Quick & Easy Recipe Guide
“You don’t need a silver fork to eat good food.”
Paul Prudhomme

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Ready in 30

These quick and easy meals are ready in less than 30 minutes, making them perfect for midweek dinners and last-minute lunches.

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

You can also make easy swaps with your favourite 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 some easy meat-free, and delicious swaps.

- Jackfruit
- Walnuts
- Pulled pork
- Steak
- Portobello mushrooms
- Sausages
- Tofu
- Lentils
- Chicken
- Mince
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:

ADD+
- Spinach TO PASTA DISHES
- Sesame Seeds TO NOODLES AND STIR FRYs
- Walnuts TO SALADS

SWAP
- White Potatoes FOR Sweet Potatoes
- Plain Flour FOR Spelt Flour
- Tomatoes FOR Orange Tomatoes

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

READ MORE HERE
Mushroom and Spinach Stroganoff

A meat-free alternative to the classic, creamy stroganoff - serve with pappardelle pasta or rice.

Ingredients
- 1 Knorr Vegetable Stock Cube
- 600 g mushrooms sliced
- 200 g spinach
- 1 red pepper
- 1 red onion chopped
- 175 ml reduced-fat soured cream
- 200 ml water
- 2 tsp lemon juice
- 1 garlic chopped
- 1 tbsp paprika
- parsley chopped
- 2 tbsp olive oil
- 300 g 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, pepper, 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 or pappardelle pasta.

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.
Stir Fry Noodle Bowl

Ribbons of courgette and carrot mingle with shiitake mushrooms in this stir fry stunner.

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

Ingredients

1 Knorr Vegetable Stock Pot
250 ml water boiled
2 tbsp sesame oil
2 courgettes peeled into ribbons
2 carrots peeled into ribbons
1 large garlic clove
2 heads shiitake mushrooms sliced
150 g garden peas
400 g flat rice noodles cooked and chilled
50 g peanuts chopped
2 tbsp white sesame seeds
1 tsp chilli flakes

Sesame Seeds
These seeds have a high oil content and are considered an excellent source of copper and magnesium.

Cost per portion £1.13

Cook

1. Preheat the oven to 170c. Spread the chopped peanuts, sesame seeds and chilli flakes over a baking tray and toast in the oven for 10 minutes until evenly golden. Remove from the oven and allow to cool.
2. In a jug, add the Knorr Vegetable Stock Pot to 250ml of boiling water and whisk until dissolved.
3. In a wok, heat the sesame oil to a high heat, add all the vegetables and stir-fry for two minutes.
4. Add the cooked noodles and toss them through the vegetables to combine. Pour over the Knorr Vegetable Stock and cook for a further minute until it has reduced to a rich sauce.
5. Place the noodles and vegetables into bowls then garnish with roasted peanut mix.
Quick and Easy Ratatouille

Knorr Aromat helps to bring out the rich flavour of this quick and healthy meal.

Ingredients
- 10 grams Knorr Aromat Seasoning
- 100 ml olive oil
- 2 aubergines finely diced
- 2 courgettes finely diced
- 2 green peppers finely diced
- 2 red peppers finely diced
- 4 cloves garlic, chopped
- handful of basil leaves, torn
- sprig of thyme
- 200g Passata

Cooking time
- 10 mins

Difficulty
- Easy

Prep time
- 10 mins

Serves
- 4 people

Key
- Knorr ingredient

Cost per portion
- £1.40

Cook
1. Pour the olive oil into a large, deep frying pan and heat until really hot.
2. Add in the aubergine and courgette and sprinkle with Knorr Aromat seasoning. Fry for around 4–5 minutes stirring occasionally until lightly browned.
3. Remove the vegetables with a slotted spoon. In the same pan, add the diced peppers and garlic season with Aromat and fry until lightly browned, stirring occasionally.
4. Pour the tomato sauce into the frying pan, add the peppers and aubergines and cook for 5 minutes to heat through. Add the basil and thyme reserving a little basil for garnish.
5. Transfer to a serving dish, garnish with the reserved basil and serve either hot, warm or at room temperature.
Chicken Pho
Noodle Soup

A comforting classic soup, easy to whip up for a week night dinner.

Ingredients

1 Knorr Chicken Stock Cube
200 g cooked chicken strips
100 g rice vermicelli
100 g mangetout, washed and halved lengthways
1 lime, juiced
15 g fresh ginger, peeled and grated
1 clove of garlic, peeled and finely chopped
1 tablespoon fish sauce
2 tbsp vegetable oil

Cook

1. Place a 2-litre saucepan over a medium-low heat, add the oil, ginger and garlic, then fry for 1 minute.

2. Boil the kettle. Measure out 900ml of boiling water in a measuring jug, then crumble in the Knorr Chicken Stock Cube and stir to make a stock. Pour into the pan and bring to a simmer.

3. Break in the rice noodles and cook until tender, adding the fish sauce and mangetout for the final 2 minutes. Squeeze in the lime juice and remove from the heat.

