



**Knorr**  
SINCE 1838

# Curry Recipe Guide



on many different levels. It's  
nourishment of the soul and  
body; it's truly love."

Giada De Laurentiis

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# Comforting Curries

Celebrate all things curry with our range of warming and delicious curry recipes sure to get your taste buds tingling.

Some of the recipes in this book contain ingredients from our Future 50 Food Report, read on to learn about the report and the ways in which you can make easy swaps in your curry cooking.

You can also make easy swaps with your favourite curry recipes, even just for one day a week. Look out for our ideas over the page on how you can ‘cheat on meat’.

Why not try going meat free one day a week with these easy swaps – try **Meat Free Mondays**



Pork



Legumes



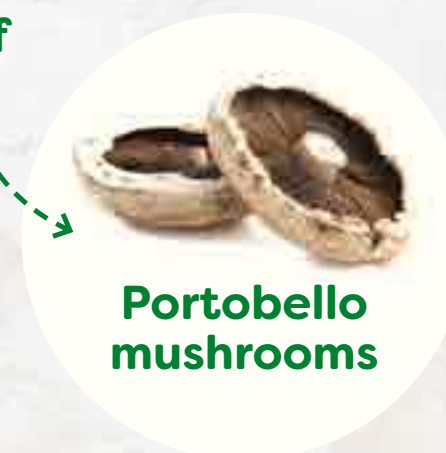
Lamb



Chickpeas



Beef



Portobello mushrooms



Prawns



Cauliflower



Tofu



Chicken



# FUTURE 50 FOODS



## What Is The Future 50 Foods Report?

Together with the WWF (the World Wide Fund for Nature), we've launched The Future 50 Foods report which is a collection of diverse plant-based foods from around the world that can boost the nutritional value of our meals whilst reducing the environmental impact of our food supply.

Why have we done this? Well, whilst the global population is growing, so is the demand for agricultural raw materials. About **75% of what the world currently consumes relies on just 12 crops and 5 animal species**, when there are actually over 5,000 species that we could be eating. As a result, we are

consuming natural resources quicker than they can be regenerated.

The Future 50 Foods have been selected based on their nutritional value and relative environmental impact amongst other factors, and whilst there are 50 foods globally, the most common foods found in the UK include Spinach, Lentils, Sweet Potato and Broad Beans.

**Check out the F50 Foods report to see what foods you can swap:**

[READ MORE HERE](#)

Look out for  
**Future 50  
Food pop ups**  
which tell you  
more about that  
ingredient



## Spice up your curry



**ADD +**

**Spinach**

**Sesame Seeds**

**Okra**

**TO YOUR  
CURRIES**

**↻ SWAP ↻**

**Red Tomato  
FOR  
Orange Tomato**

**White Potatoes  
FOR  
Sweet Potatoes**

**White Rice  
FOR  
Wild Rice**





Medium  


# Vegan Thai Coconut Curry

A green curry full of lively flavours, with the sweet tang of orange tomatoes cutting through the spicy punch.

Cooking time



**12**  
mins

Difficulty



**EASY**

Prep time



**10**  
mins

Serves



**4**  
people

Key



Knorr ingredient



Future 50 Food



## Ingredients

- 1 Knorr Zero Salt\* Vegetable Stock Cube
- 50 1 kg spinach washed and dried
- 50 500 g orange tomatoes cut in half
- 1 garlic clove
- 1 onion chopped
- 1 tbsp Thai green curry paste
- 400 ml coconut milk
- 15 g cornstarch
- 200 g brown rice cooked
- 100 g cashews roasted
- 10 g shredded coconut

FUTURE  
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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. Get a really large cooking pan add hot water until the bottom is filled and bring to a boil.
2. Add the spinach (if you don't have a big enough pan repeat these steps until all the spinach is done) and cook until it starts to collapse, drain and cool down under running water, squeeze any excess water out of it.
3. Heat a splash of oil in a large pan and sauté the onion and garlic for 1-2 minutes.
4. Turn down the heat and add the green curry, orange cherry tomatoes and light coconut milk.
5. Bring to a boil, add the Knorr Zero Salt Vegetable Stock Cube and let it dissolve.
6. Turn the heat down, mix in a bowl the cornstarch with a splash of water and stir it through the sauce so it will thicken up.
7. Add the spinach, heat it through and season to taste.
8. Reheat the brown rice and stir in the 100ml of light coconut milk and serve as a side.
9. Sprinkle the shredded coconut and roasted cashew nuts on top of the curry.

