



Cheat on Meat Recipe Book

FUTURE
50
FOODS



does more for the happiness
of the human race than the
discovery of a star.”

Jean Anthelme Brillat-Savarin



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The UK population
on average eats

2:1

pieces
of meat portion
of veg

How To Cheat On Meat

We're on a mission to get Britain cheating on meat with mouth-watering meat free meals made with Knorr Veggie Stocks.

The UK population is, on average, eating 2 pieces of meat to 1 portion of vegetables, with most people eating the same 4 or 5 meals each week on rotation. Our diets need some serious TLC!

With Knorr's flavour expertise, we have created this collection of meat free recipes that are mouth-wateringly delicious, don't compromise on flavour and will add that variety into your meal repertoire.

Discover the difference you can make by simply cheating on meat even just for one day a week, for example, swap mince for lentils - they absorb flavour and are a rich source of lean protein.

Are you with us?

TRY CHEATING ON MEAT

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



Mince



Legumes



Pulled pork



Jackfruit



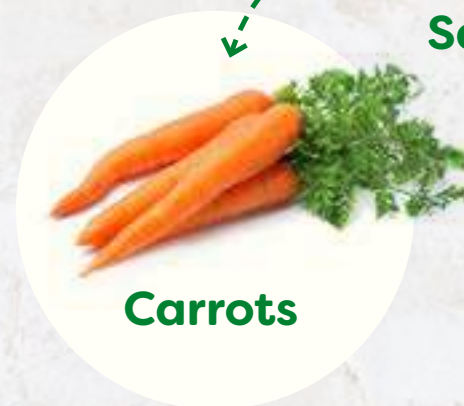
Steak



**Portobello
mushrooms**



Sausages



Carrots



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

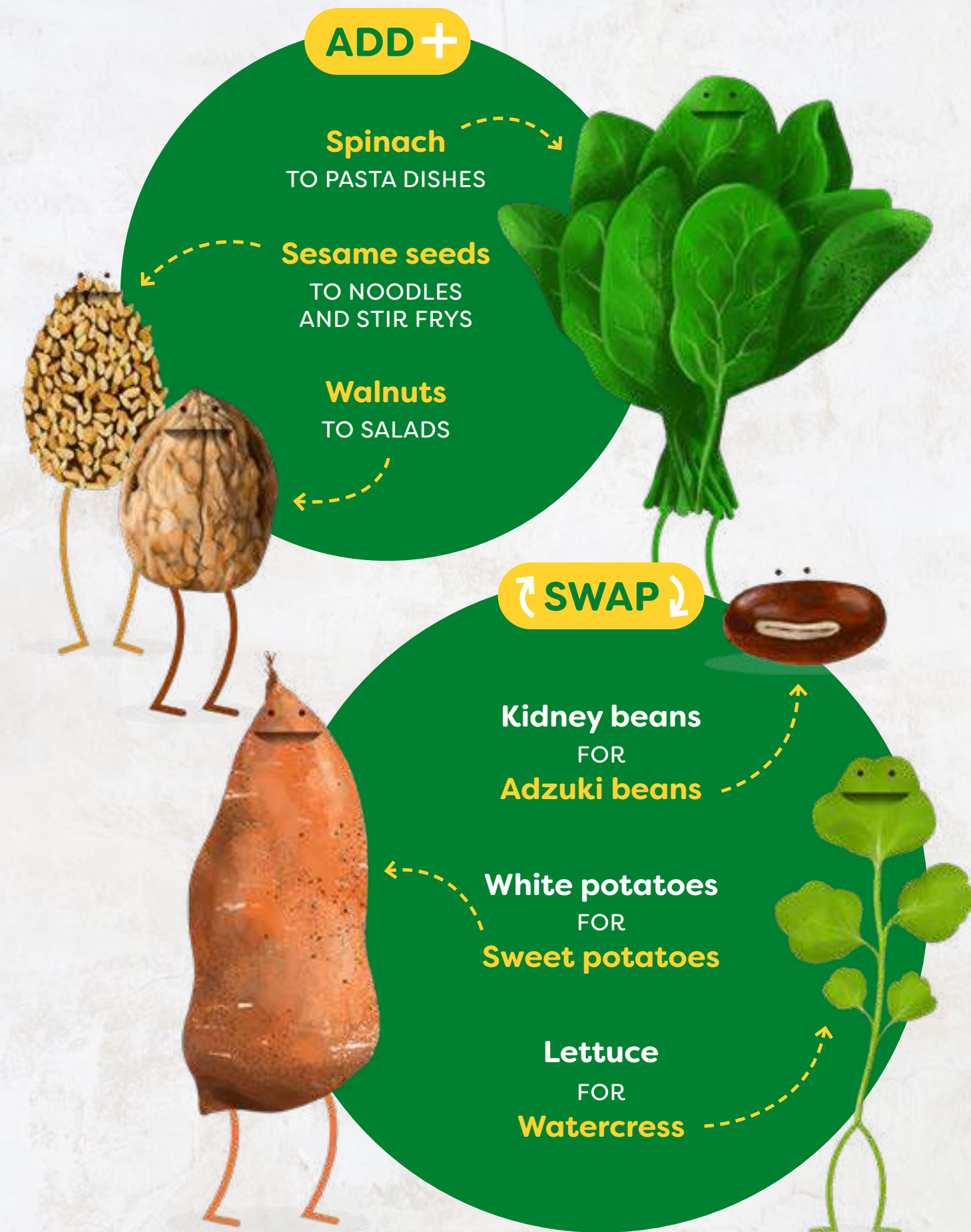
consuming natural resources quicker than they can be regenerated.

