

# Pasta Primavera

This recipe combines nutritious veggies with pasta, tossed in a light Parmesan sauce - a delicious vegetarian dish that's sure to satisfy your appetite.

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
- 4 asparagus
- 1 courgette
-  250g spinach
- 150g frozen peas
- 1 tbsp pesto
- 250g tagliatelle
- 600 ml water
- Parmesan
- Olive oil

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FOODS



## Spinach

Spinach is a great vegetable for nutrients, it is particularly high in vitamins A, B, C and K. It also contains iron, other minerals and phytonutrients.






## Cook

1. Bring the water to the boil and cook the pasta for 8 minutes or until al-dente then drain but reserve the cooking water.
2. Add half of the cooking water to a saucepan and add the Knorr Vegetable Stock Cube then bring to the boil. Thinly slice the courgette and asparagus and add to the pan. Cook for 1 minute then add the peas, spinach and pesto.
3. Return the pasta to the pan with the veggies and toss through. Garnish with Parmesan and olive oil.




# Tuna and Pasta Bake

Add an olive-y twist to this classic Tuna Pasta Bake.

|   |   |   |  |   |
|---|---|---|--|---|
| Cooking time  | Difficulty  | Prep time   | Serves   | Key   |
|  <b>15</b><br>mins |  <b>EASY</b> |  <b>15</b><br>mins |  <b>4</b><br>people |  <b>Knorr ingredient</b> |

## Ingredients

-  1 Knorr Herb Stock Pot\*
- 300g conchiglie pasta shells
- 1 tbsp butter
- 1 onion diced
- 2 garlic cloves, chopped
- 1 tbsp flour
- 400g tinned chopped tomatoes
- 100g pitted green olives
- 370g tinned tuna in oil (x 2 cans) drained
- 80g cheddar cheese block grated

\*Can alternatively use Knorr Vegetable stock pot



## Cook

1. Preheat oven to 220°C, 200°C fan, Gas mark 7.
2. Lightly grease the baking dish. Cook the pasta following pack directions, until al dente. Drain.
3. Prepare the sauce. Heat the butter in a large frying pan over medium heat. Add the onion and garlic and cook for 5 minutes, stir in the flour and cook for 2-3 minutes.
4. Next, add Knorr Stock Pot and tomatoes. Bring to the boil, add the olives and tuna and simmer for five minutes. Add the pasta and mix together well. Pour the mixture into a baking dish and sprinkle with grated cheese.
5. Bake for about 15 minutes until golden and bubbling.







# Spinach Pasta

For a lighter pasta sauce, try this version made with spinach leaves, pine nuts and chicken stock.

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

## Ingredients

-  1 Knorr Chicken Stock Cube
-  500g fresh spinach leaves
- 2 or 3 cloves garlic
- 200g fusilli pasta or penne pasta
- 1 tbsp olive oil
- 100g pine nuts roasted
- 1/4 tsp freshly grated nutmeg (optional)
- 1/4 tsp freshly ground black pepper
- 100g Parmesan or other hard cheese



## Cook

1. Bring water to the boil. Cook the pasta al dente. Drain and return pot to the stove over low heat.
2. Meanwhile, prepare the spinach. Clean and drain well. Add olive oil to the pan and cook the garlic until fragrant for 1 minute or so. Add the spinach, stir and cook until completely wilted for 2–3 minutes.
3. Stir in the stock and pine nuts and bring to simmer. Cook for 2 more minutes. Add nutmeg and pepper.
4. Add pasta and stir well to allow the flavours to blend. Cover and cook for 3 more minutes. Stir in half of the cheese. Bake topped with remaining cheese for 15 minutes until golden.








