


# Chicken Noodle Soup

Try creating our simple and comforting recipe for Chicken Noodle Soup.

Cost  
per  
portion  
**£1.02**

Cooking time	Difficulty	Prep time	Serves	Key
 <b>10 mins</b>	 <b>EASY</b>	 <b>5 mins</b>	 <b>4 people</b>	 <b>Knorr ingredient</b>

## Ingredients

-  1 Knorr Chicken Stock Cube
- 2 cooked chicken breast fillet
- 2 carrots
- 75 g uncooked spaghetti broken into pieces
- 2 bunches spring onions washed
- 100 g cheddar cheese block grated
- 1.25 l boiling water
- small handful parsley washed dried
- black pepper to taste

## Cook

1. Using a fork shred the chicken breast into bite-sized pieces. Peel the carrots, discarding the skin and still using the peeler, carefully peel thin strips along the whole length.
2. Chop the spring onions finely. Chop the parsley and mix with the grated cheese.
3. Bring the Knorr Chicken Stock Cube back to the boil in a saucepan, drop in the spaghetti and stir to make sure it does not stick together. Cook for 5 mins, then add the carrot, spring onion and the chicken.
4. Cook for another 5-6 minutes or until the pasta is done to your liking. Check seasoning, adding freshly ground black pepper to taste or more stock if you like more broth.
5. Ladle into warmed bowls. Sprinkle the cheese and parsley mixture on top. Delicious with a chunk of crusty bread.





Cost  
per  
portion  
**£1.58**



FUTURE  
**50**  
FOODS

## Lentils

There are dozens of varieties, all with slightly different earthy, peppery or sweet flavours. Lentils are packed with protein, fibre and carbohydrates.

# Lentil Soup

Mix lentils and vegetables for a high protein and fibre soup, with flavour from Knorr Vegetable Stocks.

Cooking time



**25**  
mins

Difficulty



EASY

Prep time



**20**  
mins

Serves



**4**  
people

Key




Knorr ingredient



Future 50 Food

## Ingredients

-  1 Knorr Vegetable Stock Pot
- 200 g red lentils
- 400 g orange tomatoes
- 300 g carrots chopped
- 200 g spinach chopped
- 150 g celery stalks chopped
- 3 onions chopped
- 4 garlic cloves minced
- 15 g fresh ginger minced
- 1 teaspoon cumin
- 2 teaspoon turmeric
- 0.5 l of water
- 2 tins of light coconut milk
- 2 tablespoon olive oil
- lemon juice
- Garnish**
- 80 g walnuts

## Cook

1. Heat the olive oil in a frying pan, add the onions, garlic and ginger and cook everything until the onions are translucent. Then, add the cumin, turmeric, carrot, celery and lentils and fry a little more.
2. Pour in the coconut milk and water then add Knorr Vegetable Stock Pot and lentils. Bring to a boil and let it simmer until the lentils are cooked.
3. Once cooked, blend to make a soup but leave a little chunky.
4. Stir in some spinach and heat through. Finish with a squeeze of lemon and season to taste.
5. Garnish with walnuts on top.










# Slow Cooker Chicken

Cost per portion  
**£1.51**

Using an energy saving slow cooker, you can prep this chicken dish ahead of time and thank yourself later!

Cooking time	Difficulty	Prep time	Serves	Key
 <b>4h</b> 10 mins	 <b>MEDIUM</b>	 <b>15</b> mins	 <b>4</b> people	 <b>Knorr ingredient</b>

## Ingredients

-  1 Knorr Chicken Stock Pot
- 500 g skinless, boneless chicken thighs
- 50 g plain flour
- 2 large potatoes, peeled and cut into quarters
- 2 large carrots, peeled and cut into thick slices
- 2.5 cm root ginger, peeled and sliced
- 1 red chilli, chopped
- 1 onion, chopped
- 2 garlic cloves chopped
- 4 star anise (optional)
- 1 tsp coriander seeds
- 1 tsp fennel seeds
- 500 ml boiling water
- 2 tbsp olive oil

## Cook

- Cut the chicken pieces into quarters and dust with flour, shake off excess. Heat oil in a large frying pan. Add chicken pieces and cook on medium-high heat until the chicken is browned all over.
- Add the onion, garlic, ginger, chillies, coriander seeds, fennel seeds and star anise. Stir well and cook on medium heat for 4-5 minutes.
- Add the water and Knorr Chicken Stock Pot. Cook for 3 minutes on medium heat.
- Place into the slow cooker, add the potatoes and carrots. Cover and cook on low for 4-6 hours. Remove star anise to serve.








