





Stir Fry Noodle Bowl

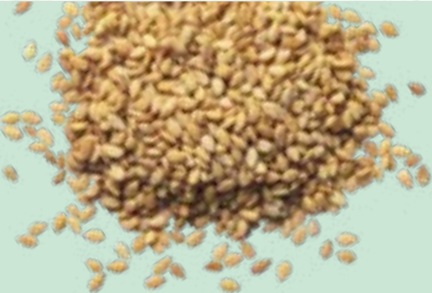
Ribbons of courgette and carrot mingle with shiitake mushrooms in this stir fry stunner.

Cost
per
portion
£1.13

Cooking time	Difficulty	Prep time	Serves	Key
 10 mins	 EASY	 10 mins	 4 people	 Knorr ingredient  Future 50 Food

Ingredients

-  1 Knorr Vegetable Stock Pot
250 ml water boiled
2 tbsp sesame oil
2 courgettes peeled into ribbons
2 carrots peeled into ribbons
1 large garlic clove
2 heads shiitake mushrooms sliced
150 g garden peas
400 g flat rice noodles cooked and chilled
50 g peanuts chopped
-  2 tbsp white sesame seeds
1 tsp chilli flakes



Sesame Seeds

These seeds have a high oil content and are considered an excellent source of copper and magnesium.

FUTURE
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FOODS



Cook

1. Preheat the oven to 170c. Spread the chopped peanuts, sesame seeds and chilli flakes over a baking tray and toast in the oven for 10 minutes until evenly golden. Remove from the oven and allow to cool.
2. In a jug, add the Knorr Vegetable Stock Pot to 250ml of boiling water and whisk until dissolved.
3. In a wok, heat the sesame oil to a high heat, add all the vegetables and stir-fry for two minutes.
4. Add the cooked noodles and toss them through the vegetables to combine. Pour over the Knorr Vegetable Stock and cook for a further minute until it has reduced to a rich sauce.
5. Place the noodles and vegetables into bowls then garnish with roasted peanut mix.

Quick and Easy Ratatouille

Cost
per
portion
£1.40

Knorr Aromat helps to bring out the rich flavour of this quick and healthy meal.

Cooking time



10
mins

Difficulty



EASY

Prep time



10
mins

Serves



4
people

Key



Knorr ingredient

Ingredients

-  10 grams Knorr Aromat Seasoning
- 100 ml olive oil
- 2 aubergines finely diced
- 2 courgettes finely diced
- 2 green peppers finely diced
- 2 red peppers finely diced
- 4 cloves garlic, chopped
- handful of basil leaves, torn
- sprig of thyme
- 200g Passata



Cook

1. Pour the olive oil into a large, deep frying pan and heat until really hot.
2. Add in the aubergine and courgette and sprinkle with Knorr Aromat seasoning. Fry for around 4–5 minutes stirring occasionally until lightly browned.
3. Remove the vegetables with a slotted spoon. In the same pan, add the diced peppers and garlic season with Aromat and fry until lightly browned, stirring occasionally.
4. Pour the tomato sauce into the frying pan, add the peppers and aubergines and cook for 5 minutes to heat through. Add the basil and thyme reserving a little basil for garnish.
5. Transfer to a serving dish, garnish with the reserved basil and serve either hot, warm or at room temperature.

Chicken Pho Noodle Soup

Cost
per
portion
£1.26

A comforting classic soup, easy to whip up for a week night dinner.

Cooking time	Difficulty	Prep time	Serves	Key
 10 mins	 EASY	 10 mins	 4 people	 Knorr ingredient

Ingredients

-  1 Knorr Chicken Stock Cube
- 200 g cooked chicken strips
- 100 g rice vermicelli
- 100 g mangetout, washed and halved lengthways
- 1 lime, juiced
- 15 g fresh ginger, peeled and grated
- 1 clove of garlic, peeled and finely chopped
- 1 tablespoon fish sauce
- 2 tbsp vegetable oil

Cook

1. Place a 2-litre saucepan over a medium-low heat, add the oil, ginger and garlic, then fry for 1 minute.
2. Boil the kettle. Measure out 900ml of boiling water in a measuring jug, then crumble in the Knorr Chicken Stock Cube and stir to make a stock. Pour into the pan and bring to a simmer.
3. Break in the rice noodles and cook until tender, adding the fish sauce and mangetout for the final 2 minutes. Squeeze in the lime juice and remove from the heat.
4. Divide the chicken equally between 4 serving bowls. Ladle over the soup and serve straight away.





Cost
per
portion
£0.66

Spaghetti Sorrentina

With minimal ingredients this spaghetti recipe is simple but satisfying.