# Easy Chicken and Mushroom Penne Pasta

With the rich flavour of Knorr's chicken stock pot, this simple penne pasta dish is sure to be a crowd pleaser.

|   |  |  |  |   |
|---|--|--|--|---|
| <b>Cooking time</b><br> <b>20 mins</b> | <b>Difficulty</b><br> <b>EASY</b> | <b>Prep time</b><br> <b>10 mins</b> | <b>Serves</b><br> <b>4 people</b> | <b>Key</b><br> <b>Knorr ingredient</b> |
|---|--|--|--|---|

## Ingredients

-  1 Knorr Chicken Stock Pot
- 300g penne pasta
- 1 tbsp vegetable oil
- 1 medium onion, finely diced
- 2 garlic cloves, crushed
- 250g mushrooms, sliced
- 1 tsp mixed herbs
- 300g chicken breast, diced
- 400 ml tinned chopped tomatoes or passata
- 200 ml milk
- 1 tsp cornflour
- 100g grated cheese, mozzarella or Cheddar
- 1 tsp chopped fresh parsley

## Cook

1. Cook pasta following pack instructions. Drain and set aside.
2. Heat the oil and gently sauté onion and garlic until aromatic. Add mushrooms and mixed herbs and stir.
3. Add chicken and cook for 5-7 minutes, until brown on all sides.
4. Add the tinned tomatoes or passata, Knorr Stock Pot and  $\frac{3}{4}$  of the milk and simmer for 5 minutes. Mix the rest of the milk with cornflour to make a paste and add to the pan to thicken the sauce.
5. Bring to a boil, stirring continuously, then simmer for 5 minutes over medium heat.
6. Add pasta, and cook for 2-3 minutes more until heated through.
7. Sprinkle over the cheese and garnish with fresh parsley if you wish.







# One-Pot Mushroom Ragù with Pasta

Rich mushroom ragù with garlic, spinach and tomatoes, this is a great vegetarian recipe for a midweek meal.

|   |  |  |  |  |
|---|--|--|--|--|
| <b>Cooking time</b><br> <b>25 mins</b> | <b>Difficulty</b><br> <b>EASY</b> | <b>Prep time</b><br> <b>15 mins</b> | <b>Serves</b><br> <b>4 people</b> | <b>Key</b><br> Knorr ingredient<br> Future 50 Food |
|---|--|--|--|--|

## Ingredients

-  1 Knorr Mushroom Stock Pot\*  
500g chestnut mushrooms cut into quarters
-  200g fresh baby spinach leaves  
4 garlic cloves finely chopped  
400g chopped tomatoes
- 2 tbsp crème fraîche  
500 ml water  
1 tbsp olive oil  
225g fusilli pasta  
25g grated Parmesan

## Cook

1. Place a large casserole over high heat. Add a tbsp of olive oil and fry the mushrooms until they are nicely coloured.
2. Add the garlic, tinned chopped tomatoes and bring to boil for 2 minutes.
3. Meanwhile dissolve the Knorr Mushroom Stock Pot in 500ml of boiling water. Add this to the dish along with crème fraîche and whisk together.
4. Add fusilli pasta, cover the casserole dish with a lid and simmer for 10 minutes until the pasta is tender.
5. Remove from the heat. Fold through the parmesan cheese and the spinach until it wilts.
6. Serve and enjoy.

\*Can alternatively use Knorr Vegetable stock pot





# Tortellini Soup

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

Cooking time

 **25 mins**

Difficulty

 **EASY**

Prep time

 **10 mins**



Serves

 **4 people**

Key

 Knorr ingredient  
 Future 50 Food

## Ingredients

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

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FOODS



### Kale

This leafy vegetable is packed with vitamins A, K and C, as well as being a good source of manganese and copper.



## Cook

1. Put the olive oil, onion, garlic and chopped vegetables into a large saucepan over a medium heat and cook for 10 minutes 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.







# Prawn pasta with Kale

A healthy prawn pasta that is full of intense, rich flavours.

