



A Slice of the
Good Life



Made with all the delicious taste
& goodness of olive oil.

HOT DOG MADE WITH OLIVING THIN FRANKS, ONION AND PICKLES



Ingredients

- Hans Oliving Thin Franks
- Hot dog rolls
- Tomato Sauce
- American Mustard

Method

1. Simmer, grill or BBQ the Oliving Thin Franks for 5 minutes.
2. Cut the hot dog rolls in half, being careful not to split in two pieces and put a sausage in a hot dog roll.
3. We add tomato sauce and mustard (but if you're feeling adventurous try adding onion and pickles).

+Hans Oliving Thin Franks are a Source of Protein, and contain 29% Reduced Fat* and 44% Reduced Saturated Fat*

*Compared to Primo Thin Franks



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ROASTED ASPARAGUS WRAPPED WITH OLIVING TURKEY



Ingredients

- 200g Hans Oliving Sliced Turkey
- 200g asparagus
- 200g mozzarella
- A few chopped basil leaves and a few for the garnish

Vinaigrette:

- 100ml extra virgin olive oil
- Juice and zest of 1 lime
- Salt

Method

1. Remove the tough ends of the asparagus and put in boiling water for 1-2 minutes. Drain and put in cold water. Dry.
2. Wrap every asparagus into a slice of Hans Oliving Turkey.
3. Place the asparagus next to each other in baking pan covered with oven paper. Cut the mozzarella into small pieces and sprinkle it over the asparagus.
4. Cook on grill for 3-4 minutes until the mozzarella starts to melt.
5. Stir the dressing ingredients and pour over the grilled asparagus. Serve on plates and garnish with basil leaves.

+Hans Oliving Turkey is a Source of Protein, is Low in Saturated Fat and is 97% Fat Free



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PIZZA WITH MOZZARELLA CHEESE AND OLIVING TRADITIONAL HAM



Ingredients

- 1 pizza base
- 200g Oliving Sliced Traditional Ham
- 150g mozzarella cheese, torn into big pieces
- 1 onion, chopped
- 150g sour cream
- Freshly ground black pepper
- Few leaves of parsley for garnish

Method

1. Preheat the oven into 200°C.
2. Spread the pizza base with the sour cream, onion and a sprinkle with black pepper. Bake in preheated oven for 15 minutes.
3. Take the pizza base out of the oven and sprinkle with mozzarella cheese, and place the slices of Oliving Traditional Ham and bake for 5-6 minutes until the cheese melts.
4. Serve the pizza hot and garnished with leaves of parsley.

+Hans Oliving Traditional Ham is a Source of Protein, is Low in Saturated Fat and is 97% Fat Free



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MEDITERRANEAN PARCELS



Ingredients

- Puff pastry
- Hans Oliving Kabana or Hans Oliving Sliced Peperilli Salami
- Roast capsicum, chopped
- Green olives, chopped
- Brie, chopped

Method

1. Cut puff pastry into squares
2. Fill with all ingredients and fold edges of pastry to the middle.
3. Glaze with egg wash and bake at 180°C until crispy

+Hans Oliving Sliced Peperilli Salami is a Good Source of Protein, and contains 35% Reduced Fat* and 31% Reduced Saturated Fat*

*Compared to Hans Peperilli Salami

+Hans Oliving Kabana is a Source of Protein, and contains 42% Reduced Saturated Fat*

*Compared to Hans Kabana



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Oliving by Hans products are made with olive oil and less saturated fat than traditional smallgoods making them a healthier choice for your family's diet.

For more information visit our website;
www.oliving.com.au
www.hans.com.au/oliving

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