\*Can substitute for Knorr Vegetable Cube or Vegetable Stock pot






# Chickpea Aloo Curry

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

Cooking time	Difficulty	Prep time	Serves	Key
 <b>20 mins</b>	 <b>EASY</b>	 <b>10 mins</b>	 <b>4 people</b>	 <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.



FUTURE  
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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.







# One Pot Curried Cod

An easy-to-prepare midweek one-pot with cod, chickpeas, ginger and spices.

Cooking time



Difficulty



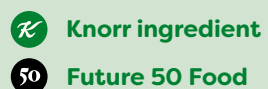
Prep time






Serves



Key



## Ingredients

-  1 Knorr Fish Stock Pot
- 4 pieces of cod fillets
- 200 g white cabbage
- 2 tins of chopped tomatoes
-  1 tin of chickpeas
-  1 tin of lentils
- 50 g fresh ginger
- 2 onions
- 3 garlic cloves
- 3 tbsp oil
- 1 tbsp turmeric
- 1 tbsp curry powder

Zest of 1 lemon

Handful coriander, roughly chopped  
500 ml water



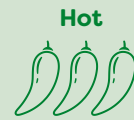
## Lentils

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

## Cook

1. Finely dice the onion, smash the garlic and grate the fresh ginger.
2. Fry the cod in oil on a high heat until nice and golden on both sides and set aside.
3. Fry the onion for 5 minutes. Add the garlic, ginger, turmeric, curry, both tins of tomatoes, Knorr Fish Stock Pot and water.
4. Cut the cabbage into large chunks and add to the mixture. Cook for 10 minutes.
5. Add the rinsed chickpeas and lentils. Add the cod. Cook slowly for 5 minutes.
6. Finally add the lemon zest and juice and the roughly chopped coriander.





# Sri Lankan Vegetable Curry

A colourful and healthy dish which combines the creamy elements of coconut milk with the kick of green chilli.



Cooking time	Difficulty	Prep time	Serves	Key
25 mins	EASY	15 mins	4 people	Knorr ingredient

## Ingredients

- 1 Knorr Vegetable Stock Pot
- 200 g butternut squash cubed
- 1 cauliflower broken into small florets
- 100 g runner beans trimmed and sliced
- 2 onions halved and sliced
- 3 green chillies sliced
- 2 garlic cloves sliced
- 200 ml water
- 1 tinned light coconut milk
- 2 tbsp curry paste
- 1 tsp turmeric
- 1 tbsp oil
- 200 g rice
- Coriander

## Cook

1. Heat the oil in a large pan. Add the onions and cook until soft and golden. Add the garlic and chilli and cook for 3 minutes, then stir in the curry paste and turmeric, keep stirring until you start to smell the spices.
2. Add the Knorr Vegetable Stock Pot, water and coconut milk then bring to a simmer. Drop in the squash, cook for 4-5 minutes, then add the cauliflower and cook for 3-4 minutes. Add the beans and cook until just tender.
3. Serve with rice and garnish with coriander.





# Lentil Curry with Orange Tomatoes

Made with kitchen cupboard essentials, this warming lentil curry is full of spices for a rich flavour.