Cooking time



**20**  
mins

Difficulty



**EASY**

Prep time



**25**  
mins

Serves



**4**  
people

Key






Knorr ingredient



Future 50 Food

## Ingredients

-  1 Knorr vegetable stock pot
- 250g Linguine pasta
- 2 tbsp olive oil
- 25g butter
- 4 cloves of garlic minced
- 1 tsp chilli flakes
- 500g large prawns peeled and cleaned
-  200g kale washed finely sliced
-  200g spinach washed
- 1 tsp oregano
- 50g Parmesan grated
- Lemon juice
- Salt and pepper to taste

## Cook

1. Put a large saucepan on a high heat with water and bring to a boil.
2. Cook the pasta in boiling water according to package directions. Drain and set aside.
3. Using the same pan, heat the olive oil and margarine, add the garlic and chilli flakes and cook until fragrant.
4. Add the prawns and fry until the prawns start to turn brown.
5. Add the oregano, kale and spinach to the pan, and cook until wilted.
6. Add the pasta back to the pan add the Parmesan & lemon.
7. Season with pepper and salt
8. Serve while hot.



# Oven Baked Lentil Bolognese

This Oven Baked Lentil Bolognese is a delicious, vegetarian-friendly spin on the classic Italian favourite. Serve this hearty meal with your favourite pasta and enjoy a comforting meal in no time!

Cooking time



**50**  
mins

Difficulty



**EASY**

Prep time



**10**  
mins

Serves



**4**  
people

Key




Knorr ingredient




Future 50 Food

## Ingredients

 1 Knorr Paprika & Sundried Tomato Stock Pot\*

1 packet of spaghetti cooked al dente

2 tinned peeled plum tomatoes

 200g Puy lentils

2 carrots grated

1 brown onion grated

2 cloves of garlic sliced

### Pangrattato

100g breadcrumbs

75g vegetarian strong hard cheese

1 lemon zest

1/2 bunch fresh oregano leaves picked

1/2 tbsp olive oil



## Lentils

Lentils are a great source of Iron and vitamin B1, helping to maintain a steady heartbeat and the body use energy efficiently.

\*Can alternatively use Knorr Vegetable stock pot



## Cook

1. Preheat the oven to 180°C.
2. For the Bolognese Sauce, pour the tinned plum tomatoes into a large, deep roasting tray and gently crush the tomatoes with a potato masher to break them up. Add the lentils, grated carrots, grated onion, sliced garlic and the Knorr Paprika and Sundried Stock Pot then place in the oven for 35-40 minutes, until the vegetables and lentils are cooked through.
3. For the Pangrattato, combine the breadcrumbs, vegetarian hard cheese, lemon zest, oregano and olive oil on a tray. Bake in the oven for 10-12 minutes, until golden and crisp.
4. Cook the spaghetti al dente and toss in a drizzle of oil to stop it from sticking together.
5. Spoon the Bolognese Sauce over the pasta and top with the crispy Pangrattato.





# Vegetarian Baked Ziti with Ricotta Cheese

Try creating our delicious yet simple recipe for rich and creamy baked Ziti.

| Cooking time  | Difficulty  | Prep time   | Serves   | Key   |
|---|---|---|--|---|
|  <b>50</b><br>mins |  <b>MEDIUM</b> |  <b>15</b><br>mins |  <b>4</b><br>people |  <b>Knorr ingredient</b> |

## Ingredients

-  1 Knorr Chicken Stock Pot or Vegetable Stock Pot
- 1 tbsp butter
- 1 onion, chopped
- 4 garlic cloves, crushed
- 2 bay leaves
- 800g tinned chopped tomatoes
- 1 large bunch basil, chopped
- 300g ziti pasta cooked and drained (alternatively use rigatoni)
- 200g ricotta cheese
- 50g Parmesan cheese, grated

## Cook







1. Preheat the oven to 180°C, 160°C fan, Gas Mark 4.
2. To make the sauce, heat the butter in a large saucepan over medium heat. Add the onion and cook for 3 minutes, until softened but not coloured. Add the garlic and cook for a further 2 minutes.
3. Add the bay leaves, chopped tomatoes and Knorr Chicken Stock Pot. Bring to the boil and simmer on low heat for 10 minutes. Add the freshly chopped basil, stir through and remove from the heat.
4. Lightly oil a casserole dish with olive oil. Ladle some of the tomato sauce into the bottom of the dish. Mix the cooked ziti pasta with the remaining tomato sauce. Pour half of the pasta into the casserole dish and top with the ricotta. Top with the remaining pasta and sprinkle with Parmesan.
5. Bake for 20-30 minutes, until golden brown.