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






Sweet Potato and Bean Chilli

As seen on TV, this Sweet Potato and Bean Chilli is a great veggie take on the classic chilli when you want to Cheat on Meat.

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

Ingredients

-  1 Knorr Vegetable Stock Pot
-  1 large sweet potato, diced
- 1 onion, finely diced
- 2 celery sticks, chopped into 2 cm pieces
- 1 carrot, chopped into 2 cm pieces
- 1 garlic clove, finely chopped
- 1 tinned chopped tomatoes
- 1 tinned red kidney beans, drained
-  1 tinned black-eye beans, drained
- 1 tbsp olive oil
- 1 tbsp ground cumin

- 1 tsp coriander
- 1 tsp chilli powder
- 1 tsp smoked paprika
- 350ml water
- 300g wild rice

Garnish

- 1 dollop of creme fraiche
- 1 handful of chopped coriander
- 1 lime
- 1 avocado sliced



Cook

1. Heat the oil in a saucepan then add the diced onions, carrots, celery and garlic for 5 minutes then add in the spices.
2. Cook for 1 minute then add the diced sweet potato, tomatoes, water and Knorr Vegetable Stock Pot.
3. Simmer for 10 minutes then add the drained beans and cook for another 10 minutes or until the potatoes are soft.
4. Cook the wild rice until light and fluffy.
5. When the chilli is ready serve with a squeeze of lime over the chilli, a dollop of creme fraiche, yoghurt or sour cream and some roughly chopped coriander or avocado (all optional) with rice on the side.



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Black Turtle Beans

Being rich in protein, black beans helps bone health and build muscle mass whilst improving digestion and gut health.

Oven Baked Lentil Bolognese

Spag Bol the veggie way, with a rich, deeply flavourful sauce made in the oven, topped with a crispy Pangrattato.

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 x 400g tinned peeled plum tomatoes
-  200g Puy lentils
- 2 carrots grated
- 1 brown onion grated
- 2 cloves of garlic sliced
- 100g breadcrumbs

- Pangrattato**
- 100g vegetarian strong hard cheese
 - 1 lemon zest
 - 1/2 bunch fresh oregano leaves picked
 - 1 tbsp olive oil



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.
3. For the Pangrattato, combine the breadcrumbs, vegetarian hard cheese, the 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.



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Lentils


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




Lentil Dhal Masala with Tomato and Spinach

Nourishing spinach is added to this Lentil Dhal Masala to create a comforting and warming meal for all, with a slight kick.

Cooking time

 **30**
mins

Difficulty

 **EASY**

Prep time


 **8**
mins

Serves


 **4**
people


Key


 Knorr ingredient


 Future 50 Food

Ingredients

- 

 1 Knorr Zero Salt Vegetable Stock Cube
- 

 325g red lentils
- 


 800g orange tomatoes cubed
- 

 400g spinach washed and roughly chopped
- 1 onion finely chopped
- 1 chilli finely chopped
- 3 garlic mashed
- 1 tbsp ginger grated
- 1L water
- 2 tsp garam masala
- 1 tsp turmeric
- Serve with**
- 4 naan bread
- 125ml Greek yoghurt



Cook

1. Wash the lentils, strain, add to a pot and pour in the water with the Knorr Zero Salt Veggie Stock Cube.
2. Bring to the boil, turn down the heat to a simmer and gently boil the lentils until cooked for about 15-20 minutes, set aside.
3. Drizzle the oil in another pot on a medium heat, gently fry the cumin seeds, for around a minute, so it releases its flavours.
4. Add the onion, garlic, ginger and chilli then fry for a couple of minutes or until the onion becomes translucent.