Cooking time



15
mins

Difficulty



EASY

Prep time



10
mins

Serves




4
people

Key



Knorr ingredient

Ingredients

-  1 Knorr Vegetable Stock Pot
- 375 g spaghetti
- 400 g tomato sauce
- 300 g cherry tomatoes, halved
- 1 handful fresh basil leaves, plus extra for garnish
- 1 tbsp olive oil
- 75 g mozzarella
- black pepper
- Parmesan
- basil

Cook

1. Heat a tablespoon of olive oil in a large frying pan. Add the cherry tomatoes and cook on medium heat for 1-2 minutes.
2. Tear the basil leaves and add to the pan. Add the tomato sauce and the Knorr Stock Pot and simmer for 2-3 minutes.
3. Cook the spaghetti according to the packet instructions and drain the spaghetti then add to the tomato sauce in the pan.
4. Sprinkle in the mozzarella chunks and toss together well, season to taste with black pepper, garnish with basil and Parmesan.

Roasted Vegetable Couscous

Cost
per
portion
£0.78

This colourful and healthy couscous recipe is quick and easy to prepare for a week night dinner or midday snack.

Cooking time



20
mins

Difficulty



EASY

Prep time



5
mins

Serves




4
people

Key



Knorr ingredient

Ingredients

-  1 Knorr Zero Salt Vegetable Stock Cube*
- 250 g couscous
- 100 g squash cut into 1cm cubes
- 1 red pepper cut into 1 cm cubes,
- 1 yellow pepper, cut into 1 cm cubes
- 1 courgette, cut into 1 cm cubes
- 1 red onion, cut into 1 cm cubes
- 2 tbsp lemon juice
- 375 ml boiling water
- 3 tbsp olive oil
- chopped fresh coriander
- chopped fresh mint

*Can alternatively use Knorr Vegetable Stock Cube.

Cook

1. Preheat oven to 200°C, 180°C fan, Gas Mark 6. Place the red onion, courgette, peppers and diced squash in a baking tray, add 2 tablespoons olive oil and place in oven for 20 minutes until vegetables are roasted and cooked. Mix occasionally to ensure even cooking.
2. Dissolve the Knorr Zero Salt Vegetable Stock Cube in the boiling water and add to the couscous. Stir, cover and allow to stand for 5 minutes.
3. Once the vegetables are cooked mix with the couscous. Add lemon juice and remaining olive oil then fluff with fork before serving. Garnish with coriander and mint.





Cost
per
portion
£0.60

Mexican Veggie Soup With Tortilla Chips

This soup is packed with veggies and legumes - a delicious and comforting meal.

Cooking time



15
mins

Difficulty



EASY

Prep time



15
mins

Serves



4
people

Key



Knorr ingredient

Ingredients



- 1 Knorr Vegetable Stock Cube
- 1 red onion, diced
- 1 red pepper, diced
- 400g canned chopped tomatoes
- 1 tbsp chipotle chilli sauce
- 100g frozen sweetcorn
- 40g lightly salted tortilla chips
- 30g cheddar cheese, grated
- 1/2 avocado, diced
- 400g tin of kidney beans, strained



Cook

1. Heat a little oil in a saucepan and fry onion until soft (1-2 minutes). Add pepper and fry a further 1 minutes.
2. Stir in tomatoes, chipotle sauce, stock and sweetcorn. Simmer for 12-15 minutes.
3. Serve in bowls topped with the tortilla chips, and top with cheese and avocado if used.



Cost
per
portion
£1.70

Quick Beef One-Pot With Vegetables

Packed with vibrant vegetables, tomatoes and tender beef, this quick and easy one-pot beef recipe is a real crowd-pleaser.

Cooking time



15
mins

Difficulty



EASY

Prep time



15
mins

Serves




4
people

Key



Knorr ingredient

Ingredients

-  1 Knorr Beef Stock Pot dissolved in 200ml of boiling water
- 500 g beef rump steak
- 400 g tinned chopped tomatoes
- 300 g new potatoes
- 300 g fresh mixed vegetables
- 1 onion chopped
- 2 garlic cloves chopped
- 1 teaspoon dried rosemary
- 1 tbsp oil

Cook

1. Heat the oil and fry the steak for 5 mins, turning once. Leave on a plate, cover and keep warm.
2. Heat another tbsp oil and sauté the onion and garlic until soft but not browned. Cut vegetables into large pieces and add with remaining ingredients, cover and simmer for 10-15 mins until potatoes are tender.
3. Cut beef into large chunks and return to pan. Heat through for 2 minutes then spoon into bowls to serve.



