



Enjoy healthy!



Sana spreads and sidedishes

Sana delicacies

We are a team of enthusiasts who love delicious food, enjoy dining with dear family members and friends and take care of our health. We bring you healthy delicacies that combine Mediterranean cuisine and flavors of spices from various parts of the world. We believe that today, when we all live fast, we can still enjoy the quality of food that will provides us with feeling and living healthy, while also saving us the time we spend in the kitchen.

It is important to us that our products are made from fresh ingredients and according to the original recipe, so our hummus and salads are of extraordinary taste and top quality.

Our inspiration comes from our happy food lovers, of all ages and backgrounds, those who care about their health, and those who "just" love eating delicious food, those who are picky and those who are exploring, and sweet kids who have no idea what hummus is but they know that it's very tasty.



We are proud

Our delicacies are made from the finest fresh ingredients and according to the original Middle Eastern recipe. They are stored and distributed in chilled spaces at temperatures of 2 to 8°C, which ensures a durability of 60 days. This is the secret to their excellent taste and high nutritional value. Sana products are fresh so consume them within 7 days of opening.

If you prefer a mild tastes, try classic hummus, hummus with whole chickpeas, hummus with pumpkin seeds or MelanSana. If you love spicy and richer tasting food, try our vegetable mix, Thai salsa, chili hummus or hummus with spicy green pepper.

Almost all Sana products carry the European Vegetarian Certificate, Gluten-Free Certificate and Kosher and Halal Certificates.





Hummus

Probably the best spread in the world!

Hummus is a chickpea and sesame spread with added spices. The word hummus means chickpeas or chickpea spread. This millennial dish is extremely popular in the Middle East, it is well-known in the kitchens of the southern Mediterranean, but recently it won over the West which loves to experiment with it. In Western Europe, America and Australia hummus can be purchased in almost every supermarket.

The uniqueness of this spread is in its rich flavor, high nutritional value and wide and easy use. Hummus is a ready to eat spread as a full meal or a side dish. It is eaten at any time of day and on all occasions. It is a delicious spread on bread, as a dip with vegetables or snacks, and as a side dish to meat and vegetarian meals.

It can be eaten for a breakfast or as an appetizer, a snack at work with a sandwich, a healthy meal at school etc. It is perfect for a finger food party and it can be served as a side dish to barbecued meat or vegetables. Hummus often comes with a variety of additions such as chili, green peppers, whole chickpeas or sesame seeds, coriander, curry, pine nuts and more.

ENJOY AND STAY HEALTHY!

Due to its delicious taste and nutritional value, hummus has found its place in cuisines around the entire world. Finally, it is possible to enjoy healthy spreads guilt-free!

Characteristics of hummus:

- ✓ an optimal ratio of protein, carbohydrates and healthy fat
- ✓ rich in iron, calcium, vitamin B6, fiber and lecithin *
- ✓ does not contain animal fat nor hydrogenated vegetable fat
- ✓ without cholesterol
- ✓ no gluten
- ✓ low glycemic index

source: <http://nutritiondata.self.com/>



hummus



Hummus



Pumpkin Seeds Hummus

Hummus with pumpkin seeds combines a traditional Croatian flavor with probably the most famous spread in the world. Pumpkin seeds give hummus a distinct nutty flavor and enrich it with healthy essential fatty acids, vitamins and minerals. Hummus is easy to eat and to prepare with a variety of dishes. It can be a nutritious spread on bread, but also a side dish to salads or a dip for snacks.

Classic Hummus

The basic ingredient of hummus is chickpea, while it gets its characteristic taste and color from tahini (sesame paste).

100 g

250 g

3 kg

250 g



Chili Hummus

This hummus is enriched with chili which is a blend of different kinds of chili peppers that give this spread a zing. Chili sauce was added to this hummus in a way which allows each consumer to adjust the strength of chili flavor to his/her own taste.

250 g



Green Pepper Hummus

Rich green pepper sauce provides hummus with a spicy and fresh Mediterranean flavor. The sauce is added to hummus in a way which allows each consumer to adjust the strength of green peppers flavor to his/her own taste.

250 g



Whole Chickpeas Hummus 250 g

The classic hummus is enriched with whole chickpeas of mild taste. The combination of paste-like texture and whole chickpea beans gives it a very interesting appearance - both as a spread and as a side dish.

Average nutritive value in 100 g of product:

Energy	1235 kJ/295 kcal
Fat	24 g
of which:	3,5 g
saturated fatty acids	
Carbohydrates	13 g
of which: sugar	0,2 g
Protein	6 g
Salt	0,4 mg
Cholesterol	0 mg



Let's cook with hummus!