Cooking time



**30**  
mins

Difficulty



**EASY**

Prep time



**10**  
mins

Serves



**4**  
people

Key



Knorr ingredient



Future 50 Food

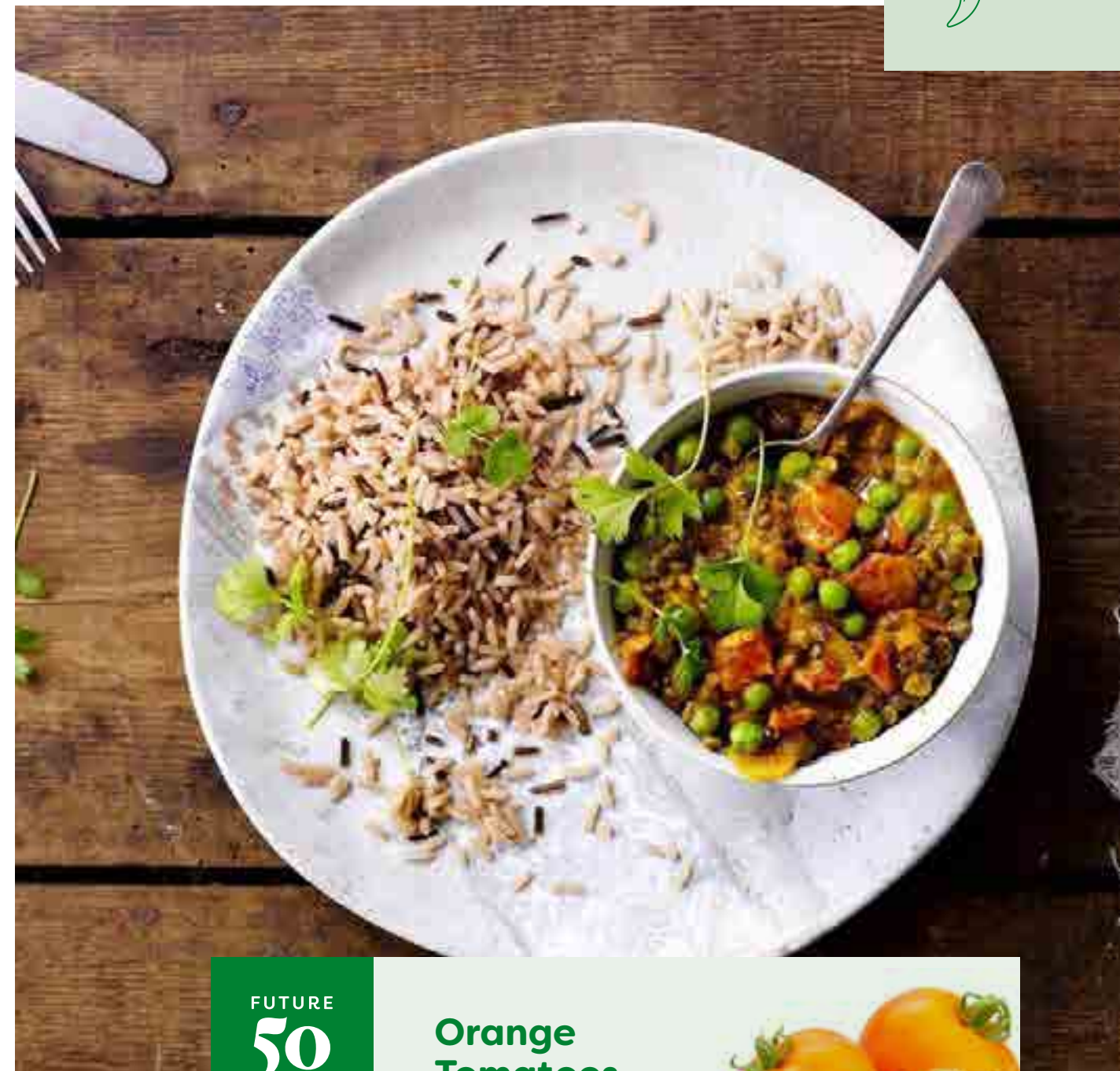
## Ingredients

- 1 Knorr Vegetable Stock Pot
- 200 g lentils
- 400 g chopped orange tomatoes
- 120 g frozen peas
- 1 onion
- 2 garlic cloves
- 1 cm piece of fresh ginger root
- 250 ml light coconut milk
- 100 ml water
- 2 tsp turmeric powder
- 2 tsp curry powder
- 2 tsp ground cumin
- pinch of cayenne pepper
- 1 tbsp vegetable oil
- 200 g wild rice
- Chopped fresh coriander

## Cook

1. Cook the lentils and rice according to directions on the packets.
2. Meanwhile, heat the oil in a pan and cook the garlic, onion and ginger with the cayenne powder on a medium-high heat until golden brown.
3. Add the tomatoes, Knorr Vegetable Stock Pot, coconut milk, water, turmeric powder, curry powder and ground cumin. Stir and cook on a medium-high heat for 5 minutes.
4. Drain and rinse the lentils and add them to the pan, also adding the frozen peas and cook for about 10 minutes.
5. Serve with wild rice and garnish with chopped fresh coriander.

Mild



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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.








# 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 mins</b>	 <b>EASY</b>	 <b>10 mins</b>	 <b>4 people</b>	 <b>Knorr ingredient</b>

## 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
- 400 ml water
- 1 lime, cut into wedges
- 360 g steamed basmati rice

## Cook

- Preheat the oven to 180C.
- 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.
- Now, in the same pan, soften the onion, garlic, ginger and chilli with the korma curry powder.
- 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.
- 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.
- Serve the roasted cauliflower quarters on a bed of steamed basmati rice, with the Korma sauce ladled over and a wedge of lime.



# Chicken Biryani

Delicious marinated chicken is layered with onion, rice and aromatic herbs.

