




Instant Noodle Bowls

Cost per portion
£1.22

Perfect for a quick dinner or a packed lunch for the office, these instant noodle bowls are healthy and full of flavour.

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

Ingredients

-  2 Knorr Vegetable Stock Cubes
- 150 g vermicelli rice noodles (4 nests)
- 300 g tofu
- 1/2 red cabbage shredded
- 2 carrots ribboned
- 150 g chestnut mushrooms
- 2 spring onions
- 1 lemon
- 800 ml water
- 2 tbsp soy sauce

Cook

1. Start by finely chopping/shredding all vegetables.
2. Cut Tofu into bite sized cubes and fry lightly in oil.
3. To the meal prep containers, add a serving of rice noodles, mushroom, cabbage, carrot, spring onion, 1/2 stock cube and a tsp of miso paste.
4. When ready to eat, simply add boiling water and wait 5 minutes until rice noodles are tender. Mix and season with lemon and chilli flakes..



Butternut and Lentil One Pot

Cost
per
portion
£0.94

A healthy veggie stew, this recipe is quick and easy to make for a warming winters night.

Cooking time



25
mins

Difficulty



EASY

Prep time



15
mins

Serves



4
people

Key





Knorr ingredient



Future 50 Food

Ingredients

-  1 Knorr Vegetable Stock Pot
- 600 g butternut squash cut into cubes
- 60 g baby spinach
-  1 tinned green lentils
- 1 tinned chopped tomatoes
- 1 onion diced
- 2 cloves of garlic finely chopped
- 1 tbsp tomato puree
- 1 tsp mixed herbs
- 1 tbsp oil
- 300 ml water

Serve With

crusty bread



Lentils

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

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Cook

1. Heat the oil in a pan, then add the onion and garlic and gently cook for 5 minutes.
2. Add the tomato purée and mixed herbs and cook for 1 minute then add the butternut squash, lentils, tomatoes, water and the Knorr Vegetable Stock Pot and bring to the boil for a couple of minutes.
3. Reduce to a simmer and cook for 20 minutes, or until the butternut squash is tender, then add the spinach and remove from the heat.
4. Serve with crusty bread or quinoa.

Asparagus and Lemon Risotto

Cost
per
portion
£1.36

With minimal ingredients, this fresh and zesty risotto is simple yet satisfying.

Cooking time



30
mins

Difficulty



MEDIUM

Prep time



25
mins

Serves



4
people


Key



Knorr ingredient



Ingredients

-  1 Knorr Vegetable Stock Pot
- 1 L boiling water
- 300 g risotto rice
- 200 g asparagus tips cut into bite sized pieces
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- zest of 1 lemon
- 30 g butter
- 100 ml white wine (optional)

Garnish

- 40 g Parmesan cheese grated
- 1 tbsp parsley
- Black pepper to taste






Cook

1. Heat the butter in a saucepan, add the onion and cook, stirring occasionally until soft for about 5 minutes. Add the garlic and cook for a further minute.
2. Add the rice and stir to coat thoroughly. Add the wine (if using) and stir until it has evaporated.
3. Mix the Knorr Vegetable Stock Pot in the water and add a ladleful to the rice and stir until it has been absorbed. Continue adding the stock this way until creamy and the rice is al dente (should be around 25 minutes).
4. Add the asparagus and the lemon zest 5 minutes before the end of cooking time. If required add a little extra stock until rice is cooked.
5. Stir in the Parmesan and parsley, season to taste with black pepper and serve immediately..


Broccoli and Cheese Soup

Cost
per
portion
£0.65

Try creating our delicious yet simple recipe for Broccoli and Cheese Soup.

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

Ingredients

-  1 Knorr Chicken Stock Pot
- 1 tablespoon olive oil
- 1 onion chopped
- 1 large potato peeled and cubed
- 1 small head broccoli roughly chopped
- 800 ml boiling water
- 60 ml single cream
- 80 grams cheddar cheese block
- 1/4 teaspoon black pepper

Cook

1. Heat the olive oil in a large saucepan over medium heat, add the chopped onion. Cook for 3-4 minutes until the onions are soft but not brown.
2. Add the potatoes and broccoli. Cook for another 10 minutes, constantly stirring so that the vegetables cook without colouring. This drives out the moisture from the vegetables and brings out the flavour.
3. Add the Knorr Chicken Stock Pot and water. Bring to the boil, and simmer for 15 minutes, until potatoes are tender.
4. Add the cream and cheese and simmer for a further 2 minutes. Place in blender and blend until the texture of the soup becomes silky smooth. Season with black pepper.





Cost
per
portion
£0.78

Roasted Vegetable Couscous

Ready in less than 30 minutes, try this couscous recipe for dinner in a flash.

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

Garnish

- chopped fresh coriander
- chopped fresh mint

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.

*Can alternatively use Knorr Vegetable Stock Cube.


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
 10 mins	 EASY	 5 mins	 4 people	 Knorr ingredient

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



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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
 4h 10 mins	 MEDIUM	 15 mins	 4 people	 Knorr ingredient

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.





Roasted Cauliflower Korma

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

Cooking time



30
mins

Difficulty



MEDIUM

Prep time



10
mins

Serves



4
people


Key



Knorr ingredient

Cost
per
portion
£1.16

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

Cooking time 35 mins	Difficulty MEDIUM	Prep time 10 mins	Serves 4 people	Key Knorr ingredient Future 50 Food
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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
 20 mins	 EASY	 10 mins	 4 people	 Knorr ingredient  Future 50 Food

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



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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.

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

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

Cost
per
portion
£1.18

Cooking time 60 mins	Difficulty EASY	Prep time 20 mins	Serves 4 people	Key Knorr ingredient Future 50 Food
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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.



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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.

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From Stock Pots and Stock Cubes to Seasonings, Soups and Gravy Pots, there’s a Knorr product that perfectly complements your cooking because every dish deserves rich flavour.

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Available as 8 pack



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Available as 20 pack



Zero Salt Stock Cubes



Soup



Aromat



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