Hummus is best known as a spread or dip, but with little creativity, one can use hummus to enrich many dishes. Its' flavor complements not only sandwiches, but also pasta and meat. Be bold and try adding it to soups and sauces. Let your imagination run free!



Chicken breast with Sana Hummus crust

Ingredients for 4 people:

- 4 chicken breast fillets
- 120 g **Sana hummus chili**
- 80 ml of vegetable soup
- 200 g of zucchini
- 1 clove of garlic
- 80 g of canned corn
- 100 g of couscous
- extra virgin olive oil
- salt and freshly ground pepper

Preparation:

Wash the zucchini, cut off the ends, then cut them in half and slice in semi-circles. Peel the garlic clove and cut it thinly. Turn the heat on to medium, put a frying pan on top and pour a little olive oil inside. Put in the chicken fillets and fry them on all sides. After 5 minutes of frying, when the fillets have



closed pores from all sides, place them in a baking tin. Add some olive oil and sliced zucchini to the pan in which you fried chicken fillets. Add a pinch of salt and fry the zucchini on medium heat.

In a separate bowl, put **Sana chili hummus** and add some vegetable soup. Stir in the ingredients in order to get a slightly thinner mixture. Pour the mixture over semi-fried chicken fillets. Bake the

hummus covered fillets for 20 minutes in a preheated oven at 190°C. When the zucchini softens slightly in the pan, add the sliced garlic and corn. Add some couscous and pour the rest of vegetable soup over the ingredients to cover them. Boil all the ingredients together on medium heat, occasionally stirring. Serve when cooked.

Pita bread pizza with Sana hummus and Greek salad

Ingredients for 4 people:

- 4 pitas
- 10 ml of olive oil
- 1 cup of **Sana Classic Hummus**
- 1/2 cucumber diced
- 1/2 tomatoes diced
- 1/4 cup of black olives diced
- 1/4 red onion chopped
- 1 cup of rocket salad
- 2 tablespoons lemon juice
- 100 g of feta cheese

Preparation:

Sprinkle olive oil over 4 thin pita breads and bake them in the oven at 200 ° C for about 5 minutes until they become



crunchy. Spread 2 tablespoons of **Sana Hummus** on each baked pita bread. In a medium sized bowl, add chopped cucumbers, tomatoes, black olives, red onions, rocket salad, lemon juice, and 3 tablespoons of extra virgin olive oil, then sprinkle with salt and pepper and mix together. Divide the mixture on all 4 pita breads,

and put feta cheese on top of each. Tip: If you want to shorten your preparation time and you do not have fresh vegetables at hand, use our delicious **Sana Vegetable Mix** containing 5 different vegetables.

Eggs filled with Sana Hummus

Ingredients for 4 people:

- 6 eggs
- 100 g **Sana Classic Hummus**
- 2 spoons of olive oil
- 1 tea spoon of ajvar
- 1/4 tea spoons of ground pepper
- 1/4 tea spoons of salt
- red pepper for decoration

Preparation

Boil the eggs hard (5 minutes) and let them cool down. Peel



them, cut them lengthwise and remove the egg yolks. Use the mixer to blend in the yogurt, **Sana Hummus**, and spices to get a smooth mixture. Place the mixture inside a

pipng bag and fill every egg. Sprinkle a dash of red pepper over eggs and add parsley at will.



Vegetable mix



Vegetable mix contains as many as 5 types of delicious vegetables! The basic ingredient is roasted eggplant prepared with peppers and carrots in a tomato, onions, and garlic sauce, using high quality Mediterranean spices.

The mix is low in energy value and is therefore suitable for people who prefer daily low energy intake, diabetics or people who count calories.

Enjoy the vegetable mix as a salad, cold or warm side dish to meat or vegetarian meals or as an delicious pasta sauce.

VEGETABLE MIX – oriental roasted eggplant side dish...

The roasted eggplant side dish has a delightful flavor. The basic ingredient is roasted eggplant prepared with peppers and carrots in a tomato, onions, and garlic sauce with fine Mediterranean spices.

200 g

3 kg



Average nutritive value in 100g of product:

Energy	926 kJ/221 kcal
Fat	19,0 g
of which:	2,9 g
saturated fatty acids	
Carbohydrates	10 g
of which: sugar	0,1 g
Proteins	2,6 g
Salt	0,4 mg
Cholesterol	0 mg



Excellent addition to every meal

Meals become healthier, richer in texture and fuller in flavor with the addition of Vegetable Mix which provides 5 different types of vegetables. The pleasant, spicy taste of grilled eggplant, pepper and other vegetables compliments rice and pasta dishes. Enjoy and stay healthy!