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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.

5. Add the garam masala, turmeric, orange tomatoes and the cooked lentils to the pot and let it gently simmer for about 10 minutes.
6. Stir through the spinach until it starts to wilt and season to taste.
7. Serve with naan bread and a dollop of Greek yoghurt.





Potato and Pea Curry

Cheat on Meat with this hearty Potato and Pea Curry, perfect as a veggie alternative.

Cooking time  45 mins	Difficulty  EASY	Prep time  10 mins	Serves  4 people	Key  Knorr ingredient
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Ingredients

- 1 Knorr Vegetable Stock Pot
- 600g new potatoes
- 1 onion
- 3 garlic cloves
- 1 small piece of ginger
- 100g frozen peas
- 1 green chilli
- 2 tsp sunflower oil
- 1 bay leaf



- 1 tsp ground chilli powder
- 1 tsp turmeric
- 1 tsp cumin
- 200ml passata
- 300ml water
- 1 handful of coriander

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 and cook for 1 minute. Add the passata, water, Knorr Vegetable Stock Pot, chilli and fried potatoes.
4. Simmer for 10 minutes then add the peas and chopped coriander.



Vegetable and Bean Casserole

Cooking time

 **45**
mins

Difficulty

 **EASY**

Prep time

 **10**
mins

Serves


 **4**
people


Key


 Knorr ingredient

 Future 50 Food

Ingredients

- 

 1 Knorr Vegetable Stock Pot
400ml water
- 

 400g sweet potato, cut into chunks
- 

 1 tin black beans, drained
- 3 carrots, diced
- 3 celery sticks, sliced
- 3 leeks, sliced
- 1 onion, diced
- 50g kale
- 2 garlic cloves, finely chopped
- 1 sprig of rosemary

Garnish

Parsley

Serve with

Crusty Bread

Cook

1.

 Preheat the oven to 180°C.
2.

 Place all the ingredients apart from the kale into a casserole dish.
3.

 Cover and transfer to the oven and cook for 45 minutes or until the vegetables are just soft.
4.

 Once cooked, stir in the kale and sprinkle the parsley to garnish. Serve with crusty bread.



Smoky Mushroom Pho

This meat-free Pho is full of flavour thanks to Knorr Zero Salt Veggie Stock Cubes and is packed with lots of veggies!

Cooking time

 **35**
mins

Difficulty

 **EASY**

Prep time

 **10**
mins

Serves

 **4**
people



Key

 Knorr ingredient


 Future 50 Food



Ingredients

- 400g flat rice noodles cooked
-  2 Knorr Zero Salt Veggie Stock Cubes in 1.6 L of water
- 2 shallots quartered lengthways
- 2 garlic cloves crushed
- Small piece of ginger peeled and sliced
- 2 tsp Chinese five spice powder
- 2 tbsp vegetable oil
- 8 portobello mushrooms
-  2 large pak-choi quartered lengthways
- 100g edamame beans
- Garnish**
- 4 sprigs of fresh mint
- 1 red chilli sliced
- Juice of 1 lime (optional)

Vegetables

-  2 tsp Knorr Miso Mushroom Liquid Seasoning

Cook

1. Heat the vegetable oil in a deep pan and brown the shallots, garlic and ginger with the Chinese Five Spice. Pour in the Knorr Zero Salt Veggie Stock mix and bring to a gentle simmer for 30 minutes.
2. Meanwhile, glaze the Portobello mushrooms with the Knorr Miso Mushroom Liquid Seasoning. Fry the mushrooms on a high heat for 4 minutes each side and allow to rest for a couple of minutes before slicing.
3. In the same pan, char the pak-choi for 2 minutes on each side.
4. Once cooked, add to the bowls with the cooked rice noodles, sliced mushrooms and edamame beans.
5. Strain the broth over the bowl and top with fresh mint and sliced red chilli. Garnish with a generous squeeze of lime (optional).

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Pak-Choi or Bok-Choy
(Chinese Cabbage)

Pak-choi is crisp with a mild, cabbage-like flavour. Its leaves and stalks are high in vitamin C and K.



Vegetable Chickpea Tagine

Cooking time



35
mins

Difficulty



EASY

Prep time



10
mins

Serves



4
people

Key



Knorr ingredient



Future 50 Food

Ingredients

- 1 Knorr Vegetable Stock Pot
- 200g butternut squash, cut into 2.5cm cubes
- 200g sweet potato, cut into 2.5cm cubes
- 1 tin chopped tomatoes
- 1 yellow pepper, diced
- 1 onion, diced
- 1 tin chickpeas, drained
- 250ml water
- 1 clove garlic
- 1 tbsp ras el hanout
- 50g kale, chopped
- 1 tbsp vegetable oil

Serve with

Cracked wheat or couscous



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Kale

Kale is grown in Europe and in the US, available year-round and packed with vitamins A, K and C, as well as being a good source of manganese and copper.