4. Divide the chicken equally between 4 serving bowls. Ladle over the soup and serve straight away.

Cost per portion
£1.26
Spaghetti Sorrentina

With minimal ingredients this spaghetti recipe is simple but satisfying.

Cook

1. Heat a tablespoon of olive oil in a large frying pan. Add the cherry tomatoes and cook on medium heat for 1–2 minutes.

2. Tear the basil leaves and add to the pan. Add the tomato sauce and the Knorr Stock Pot and simmer for 2–3 minutes.

3. Cook the spaghetti according to the packet instructions and drain the spaghetti then add to the tomato sauce in the pan.

4. Sprinkle in the mozzarella chunks and toss together well, season to taste with black pepper, garnish with basil and Parmesan.

Ingredients

- 1 Knorr Vegetable Stock Pot
- 375 g spaghetti
- 400 g tomato sauce
- 300 g cherry tomatoes, halved
- 1 handful fresh basil leaves, plus extra for garnish
- 1 tbsp olive oil
- 75 g mozzarella
- black pepper
- Parmesan
- basil

Cost

£0.66 per portion

Cooking time 15 mins
Prep time 10 mins
Serves 4 people

Difficulty EASY

Key Knorr ingredient

Knorr ingredient

£0.66 Cost per portion

30 minute recipes
Roasted Vegetable Couscous

This colourful and healthy couscous recipe is quick and easy to prepare for a week night dinner or midday snack.

Cooking time: 20 mins  
Prep time: 5 mins  
Serves: 4 people  
Difficulty: Easy  
Key: Knorr ingredient

Ingredients

- 1 Knorr Zero Salt Vegetable Stock Cube*  
- 250 g couscous  
- 100 g squash cut into 1 cm 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  
- chopped fresh coriander  
- chopped fresh mint

Cost per portion: £0.78

Instructions:

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.
Mexican Veggie Soup With Tortilla Chips

This soup is packed with veggies and legumes - a delicious and comforting meal.

Cooking time 15 mins
Difficulty EASY
Prep time 15 mins
Serves 4 people

Ingredients
1 Knorr Vegetable Stock Cube
1 red onion, diced
1 red pepper, diced
400g canned chopped tomatoes
1 tbsp chipotle chilli sauce
100g frozen sweetcorn
40g lightly salted tortilla chips
30g cheddar cheese, grated
1/2 avocado, diced
400g tin of kidney beans, strained

Cook
1. Heat a little oil in a saucepan and fry onion until soft (1-2 minutes). Add pepper and fry a further 1 minute.
3. Serve in bowls topped with the tortilla chips, and top with cheese and avocado if used.
# Quick Beef One-Pot With Vegetables

Packed with vibrant vegetables, tomatoes and tender beef, this quick and easy one-pot beef recipe is a real crowd-pleaser.

## Ingredients

- 1 Knorr Beef Stock Pot dissolved in 200ml of boiling water
- 500 g beef rump steak
- 400 g tinned chopped tomatoes
- 300 g new potatoes
- 300 g fresh mixed vegetables
- 1 onion chopped
- 2 garlic cloves chopped
- 1 teaspoon dried rosemary
- 1 tbsp oil

## Cook

1. Heat the oil and fry the steak for 5 mins, turning once. Leave on a plate, cover and keep warm.

2. Heat another tbsp oil and sauté the onion and garlic until soft but not browned. Cut vegetables into large pieces and add with remaining ingredients, cover and simmer for 10-15 mins until potatoes are tender.

3. Cut beef into large chunks and return to pan. Heat through for 2 minutes then spoon into bowls to serve.

## Cooking time

<table>
<thead>
<tr>
<th>Cooking time</th>
<th>Difficulty</th>
<th>Prep time</th>
<th>Serves</th>
<th>Key</th>
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</thead>
<tbody>
<tr>
<td>15 mins</td>
<td>EASY</td>
<td>15 mins</td>
<td>4 people</td>
<td>Knorr ingredient</td>
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</table>

## Cost per portion

£1.70

## 30 minute recipes
Fajita Pockets

Mixed veggies are infused with the flavour of a Knorr stock pot, then loaded with cheese into soft flour tortillas.

Cook

1. Heat the olive oil in a large pan over a medium-high heat and sauté the mushrooms, peppers and onion for 5 minutes until starting to soften.

2. Pour over the water and add in Knorr’s Smoked Chilli & Tomato Stock Pot. Cover and gently simmer for a further 10 minutes until the vegetables are soft and the stock has melted into a rich sauce.

3. Lay out a tortilla wrap and spoon over the cooked vegetable filling. Top with grated cheddar, diced avocado, diced tomatoes, a few torn coriander leaves and a dollop of soured cream.

4. Working clockwise, carefully fold your tortilla around the filling in 6 folds. You should have a neat parcel. Repeat with the rest of your ingredients.