Tortillas with chicken and Sana Vegetable mix

Sastojci za 4 osobe:

- 400 g chicken breast fillet
- 20 g of burrito spice mix
- 200 g **Sana Vegetable Mix**
- 8 tortillas
- 100 g of guacamole sauce
- 100 g crème fresh
- 80 g of full-fat cheese
- 140 g of sweet corn

Preparation:

Cut the chicken breast lengthwise, then into smaller pieces. Pour the olive oil into medium heated pan, add sliced chicken and salt. Fry the chicken from all sides. When the chicken is half



done, add the burrito spice mixture and continue to fry mixing the ingredients. Then add **Sana Vegetable mix** and sweet corn.

Mix all the ingredients together and leave to fry for additional 3 minutes.

Place the tortillas onto a kitchen top and add some crème fresh and guacamole sauce to each. Then add the

contents of the pan and wrap up each tortilla. Put the wrapped tortillas into a baking tin.

Sprinkle full-fat cheese on the tortillas and bake them for about 7 minutes at 190 ° C in a preheated oven. Serve and enjoy!

Pasta with salty anchovies and Sana Vegetable mix

Ingredients for 4 people:

- 400 g of pasta
- 200 g of **Sana Vegetable mix**
- 15 g of salty anchovies
- extra virgin olive oil
- salt and freshly ground pepper
- 100 g of Feta cheese

Preparation:

Put pasta in hot and salted water and cook as per packaging instructions. While



the pasta is cooking, pour the olive oil in a heated pan, add salty anchovies and fry them on small heat until the oil aromatizes, and the anchovies soften completely.

Add **Sana Vegetable mix** to the anchovies, rise the heat to medium and mix everything

together for about 5 minutes. Add cooked pasta to the anchovies and Vegetable mix sauce and mix in all the ingredients well. Add some crumbled Feta cheese on top and you are ready to serve!

Risotto with turkey and Sana Vegetable mix

Ingredients for 4 people:

- 2 small cups of rice
- 3 tbsp of olive oil
- 200 g of turkey fillet
- 200 g of the **Sana Vegetable Mix**
- 2 tablespoons of soy sauce
- salt and pepper

Preparation:

Cook rice for about 25 minutes in salt water. Dice the turkey fillet, add a pinch



of salt and pepper. Add olive oil to a pan, heat to medium heat, and fry the chicken from all sides. Then add **Sana Vegetable mix** and stir everything for a few minutes. Add soya sauce. When the rice

is cooked, drain it and mix it in with turkey and Vegetable mix sauce. Yummy! Serve and enjoy.



MelanSana

Roasted eggplant spread

MelanSana is a unique specialty on the market. This delicious salad is exceptionally rich in flavor. It is a mix of roasted eggplant, caramelized onion and mild spices that round off the taste and structure of this delicacy. Serve it as bread spread, a canapé sandwich or a delicious side dish. This is a ovo-vegetarian product (contains eggs, but no other ingredient of animal origin).



Thai salsa

Roasted eggplant, tomato and sesame side dish

Thai salsa has a delicious, sweet, exotic, very light taste. It can be used as cold or hot side dish, a sauce for pasta or rice and as a salad. Since it is packed in polypropylene containers it can also be heated in a microwave oven.



200 g

3 kg

Logistic data

Packaging

Hummus, MelanSana, Thai salsa and Vegetable mix are packaged in practical lidded polypropylene containers. Below the lid there is a protective polypropylene foil which is thermally joined to the container in order to protect the product from external influences. Hummus 100g is the only product with a protective aluminum foil lid which is attached to the container.

Hummus packaging:

- Classic Hummus: 100 g, 250 g and 3 kg
- Chili Hummus, Green pepper Hummus and Whole Chickpea Hummus: 250 g
- Pumpkin seed Hummus: 250 g and 3 kg

Vegetable mix packaging:

- Vegetable mix mild: 200g and 3kg

MelanSana packaging:

- 200 g i 3 kg

Thai salsa packaging:

- 200 g i 3 kg

Transport cardboard packaging contains:

- 27 or 13 individual units of 100g (depending on type of product),
- 12 or 6 individual units of 200g or 250g (depending on type of product),
- Individual unit of 3 kg

Shelf life and packaging recommendation

In order to preserve the freshness, fullness of flavor and optimal spreadability, Sana spreads are not pasteurized. Our products have a minimal quantity of preservatives so the products' shelf life is 60 days. Once opened, we recommend to consume the content within the following 7 days. Product are stored at a temperature of +2 to +8°C.





Enjoy healthy!



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