Cooking time



**40**  
mins

Difficulty



**EASY**

Prep time



**10**  
mins

Serves



**4**  
people

Key



Knorr ingredient

## Ingredients

- 1 Knorr Chicken Stock Pot
- 2 skinless chicken breasts, diced
- 250 g basmati rice, cooked and kept hot
- 4 garlic cloves, crushed
- 2 green chillies, deseeded and chopped
- 2 cardamom pods
- 3 tbsp low-fat natural yogurt
- 2 tbsp freshly grated root ginger
- 1 tbsp lemon juice
- 1 tsp turmeric powder
- 1 tsp garam masala
- 2 tbsp freshly chopped coriander
- 2 tbsp freshly chopped mint
- 2 large onions, very finely chopped
- 1 tbsp vegetable oil
- 2 tbsp toasted almond flakes (optional)

## Cook

1. In a large bowl, mix the chicken with the Knorr Chicken Stock Pot, chopped garlic, chilli, ginger, lemon juice, cardamom pods, turmeric, garam masala and natural yoghurt. Set aside to marinate for 20-30 minutes.
2. Heat the vegetable oil in a large frying pan. Add the onions and cook on a medium heat for 6-8 minutes until brown but not crisp. Remove the onions from the pan and set aside.
3. In the same frying pan, add the marinated chicken and all of the marinade. Add half of the coriander, half of the mint and half of the fried onions and cook gently on medium heat for 4-6 minutes. Remove from heat, cover the chicken with the cooked rice. Sprinkle the remaining fried onions, coriander and mint over the rice. Add toasted almond flakes if desired. Cover and cook on very low heat for 15-20 minutes.
4. Remove from heat, gently stir the rice through and serve with poppadoms, pickles and chutneys of your choice.

Medium







# Chicken Tikka Masala

A firm family favourite curry, succulent chicken is accompanied by a rich and mildly spiced sauce.

Cooking time



**45**  
mins

Difficulty



**EASY**

Prep time



**15**  
mins

Serves



**4**  
people

Key



Knorr ingredient



## Ingredients

- 1 Knorr Chicken Stock Pot
- 600 g skinless chicken breast, diced
- 50 ml double cream
- 3 tbsp lemon juice
- 1 tbsp grated fresh root ginger
- 2 garlic cloves, crushed
- 1 tsp ground cumin
- 1 tsp paprika
- 1/2 tsp chilli powder
- 1/2 tsp garam masala
- 50 g butter
- 1 onion, finely diced
- 1 cm grated fresh root ginger
- 5 garlic cloves, finely chopped
- 1 tbsp ground coriander
- 1 tsp turmeric
- 1 tsp chilli powder
- 1 tsp paprika
- 100 ml yoghurt
- 1 large salad tomato, diced
- 350 ml boiling water
- 1-2 tsp garam masala
- 1/2 bunch freshly chopped coriander leaves

## Cook

1. Place chicken in a large mixing bowl and stir in the lemon juice. Set aside for 15-20 minutes. Add the ginger, garlic, cumin, paprika, chilli powder, cream and garam masala. Mix well, cover and refrigerate 5-6 hours.
2. Heat the butter in a large saucepan. Add the onion and cook for 6-8 minutes or until the onions brown. Add the ginger and garlic and cook for further 3 minutes. Add the ground coriander, turmeric, chilli powder and paprika and cook on high heat for 10 seconds. Add the yoghurt and mix in well.
3. Add the tomatoes, water and Knorr Chicken Stock Pot. Bring to the boil, reduce to low heat, cover and let simmer gently for 15-20 minutes, until the sauce starts to thicken. Stir in the garam masala and coriander leaves.
4. Meanwhile, while the sauce is simmering, thread the chicken cubes onto skewers. Place under a hot grill and cook until nicely browned on each side and cooked through. Remove chicken from skewers then fold into the sauce and serve immediately.
5. Serve with naan bread and/or rice.



Medium  


# Potato and Pea Curry

Hearty potatoes and protein packed peas combined with warming spices make for a satisfying meatless curry that's budget friendly too!

Cooking time



**45**  
mins

Difficulty



EASY

Prep time



**10**  
mins

Serves



**4**  
people

Key



Knorr ingredient

## Ingredients



1 Knorr Vegetable Stock Pot

600 g new potatoes

100 g frozen peas

1 onion

1 green chilli

3 garlic cloves

1 small piece of ginger

300 ml water

200 ml passata

1 tsp ground chilli powder

1 tsp turmeric

1 tsp cumin

1 bay leaf

2 tsp sunflower oil

Coriander

200 g basmati and wild rice mix



## Cook

1. Boil the potatoes until just soft then add to a frying pan to fry in half the oil for 5 minutes until golden.
2. Heat the remaining oil then add the onions and cook for 10 minutes until golden. Then add the chopped ginger and garlic.
3. Add the spices and bay leaf then cook for 1 minute. Add the passata, water, Knorr Vegetable Stock Pot, chilli and fried potatoes. Simmer for 10 minutes then add the peas and chopped coriander. Serve with rice.