Cost  
per  
portion  
**£1.16**

# Roasted Cauliflower Korma

The nutty, slightly sweet flavour of cauliflower partners beautifully with a mildly spicy korma sauce in this dish.

Cooking time	Difficulty	Prep time	Serves	Key
 <b>30</b> mins	 <b>MEDIUM</b>	 <b>10</b> mins	 <b>4</b> people	 Knorr ingredient

## Ingredients

-  1 Knorr Vegetable Stock Pot
- 1/2 tbsp vegetable oil
- 1 onion, diced
- 2 garlic cloves, crushed
- 1 inch fresh root ginger, grated
- 1 green chilli, diced
- 3 tsp Korma curry powder
- 1 whole head of cauliflower, cut into quarters
- 200 ml low fat coconut milk
- 200 ml water
- 1 lime, cut into wedges
- 360 g steamed basmati rice

## Cook

1. Preheat the oven to 180c.
2. Heat ½ a tbsp of vegetable oil in a large ovenproof pan and brown your cauliflower quarters for a couple of minutes on each side, then set aside.
3. Now, in the same pan, soften the onion, garlic, ginger and chilli with the korma curry powder.
4. Pour over the coconut milk and then add in the Knorr Vegetable Stock Pot , allowing it to melt into a rich sauce. Slowly pour in the water and stir through, then allow to reduce over medium-low heat, until you have a thickened consistency.
5. Add the cauliflower back into the pan and spoon over the curry sauce, then cover the pan with a lid and roast in the oven for 15-20 minutes until the cauliflower is cooked through
6. Serve the roasted cauliflower quarters on a bed of steamed basmati rice, with the Korma sauce ladled over and a wedge of lime.







# Spicy Bean Tacos

These Spicy Bean Tacos are a great for a meat-free meal, pack with veggies and full of flavour thanks to a Knorr Smoked Chilli & Tomato Stock Pot.

Cost  
per  
portion  
**£1.17**

<b>Cooking time</b>	<b>Difficulty</b>	<b>Prep time</b>	<b>Serves</b>	<b>Key</b>
<b>35 mins</b>	<b>MEDIUM</b>	<b>10 mins</b>	<b>4 people</b>	<b>Knorr ingredient</b> <b>Future 50 Food</b>

## Ingredients

### Spicy Bean Chilli

- 1 Knorr Veggie Cook's Essentials Smoked Chilli & Tomato Vegan Stock Pot
- 2 tinned black beans drained and rinsed
- 1 large sweet potato peeled and cubed
- 1 onion diced
- 1 jalapeño sliced
- 2 garlic cloves finely diced
- 100 ml water
- 1 tbsp olive oil

### Taco Shells

- 250 g plain flour
- 100 ml water
- 3 tbsp vegetable oil

### Garnish

- avocado diced
- red onion finely diced
- fresh coriander leaves picked
- lime wedges to serve

## 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.

### 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.










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

## 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  
**£0.70**



FUTURE  
**50**  
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.



# Chicken Ramen

Stir-fried veg and Five Spice-flavoured chicken in a deeply flavoured broth.

Cost  
per  
portion  
**£1.88**

Cooking time



**20**  
mins

Difficulty



**EASY**

Prep time



**15**  
mins

Serves




**4**  
people

Key



Knorr ingredient

## Ingredients

-  2 Knorr Zero Salt Chicken Stock Cubes
- 300 g dried ramen noodles
- 800 ml water
- 150 g shiitake mushroom sliced
- 100 g spinach
- 1 pak choi washed and cut into chunks
- 1 tbsp sesame oil
- 2 garlic cloves sliced
- 5 tbsp soy sauce
- 1 cm ginger sliced
- 1 tbsp oil

