, peeled, and diced
Fresh coriander leaves

Method

- 1. Prepare the Slaw:** In a bowl, combine shredded cabbage, carrot, red onion, coriander, lime juice, olive oil, and salt. Toss and let it sit for at least 10 minutes to soften and develop flavour.
- 2. Cook the Shrimp:** Toss shrimp with olive oil, paprika, cumin, garlic powder, lime juice, salt, and pepper. Sauté in a hot pan for around 2 minutes per side until pink and cooked through.
- 3. Warm the Tortillas:** Heat tortillas on the grill until soft.
- 4. Assemble the Tacos:** Layer each tortilla with cabbage slaw, a portion of shrimp, a drizzle of Frenchmaid Mango Habanero sauce, and finish with pieces of avocado and coriander leaves.
- 5. Serve:** Garnish with lime wedges and enjoy immediately.

DIP IT. DRIZZLE IT. DEVOUR IT.



Chicken Wings

Toss crispy fried wings in Frenchmaid Mango Habanero until evenly coated. Serve with extra sauce on the side for dipping.



Tropical Poke Bowl

Drizzle Frenchmaid Mango Habanero over a poke bowl for a sweet and irresistible heat.



Grilled Salmon

Marinate salmon portions with Frenchmaid Mango Habanero before grilling and plating with vegetables and coconut rice.



Grilled Chicken Skewers

Marinate tender chicken portions with Frenchmaid Mango Habanero, skewer and grill to perfection. Drizzle more sauce as a finishing touch.

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Green Goddess Nourish Bowl

Ingredients

- 1 cup tri-colour quinoa
- 1 handful of kale, softened
- 1 cup roasted pumpkin, cubed
- ½ cup of chickpeas, roasted
- 1 tsp paprika (or cumin)
- 1 avocado, sliced
- ½ cup of cucumber, sliced
- ¼ red onion, thinly sliced
- 2 Tbsp pistachios, roughly chopped
- 3–4 Tbsp **Frenchmaid Green Goddess** dressing
- Salt and pepper to taste

Method

- 1. Prepare the quinoa:** Rinse quinoa under cold water. In a saucepan, combine 2 cups of water and a pinch of salt. Bring to a boil, then reduce to simmer, cover, and cook for 15 minutes or until the water is absorbed. Fluff with a fork and let cool slightly.
- 2. Roast the pumpkin:** Preheat oven to 200°C. Toss cubed pumpkin with olive oil, salt, and pepper. Roast on a lined tray for 20–25 minutes, turning once, until golden and tender.
- 3. Roast the chickpeas:** Drain and remove all water from chickpeas. If needed, pat chickpeas dry with a paper towel. Toss with olive oil, a pinch of salt, pepper, and paprika. Spread on a tray and roast for 20–25 minutes, shaking halfway through, until crispy.
- 4. Soften the kale:** Place chopped kale in a bowl with a small drizzle of olive oil and a squeeze of lemon juice. Gently massage leaves for 1–2 minutes until they soften and become vibrant.
- 5. Assemble the bowl:** Layer the quinoa and kale as the base. Neatly arrange roasted pumpkin, roasted chickpeas, avocado, cucumber, and red onion. Sprinkle with pistachios.
- 6. Dress and serve:** Drizzle 3–4 Tbsp of **Frenchmaid Green Goddess** dressing over the bowls. Serve immediately.



DIP IT. DRIZZLE IT. DEVOUR IT.



Shrimp Cocktail

Add a tablespoon of Frenchmaid Green Goddess into the base of a mini serving cup (adjust to suit portion size). Hook a shrimp and lemon wedge onto the rim for an easy, eye-catching canapé. Alternatively, serve in a ramekin as a dipping sauce.



Smoked Salmon Toast

Drizzle Frenchmaid Green Goddess over cold smoked salmon, smashed avocado and sourdough toast. Garnish with microgreens and lemon.



Chicken Wrap

Spread Frenchmaid Green Goddess dressing over the bottom third of the wrap, then layer chicken, mixed greens, avocado and other ingredients of choice.



Veggie Sandwich

Spread Frenchmaid Green Goddess on ciabatta, then add grilled eggplant, zucchini, and feta. Drizzle extra dressing over the zucchini for a flavour boost. Perfect as mini catering bites or a full-sized serve.

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