

NECHAEV

FAMILY CLUB

WE MAKE HEALTHY
FOOD FOR YOU

BARBECUE IS THE SYMBOL OF WONDERFUL SUMMER



[NECHAEV.FAMILY.CLUB](https://www.instagram.com/NECHAEV.FAMILY.CLUB)



**SUMMER IS THE SEASON
OF BARBECUE, SKEWERS,
AND OUTDOOR PICNICS.**

**STOKE UP IN THE SUNNY
MOOD. NECHAEV FAMILY
CLUB WILL TAKE CARE OF
THE TASTE AND HEALTH!**



In June, during the digital Faberlic Forum, Nechaev Family Club held the culinary master class for cooking the tasty skewers.

This recipe was invented by Alexander Belkovich, our favourite chef, restaurant owner, and TV presenter, and Elena Nechaeva made it even healthier. It was delicious!

The filming was exciting, creative, funny and very tasty!

THE RECIPE OF THE HEALTHY MARINADE FOR SKEWERS BY ELENA NECHAEVA AND ALEXANDER BELKOVICH

INGREDIENTS:

Chicken or turkey (breast): 1 kg
Nechaev Family Club Provencal Light vegetable oil-based sauce: 200 g
Oranges: 1 kg
Ground pepper mixture: 0.5 tsp
Nechaev Family Club Smart Neapolitan Salt: 1 tbsp

COOKING METHOD:

1. Cut the poultry into medium-sized pieces. Mix Provencal Light with the orange juice, add pepper and salt. Mix.
2. Add the orange peel to the marinade: it will bring the additional flavour and the refreshing citrus scent to the meat.
3. Marinate for min. 2 hours.

“This recipe is great for chicken or turkey. We all know that the poultry, especially everyone’s favourite breast, may become quite dry after cooking. So, the orange juice in the marinade makes the poultry very tender, with a nice citrus flavour. Skewers are always fantastic!”

Chef Alexander Belkovich



FOR REAL GOURMETS

DIJON MUSTARD AND ESTRAGON MARINADE

INGREDIENTS:

Fish or chicken/turkey breasts: 1 kg
Estragon: 1 bunch
Dijon mustard (sugar-free): 4-5 tbsp
Lemon: 1 pce
Olive oil: 150 ml
Nechaev Family Club Smart Norwegian
Salt: 1 tbsp

COOKING METHOD:

1. Chop estragon leaves and crush them into a paste while gradually adding the oil.
2. Grate the lemon peel fine, mix with herbs, add the lemon juice: 1 tsp for fish, 2-3 tsp for chicken, 2 tbsp for turkey.
3. Add the mustard, salt, and mix with poultry/fish.
4. Marinate: fish for 20 minutes, chicken/turkey for 1.5 hours.

KETCHUP AND FRESH MINT MARINADE

INGREDIENTS:

Fresh veal: 1 kg
Onion: 3 pcs
Nechaev Family Club Classic
Ketchup: 200 g
Fresh mint: 2-3 bunches
Nechaev Family Club Smart Welsh
Salt: 1 tbsp

COOKING METHOD:

1. Grate the onion or grind it in a blender, add salt and ketchup, mix well.
2. Chop the mint fine and add it into the marinade.
3. Cut the veal into medium-sized pieces and mix everything well.
4. Marinate for at least 3-4 hours, you can leave it in a fridge overnight.

The secret of perfect skewers: all ingredients should be thoroughly mixed. The more juice the food yields, the juicier and softer the meat is!

SALT AND SPICES ARE THE MAIN
INGREDIENTS OF ANY
MARINADES!

MUCH SALT MEANS MUCH
SODIUM. REDUCTION OF THE
SODIUM SHARE IN THE DIET
PROTECTS THE HEALTH OF
YOUR CARDIOVASCULAR
SYSTEM.

USE NECHAEV FAMILY CLUB
SMART SALT TO MAKE MEAT OR
FISH BOTH TASTY AND HEALTHY!

CHOOSE THE SMART SALT!