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 cracked wheat or couscous.



Mushroom and Spinach Stroganoff

Cooking time  15 mins	Difficulty  EASY	Prep time  5 mins	Serves  4 people	Key  Knorr ingredient  Future 50 Food
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Ingredients

- | | |
|--|---|
|  1 Knorr Vegetable Stock Cube
200ml water
600g mushrooms, sliced
1 clove garlic, chopped | 1 tsp paprika
2 tbsp olive oil
Parsley, chopped |
|  200g spinach
1 red onion, chopped
200ml reduced-fat soured cream
2 tsp lemon juice | Serve with
300g basmati and wild rice mix |

Cook

1. Heat the oil in a large frying pan, add the onion then cook on a medium heat for 5 minutes.
2. Add the mushrooms, paprika and garlic then fry gently for 3-4 minutes until slightly browned. Then pour in the water and add the Knorr Vegetable Stock Cube.
3. Bring to the boil for 2 minutes then reduce the heat and stir in the soured cream and spinach.
4. Simmer for a minute or so, until thickened, then stir in the lemon juice and add the chopped parsley before serving with cooked rice.

Vegan Toad-In-The-Hole

A meat free twist on the traditional British classic, serve it with mash, veggies and lots of gravy!

Cooking time



40
mins

Difficulty



EASY

Prep time



20
mins

Serves



4
people

Key



Knorr ingredient

Ingredients

- 2 tsp Knorr Rosemary & Onion Seasoning
- 8 vegan sausages
- 125g plain flour
- 25g gram flour
- 90ml aquafaba
- 150ml dairy-free milk
- 1 tbsp cider vinegar

- 150ml water
- 1/2 tsp turmeric
- 1/2 tsp baking powder
- 4 tbsp sunflower oil

Aquafaba

is the liquid from tinned chickpeas and is a great plant-based replacement for eggs and egg white



Cook

1. Pre-heat the oven at 190°C.
2. Sieve all the dry ingredients into a bowl then make a well in the centre and add the Knorr Rosemary & Onion Seasoning.
3. In another bowl, lightly whisk the aquafaba (chickpea water) then add into the dry ingredients along with the cider vinegar.
4. In a jug, mix the water and milk together and slowly add to the bowl whisking to form a thick batter then chill in the fridge for 15 minutes.
5. Pour the oil into an oven dish and place into the oven for 10 minutes until the oil is hot.
6. Carefully remove the dish and pour in the batter then lay in the sausages.
7. Bake for 35-40 minutes or until golden.



Sweet Potato, Coconut and Lime Soup

A comforting soup where every mouthful is a delightful combo of sweetness, tang and kick.

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 thinly sliced red chilli



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Red Indonesian 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.

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

Pasta Primavera

This pasta dish is a great opportunity to use lots of veggies for a vibrant and filling meal.

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
- 4 asparagus
- 1 courgette
-  250g spinach
- 150g frozen peas
- 1 tbsp pesto

250g tagliatelle
600ml water

Garnish

Parmesan
Olive oil

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. Return half the cooking water to a saucepan and add the Knorr Vegetable Stock Pot and bring to the boil.
3. Thinly slice the courgette and asparagus and add to the pan. Cook for 1 minute then add the peas, spinach and pesto.
4. Return the pasta to the pan and toss through.
5. Garnish with parmesan and olive oil.



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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.





Butternut Squash Soup

This easy butternut squash soup is easy, delicious and perfect for those colder days.



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

Ingredients

-  1 Knorr Vegetable Stock Cube
1 medium butternut squash peeled
deseeded and cut into wedges
1 onion diced
-  1 small sweet potato peeled and
quartered
2 garlic cloves crushed
1L water
1 tbsp olive oil
Freshly ground black pepper
Pinch of dried chilli flakes

Garnish

- 50ml double cream to swirl
- Parsley



Cook

1. Heat the olive oil in a large pan and place over a low heat. Add the onion and cook for 1–2 minutes. Add the butternut squash and potato and cook for 5 minutes over a medium heat. Add the garlic, chilli flakes and season with pepper to taste. Pour in the water and add the Knorr Vegetable Stock Cube. Simmer for 25 minutes.
2. Using a hand-blender or food processor, blend until smooth, adding more water if it's a little thick.
3. Serve sprinkled with parsley and a swirl of cream

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Soup



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Aromat



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