Fajita Pockets

Mixed veggies are infused with the flavour of a Knorr stock pot, then loaded with cheese into soft flour tortillas.

Cost
per
portion
£1.76

Cooking time



20
mins

Difficulty



EASY

Prep time



10
mins

Serves




4
people

Key



Knorr ingredient

Ingredients

-  1 Knorr Veggie Cook's Essentials Smoked Chilli & Tomato Stock Pot*
250 ml water
1 tbsp olive oil
6 large portobello mushrooms sliced
1 red pepper sliced
1 green pepper sliced
1 red onion sliced
8 large tortilla wraps
200 g grated cheddar
2 avocados diced
250 g orange tomatoes diced
1/2 a bunch of coriander
8 tbsp soured cream

Cook

1. Heat the olive oil in a large pan over a medium-high heat and sauté the mushrooms, peppers and onion for 5 minutes until starting to soften.
2. Pour over the water and add in Knorr's Smoked Chilli & Tomato Stock Pot. Cover and gently simmer for a further 10 minutes until the vegetables are soft and the stock has melted into a rich sauce.
3. Lay out a tortilla wrap and spoon over the cooked vegetable filling. Top with grated cheddar, diced avocado, diced tomatoes, a few torn coriander leaves and a dollop of soured cream.
4. Working clockwise, carefully fold your tortilla around the filling in 6 folds. You should have a neat parcel. Repeat with the rest of your ingredients.
5. Fry the pockets in a hot, dry pan for 2-3 minutes on each side. Allow to cool a little, then serve.

*Can alternatively use Knorr Vegetable Stock Pot.



Cooking time 20 mins	Difficulty EASY	Prep time 10 mins	Serves 4 people	Key Knorr ingredient Future 50 Food
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Ingredients

- 1 Knorr Vegetable Stock Cube
- 2 sweet potatoes
1 medium-sized onion
1 tinned chopped tomatoes
- 1 tinned chickpeas
100 g peas
2 garlic cloves
1 thumb sized piece of ginger
2 tbsp vegetable oil
1 tsp dried curry leaves
1 tsp cumin seeds
1 tbsp curry powder
1 handful of coriander
1/2 lemon juice

Cook

1. Heat the oil then add the cumin seeds, curry leaves, garlic, ginger and onion.
2. Fry until slightly golden then add the sweet potatoes, tinned tomatoes, and the chickpeas.
3. Dissolve the stock cube in 350ml hot water then pour into the pan. Cover with a lid and simmer for 15 minutes.
4. Once the sweet potato is soft remove the lid and add the chopped coriander and lemon juice.
5. Serve with steamed rice, naan bread and mango chutney.

Chickpea Aloo Curry

A hearty, healthy bowl of chickpeas brought to life with curry spices, tomatoes and Knorr Vegetable Stock Cube.

Cost per portion
£0.72



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FOODS

Chickpeas

Chickpeas, also known as garbanzo beans, are small, yellowish round beans originally popular in Middle Eastern dishes. Add them to stews, soups, stir-fries, or simply enjoy as a side dish. Hummus made from sprouted chickpeas has more crunch and a nuttier flavour than unsprouted chickpeas.






Sweet Potato, Coconut & Lime Soup


Spice things up with this comforting soup where every mouthful is a perfect combo of sweetness, tang & kick.

Cost
per
portion
£0.55





Cooking time
 **20**
mins



Difficulty
 **EASY**

Prep time
 **10**
mins

Serves
 **4**
people

Key
 Knorr ingredient
 Future 50 Food

Ingredients

-  1 Knorr Vegetable Stock Cube
-  1 medium-sized sweet potato
- 1 onion
- 1 garlic clove
- 1 tin of coconut milk
- 1 small red chilli
- 1 stick of lemongrass
- 2 lime leaves
- 1 tbsp olive oil
- 450ml water

Garnish

- 1 lime
- 1 red chilli, thinly sliced



Cook

1. Heat the oil in a saucepan then sweat the onion, garlic, lemongrass and chilli for 5 minutes.
2. Add the diced sweet potato and lime leaves then pour in the coconut milk, water and Knorr Vegetable Stock Cube then bring to the boil.
3. Simmer for 10 minutes or until the potatoes are soft. Remove the lime leaves and lemongrass then blend until smooth.
4. Finish with a squeeze of lime and garnish with thinly sliced red chilli.




Smoky chorizo & chickpea one-pot

Chorizo, chickpea and paprika is a classic Spanish combo. Ready in 20 minutes, this is an easy one-pot recipe to try mid-week.