5. Fry the pockets in a hot, dry pan for 2-3 minutes on each side. Allow to cool a little, then serve.

Ingredients

- 1 Knorr Veggie Cook’s Essentials Smoked Chilli & Tomato Stock Pot*
- 250 ml water
- 1 tbsp olive oil
- 6 large portobello mushrooms sliced
- 1 red pepper sliced
- 1 green pepper sliced
- 1 red onion sliced
- 8 large tortilla wraps
- 200 g grated cheddar
- 2 avocados diced
- 250 g orange tomatoes diced
- 1/2 a bunch of coriander
- 8 tbsp soured cream

*Can alternatively use Knorr Vegetable Stock Pot.

Cost per portion £1.76

Cooking time 20 mins
Difficulty EASY
Prep time 10 mins
Serves 4 people

Key

Knorr ingredient

24 30 minute recipes
Chickpea Aloo Curry

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

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.

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.
Sweet Potato, Coconut & Lime Soup

Spice things up with this comforting soup where every mouthful is a perfect combo of sweetness, tang & kick.

**Cost per portion** £0.55

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<th>Ingredient</th>
<th>Quantity</th>
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<tr>
<td>1 Knorr Vegetable Stock Cube</td>
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</tr>
<tr>
<td>1 medium-sized sweet potato</td>
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</tr>
<tr>
<td>1 onion</td>
<td></td>
</tr>
<tr>
<td>1 garlic clove</td>
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</tr>
<tr>
<td>1 tin of coconut milk</td>
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<tr>
<td>1 small red chilli</td>
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<tr>
<td>1 stick of lemongrass</td>
<td></td>
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<tr>
<td>2 lime leaves</td>
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<tr>
<td>1 tbsp olive oil</td>
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<tr>
<td>450ml water</td>
<td></td>
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</tbody>
</table>

**Garnish**
- 1 lime
- 1 red chilli, thinly sliced

**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.
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.

Smoky chorizo & chickpea one-pot

Chorizo, chickpea and paprika is a classic Spanish combo. Ready in 20 minutes, this is an easy one-pot recipe to try mid-week.

Cook

1. Fry the chorizo in a large non-stick pan for 5 minutes until crispy. Add the pepper and potatoes and fry for 1 minute, stirring.

2. Add canned tomatoes, Knorr stock and paprika if used and bring to the boil. Turn down to a simmer, cover and cook for 15 minutes. Add the chickpeas and cook for a further 4-5 minutes.

3. Serve with a side of mixed green salad.

Ingredients

1 Knorr Chicken Stock Cube dissolved in 200 ml boiling water
400 g tinned chickpeas
400 g canned chopped tomatoes
175 g chorizo thinly sliced
2 sweet potatoes cut into chunks
1 red pepper cut into slices
1 tablespoon smoked paprika

Cost per portion £1.05
Rich and Cheesy Salami Pizza

Our homemade, easy-to-make pizza recipe is a great meal to add to your repertoire and is sure to be a hit with the kids!

**Ingredients**
- 1 Knorr Vegetable Stock Pot
- 1 large pre-made pizza base
- 4 tbsp tomato puree
- 50 g mozzarella cheese
- 20 g chopped fresh basil leaves

**Choose your toppings**
- 80 g (around 8 slices) pre-cut Italian salami slice
- 2 large tomatoes chopped
- 20 g mascarpone
- 12 black olives pitted and halved
- small jar (250 g) tinned artichoke hearts drained
- 1 red onion finely sliced

**Cook**
1. Preheat the oven to 220°C, 200°C fan, Gas Mark 7.
2. In a blender add the Knorr Vegetable Stock Pot, tomato puree, chopped tomatoes, half the basil leaves and the mascarpone. Blend until completely smooth.
3. Spread tomato sauce on pizza base, and top with remaining ingredients ending with mozzarella.
4. Bake for 10-15 minutes, until base is crispy and cheese has melted. Sprinkle with the rest of basil to serve.
**Veggie Paella**

This Paella is a great way to get your veggie intake with all the flavour of Knorr Stocks.

**Cooking time**

20 mins

**Difficulty**

EASY

**Prep time**

10 mins

**Serves**

4 people

**Key**

Knorr ingredient

Future 50 Food

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**Ingredients**

1 Knorr Vegetable Stock Pot

300 g rice

150 g orange tomatoes chopped

150 g green peppers chopped

150 g red peppers chopped

100 g carrots chopped

85 g broccoli chopped

1 onion diced

1 garlic clove crushed

150 ml white wine

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**Cost per portion**

£0.82

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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.

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**Cook**

1. Sauté the onions, garlic, peppers and carrots in a pan with oil. When cooked down a bit add the broccoli, tomatoes and rice.

2. Pour in the white wine and let it cook for a few minutes.

3. Mix the Knorr Vegetable Stock Pot with 500ml water and add to the pan.

4. Allow to cook for 15 minutes, adding more water, if necessary.
**Tortellini Soup**

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

**Cost per portion** £1.36

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

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