Medium



Cooking time



**50**  
mins

Difficulty



MEDIUM

Prep time



**15**  
mins

Serves



**4**  
people

Key



Knorr ingredient



Future 50 Food

## Ingredients

-  1 Knorr Vegetable Stock Pot
- 3 aubergines
- 4 tbsp olive oil
- 1 white onion, diced
- 3 cloves garlic, sliced
- 10 g diced ginger
- 1 red chilli, sliced
- 1 tsp paprika
- 1 tsp cumin seeds
- 1 tsp turmeric
- 1 tsp coriander seeds
-  250 g chickpeas
- 500 ml water
- 200 ml coconut cream
- a handful of chopped coriander

## Cook

1. Place the aubergines in a baking tray and season well with olive oil and salt. Bake at 200C for 40 minutes until very soft.
2. Meanwhile, set a pan to medium heat, add the remaining olive oil, the onion, garlic, chilli, ginger, paprika, cumin, turmeric and coriander seed. Cook until soft, about 10 minutes, and add the chickpeas, 500ml of water and the Knorr Vegetable Stock Pot. Cover with a lid and cook for 30 minutes.
3. Remove aubergines from the oven and scoop the flesh out of the skins, discard the skins and add the flesh to the curry, followed by the coconut cream and the chopped coriander. Stir well to combine, bring back to a simmer then remove from the heat.
4. Serve immediately with rice or warm naan bread.



# Pulled Aubergine Curry

Turmeric and paprika add vibrancy and flavour to this delicious pulled aubergine and chickpea curry. Serve with rice or naan bread.



Medium  


# Indian Chicken Curry

This chicken curry offers flavour and depth for those who love their spices. We recommend this dish with a side of wild rice.

Cooking time



**60**  
mins

Difficulty



**EASY**

Prep time



**15**  
mins

Serves



**4**  
people

Key



Knorr ingredient



Future 50 Food

## Ingredients



1 Knorr Chicken Stock Pot

1 onion

20 g fresh ginger root

3 garlic cloves

4 tbsp cooking oil

600 g organic skinless, boneless chicken thigh, cut into 2cm pieces

1 tsp curry powder

1 tsp ground cumin

1 tsp ground turmeric

1 tsp cayenne pepper

1 tsp garam masala

2 lemons, juice plus zest

1 tin of chopped tomatoes



1 tin of chickpeas



400 g sweet potato, washed and cut into 2cm chunks

15 g fresh coriander

1.5 l water

salt to taste

1 tsp ground coriander

1 tsp low fat yogurt

400 g cooked wild rice



## Cook

1. Cut the onion into half rings, grate the ginger and smash the garlic.
2. Heat up the pan with the oil and fry the chicken until golden brown.
3. Add the rest of the ingredients. Add the water.
4. Cook for 60 minutes and stir occasionally.
5. Add salt and pepper to taste.
6. Sprinkle some freshly chopped coriander on top.
7. Add low fat yoghurt to finish and serve with wild rice.





# One-pot Beef Curry

This mild curry recipe is an easy meal the whole family will enjoy – try it with naan or Basmati rice.



Cooking time



**90**  
mins

Difficulty



Prep time



**15**  
mins

Serves



**6**  
people

Key



Knorr ingredient



Future 50 Food

## Ingredients

-  1 Knorr Rich Beef Stock Pot  
600 g braising steak, cubed  
400 g tinned light coconut milk  
250 g onions, chopped
-  200 g fresh baby spinach leaves  
3 garlic cloves, peeled and crushed  
20 g fresh ginger, thickly sliced  
2 tbsp mild Indian curry powder  
50 g flaked almonds  
10 g fresh coriander

## Cook

1. Heat a splash of oil in a large casserole. Once the oil is hot add the beef, keep on stirring until the meat is brown all over.
2. Add the onions, garlic, and all the spices and stir through. Heat it through for 5 minutes over medium-low heat.
3. Add 0.5L water and coconut milk, bring to a boil and add the Knorr Rich Beef Stock Pot.
4. Lower the heat to a simmer, cover and cook for 1 ½ hour, stirring occasionally so the food doesn't stick (add a little hot water if it is sticking).
5. When the meat is tender add the spinach and stir it through, bring to a boil.
6. Top with flaked almonds and fresh coriander and serve with naan bread.



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## Soup



## Aromat



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