# Vegetable Lasagne Roll Ups

Featuring a tasty blend of roasted vegetables and cheese, rolled up in lasagne sheets and smothered in marinara sauce, this dish is sure to satisfy everyone's cravings!

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

## Ingredients

-  1 Knorr Vegetable Stock Pot
- 250g ricotta cheese
- 1 lemon zested
- 75g Parmesan
- 1 garlic clove
- 1 packet of fresh lasagne sheets
-  1 large aubergine sliced lengthways
- 100g spinach
- 400 ml water
- 1 tbsp olive oil
- 1 onion diced
- 1 garlic clove minced
- 1 carrot diced
- 4 thyme sprigs leaves picked
- 2 x 400g tinned chopped tomatoes

## Cook

1. Preheat the oven to 200c/180c Fan.
2. Add olive oil to a large pan and sweat the onion, 1 clove of garlic, carrot and thyme.
3. Add the tinned tomatoes, 400ml of water and a Knorr Vegetable Stock Pot.
4. Bring to a gentle simmer over a low-medium heat and allow to cook for 20 minutes until soft.
5. Stir the ricotta using a wooden spoon and fold through the remaining clove of garlic, lemon zest and 75g of grated Parmesan.
6. Lay your fresh lasagne sheets out across a clean surface. Spread each sheet with the ricotta mix and top with a slice of aubergine and a few fresh spinach leaves. Roll the lasagne sheets into swirls.
7. Pour the tomato sauce into an oven dish, filling the dish half full. Arrange the lasagne swirls on top of the sauce so that they fill the rest of the dish.
8. Bake in the oven for 30 minutes.



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FOODS

## Spinach





Spinach is a great vegetable for nutrients, it is particularly high in vitamins A, B, C and K. It also contains iron, other minerals and phytonutrients.






# Classic Beef Lasagne

Try creating our delicious yet simple recipe for a Beef Lasagne.

| Cooking time  | Difficulty  | Prep time   | Serves   | Key  |
|---|---|---|--|--|
|  <b>75</b><br>mins |  <b>MEDIUM</b> |  <b>40</b><br>mins |  <b>4</b><br>people |  Knorr ingredient |

## Ingredients

-  1 Knorr Beef Stock Pot
- 200g lasagne sheets
- 500g lean beef mince
- 1 tinned chopped tomatoes
- 1 carrot finely diced
- 1 stick celery finely chopped
- 1 medium onion finely chopped
- 2 cloves garlic finely chopped
- 200 ml water
- 2 tbsp tomato puree
- 1/2 tsp dried oregano
- 1/2 tsp dried thyme
- 900 ml semi skimmed milk
- 40g Parmesan cheese grated
- 50g butter
- 50g flour
- 1 bay leaf
- black pepper

## Cook

1. For the sauce, cook the beef in large saucepan along with the onion, carrot and celery for 6-8 minutes on medium heat until the beef has browned.
2. Add the garlic and cook for 2 minutes. Add the tomatoes, tomato puree, Knorr Beef Stock Pot, water and herbs. Bring to the boil then simmer for 20 minutes until the sauce reduces a little and starts to thicken.
3. Meanwhile to make the béchamel sauce, heat the milk with the bay leaf and some black pepper. Leave to infuse for a few minutes then discard the bay leaf.
4. In a large saucepan melt the butter and add the flour, mixing thoroughly. Gradually add in the milk, whisking between each addition. Bring to a slow boil, stirring constantly, then reduce to a simmer and cook for 4-5 minutes on low heat until the sauce starts to thicken and is smooth. Mix 2/3 of the cheese into the sauce, stir until it has melted and remove from the heat.
5. In an oven proof dish, layer with the sauce then the lasagne sheets and spoon over some of the béchamel sauce. Repeat the layers in this order finishing with a thick layer of the sauce.
6. Top the final layer of béchamel sauce with the remaining Parmesan. Place in a preheated oven 180°C, 160°C fan, Gas mark 4 for 25-35 minutes and cook until golden brown.



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