### Cooking The Chicken

- 300 g chicken breast fillet
- 1 tsp Chinese five-spice
- 1 tbsp oil

### Garnish

- 100 g baby corn cooked
- 4 soft-boiled eggs halved
- 3 spring onions sliced
- 15 g sesame seeds



## Cook

1. Cook the ramen noodles according to the package cooking instructions, strain and wash with warm water, drizzle some sesame oil on top, mix and keep warm on the side.
2. In the meantime, drizzle half the oil in a wok. Season the chicken breast with Chinese Five Spice and gently fry until cooked and set aside.
3. In the same wok stir fry the vegetables in the garlic and ginger until cooked and crispy.
4. Add the noodles, vegetables, halved eggs and some slices chicken breast in bowls. Mix the Knorr Zero Salt Chicken Stock Cubes in the water and soy sauce then pour over in the bowl.
5. Garnish with chopped spring onion and roasted sesame seeds.



# Vegetable Chickpea Tagine

Cost  
per  
portion  
**£0.85**

A delicious way to get vegetable into a dish,  
this is sure to delight!

Cooking time



**35**  
mins

Difficulty



**EASY**

Prep time



**10**  
mins

Serves




**4**  
people

Key



Knorr ingredient

## Ingredients

-  1 Knorr Vegetable Stock Pot
- 200 g sweet potato cut into cubes
- 200 g butternut squash cut into cubes
- 1 tinned chickpeas drained
- 1 tinned chopped tomatoes
- 1 yellow pepper diced
- 50 g kale chopped
- 1 onion diced
- 1 garlic clove
- 250 ml water
- 1 tbsp ras el hanout
- 1 tbsp vegetable oil

### Garnish

couscous

## Cook

1. Heat the oil in a large pan. Fry the onion for a couple of minutes then add the garlic and cook until it starts to soften.
2. Add the ras el hanout, tomatoes, peppers, butternut squash, sweet potato, water and Knorr Vegetable Stock Pot. Simmer for 15 minutes then pour in the chickpeas with their water and bring back to a simmer.
3. Cook for 15 minutes more or until all the vegetables are tender and approximately half the liquid has reduced, making a light sauce.
4. Stir through the kale and chopped parsley then remove from the heat and serve with couscous.











# Sweet Potato and Black Bean Shepherd's Pie

Cost  
per  
portion  
**£1.18**

A hearty and delicious meal using black beans topped with a golden sweet potato mash, adding flavour with Knorr Zero Salt Stock Cubes.

Cooking time	Difficulty	Prep time	Serves	Key
 <b>60 mins</b>	 <b>EASY</b>	 <b>20 mins</b>	 <b>4 people</b>	<div>  <b>Knorr ingredient</b> </div> <div>  <b>Future 50 Food</b> </div>

## Ingredients

-  1 Knorr Zero Salt Veggie Stock Cube
-  800 g sweet potato cut into small chunks
-  400 g lentils canned drained and rinsed
-  400 g orange tomatoes chopped
- 250 g mushrooms sliced
- 1 red onion sliced
- 200 g canned black turtle beans drained and rinsed
- 70 g tomato puree
- 2 garlic cloves mashed
- 100 ml water
- 1/2 tbsp smoked sweet paprika
- 1 tbsp cumin
- 1 tbsp oil

## Cook

1. Preheat the oven to 175 degrees C.
2. Boil the sweet potatoes until tender (about 25-30 minutes), drain and mash until smooth. Season to taste and set aside.
3. Drizzle the oil in a pot and fry the onions and mushrooms on a medium high heat until it starts to colour.
4. Add the garlic, smoked paprika and cumin powder then heat it through for about a minute.
5. Add the lentils, black beans, tomato purée, chopped orange tomatoes, water and Knorr Zero Salt Veggie Stock Cubes, mixing everything together. Let it simmer for about 5 minutes.
6. Spoon the bean mix into an ovenproof dish and top of with the sweet potato mash, scoring the mash with a fork.
7. Place in the oven for 30-35 minutes or until it starts to crisp and turn golden brown.



FUTURE  
**50**  
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.



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## Gravy Pots



## Stock Cubes

Available as 20 pack



## Zero Salt Stock Cubes



## Soup



## Aromat



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