Cost
per
portion
£1.05

Cooking time	Difficulty	Prep time	Serves	Key
 20 mins	 EASY	 10 mins	 4 people	 Knorr ingredient  Future 50 Food

Ingredients

-  1 Knorr Chicken Stock Cube dissolved in 200 ml boiling water
-  400 g tinned chickpeas
400 g canned chopped tomatoes
175 g chorizo thinly sliced
-  2 sweet potatoes cut into chunks
1 red pepper cut into slices
1 tablespoon smoked paprika



Cook

1. Fry the chorizo in a large non-stick pan for 5 minutes until crispy. Add the pepper and potatoes and fry for 1 minute, stirring.
2. Add canned tomatoes, Knorr stock and paprika if used and bring to the boil. Turn down to a simmer, cover and cook for 15 minutes. Add the chickpeas and cook for a further 4-5 minutes.
3. Serve with a side of mixed green salad.



FUTURE
50
FOODS

Sweet Potatoes

Did you know? Sweet potatoes are high in essential nutrients and have 500x more vitamin E and 3x more vitamin C than white potatoes.

Rich and Cheesy Salami Pizza

Cost
per
portion
£1.01

Our homemade, easy-to-make pizza recipe is a great meal to add to your repertoire and is sure to be a hit with the kids!

Cooking time



20
mins

Difficulty



EASY

Prep time



10
mins

Serves




4
people

Key



Knorr ingredient

Ingredients

-  1 Knorr Vegetable Stock Pot
- 1 large pre-made pizza base
- 4 tbsp tomato puree
- 50 g mozzarella cheese
- 20 g chopped fresh basil leaves

Choose your toppings

- 80 g (around 8 slices) pre-cut Italian salami slice
- 2 large tomatoes chopped
- 20 g mascarpone
- 12 black olives pitted and halved
- small jar (250 g) tinned artichoke hearts drained
- 1 red onion finely sliced

Cook

1. Preheat the oven to 220°C, 200°C fan, Gas Mark 7.
2. In a blender add the Knorr Vegetable Stock Pot, tomato puree, chopped tomatoes, half the basil leaves and the mascarpone. Blend until completely smooth.
3. Spread tomato sauce on pizza base, and top with remaining ingredients ending with mozzarella.
4. Bake for 10-15 minutes, until base is crispy and cheese has melted. Sprinkle with the rest of basil to serve.







Veggie Paella

This Paella is a great way to get your veggie intake with all the flavour of Knorr Stocks.



Cost
per
portion
£0.82

Cooking time
 **20**
mins



Difficulty
 **EASY**

Prep time
 **10**
mins

Serves
 **4**
people

Key
 Knorr ingredient
 Future 50 Food

Ingredients

-  1 Knorr Vegetable Stock Pot
300 g rice
-  150 g orange tomatoes chopped
150 g green peppers chopped
150 g red peppers chopped
100 g carrots chopped
85 g broccoli chopped
1 onion diced
1 garlic clove crushed
150 ml white wine

Cook

1. Sauté the onions, garlic, peppers and carrots in a pan with oil. When cooked down a bit add the broccoli, tomatoes and rice.
2. Pour in the white wine and let it cook for a few minutes.
3. Mix the Knorr Vegetable Stock Pot with 500ml water and add to the pan.
4. Allow to cook for 15 minutes, adding more water, if necessary.



FUTURE
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FOODS

Orange Tomatoes

Orange tomatoes are sweeter and less acidic than their red relatives and contain up to twice as much vitamin A and vitamin B.



Cost
per
portion
£1.36

Tortellini Soup

A delicious and filling soup, perfect for a cosy night in!

Cooking time



20
mins

Difficulty



EASY

Prep time



10
mins

Serves




4
people

Key



Knorr ingredient

Ingredients

-  2 Knorr Vegetable Stock Cubes
- 800 ml water
- 100 g tomatoes
- 1 celery stick chopped into small pieces
- 1 courgette chopped into small chunks
- 400 g can of chopped tomatoes
- 2 tbsp tomato puree
- 1 onion
- 3 cloves garlic
- 100 ml double cream
- 300 g fresh Tortellini of choice
- 200 g kale
- 1 handful fresh basil

Cook

1. Put the olive oil, onion, garlic and chopped vegetables into a large saucepan over a medium heat and cook for 10 mins or until vegetables have softened.
2. Add the tinned tomatoes, tomato paste, and stock and bring to a boil. Lower the heat and simmer for 5-10 minutes.
3. Add the tortellini and stir in the cream, spinach and basil. Cook for 5 minutes, or until pasta is ready.
4. Ladle into bowls and top with parmesan and basil to serve.

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Soup



Aromat



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