30% LESS SODIUM CONTENT
THAN IN THE CLASSIC TABLE
SALT

WITH COLLAGEN FOR
PRESERVING OF THE SKIN
TONE AND BEAUTY

DIETARY FIBERS
FOR COMFORTABLE
DIGESTION



AUSTRALIAN FOR
A FRAGRANT
STEAK
ART. 16144



NEAPOLITAN WITH
BASIL AND THYME
ART. 16141



NORWEGIAN FOR
FISH DISHES
ART. 16143



WELSH
ART. 16146



ALPINE WITH
ROSEMARY AND
OREGANO
ART. 16142



DANISH SMOKED
ART. 16145

**KETCHUP IS A MUST FOR SKEWERS!
IT IS THE ABSOLUTE FAVOURITE OF
THE PICNIC SEASON!**

**NECHAEV FAMILY CLUB KETCHUPS
SURPRISE BY THEIR DEEP FLAVOUR
OF RIPE, SWEET CHERRY
TOMATOES GROWN UNDER THE
HOT SOUTHERN SUN!**

THE NATURAL LYCOPENE SOURCE, WHICH IS A POWERFUL ANTIOXIDANT REDUCING THE LEVEL OF "BAD" CHOLESTEROL AS WELL AS THE RISK OF ATHEROSCLEROSIS AND HEART DISEASES.

SUGAR AND STARCH-FREE: CONTAIN NATURAL SWEETENERS BALANCING THE CARBOHYDRATE METABOLISM. ONLY 35 CCAL IN 100 GRAMS. IT IS 2-3 TIMES FEWER CALORIES THAN IN MOST OF KETCHUPS SOLD IN SUPERMARKETS.

ENRICHED WITH DIETARY FIBERS WITH THE EXPRESSED PREBIOTIC EFFECT IMPROVING DIGESTION.

PURE HEALTH OF TOMATOES!



CLASSIC KETCHUP, ART. 16050



BARBECUE KETCHUP, ART. 16051

**PROVENCAL SAUCE WILL
MAKE ANY DISH TASTIER
AND YUMMIER. IT IS A
DOUBLE PLEASURE WHEN IT
IS ALSO HEALTHY!**

IT IS AS TASTY AS THE CLASSIC
MAYONNAISE SAUCE

SUGAR FREE

CONTAINS HEALTHY OLEIC
FATTY OMEGA-3 AND OMEGA-9
ACIDS

LOW-SODIUM SALT USED

ENRICHED WITH COLLAGEN
AND HEALTHY DIETARY
FIBERS

THE TASTE FAMILIAR SINCE CHILDHOOD



**INCREDIBLY TASTY AND DELICATE,
ONLY 192 CCAL IN 100 GRAMS.**

PROVENCAL LIGHT VEGETABLE
OIL-BASED SAUCE
ART. 16122



**TASTY AND NUTRITIOUS,
WITH OLIVE OIL**

PROVENCAL OLIVE VEGETABLE
OIL-BASED SAUCE
ART. 16121

PERFECT ADDITION TO SKEWERS

VEGETABLE SALAD WITH NUTS

INGREDIENTS:

Tomatoes
Cucumbers
Red onion
Iceberg salad
Spinach
White cheese
Walnuts or Pine nuts
Nechaev Family Club
Provencal Light Vegetable
Oil-Based Sauce as a dressing

COOKING METHOD:

1. Cut vegetables into large pieces, mix with herbs.
2. Cut the white cheese into small cubes and the onion in thin half-rings, mix everything.
3. Add Provencal Light into the salad.
4. Decorate the dish with split walnuts or whole pine nuts





NECHAEV FAMILY CLUB

CHICKEN OR TURKEY, SALMON OR SEABASS –
ANYTHING YOU WANT!
DIZZYINGLY TASTY AND AMAZINGLY HEALTHY
SKEWERS MADE OF ANY MEAT OR FISH – IT'S SIMPLE
WITH NECHAEV FAMILY CLUB PRODUCTS! ONLY HEALTHY
INGREDIENTS FOR YOUR CULINARY MASTERPIECES!

SCAN THIS QR CODE
TO LEARN MORE ON
OUR WEBSITE

