

# FUTURE COOK 50 BOOK FOODS



Recipes for healthier people  
and a healthier planet



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*“Future 50 Foods is practical and can help drive action towards a sustainable food system that is not only good for people and the planet but also delicious”.*

- Paul Newnham, Sustainable Development Goal 2 Advocacy Hub Director,  
Chefs Manifesto Co-founder

*“Cooking with Future 50 Foods allows me to make a positive change by creating simple, colourful and tasty dishes. I am delighted to discover new tastes and flavour sensations with every dish. Enjoy the recipes and cook for a better world.”*

- Luigi Carola, Unilever/Knorr Executive Chef

*“Over the last century, we’ve lost over 90% of our seed biodiversity due to the commodification and commercialisation of our food system. As chefs, we can help protect biodiversity by championing heritage and open pollinated vegetables, celebrating the great variety of beautiful plants on our menus.”*

- Tom Hunt, Eco-Chef, Food Sustainability Writer,  
Food Waste Campaigner

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All profits made as a result of the sale of this book will be donated to WWF-UK, registered with charity no. 1081247 in England and Wales and SC039593 in Scotland.



# FUTURE 50 FOODS

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## COOKBOOK

*This cookbook was inspired by the Future 50 Foods report, written by Knorr, WWF-UK and Dr. Adam Drewnowski. The report was launched in February 2019 and is included in this book. These recipes have been tested and approved by Knorr Chefs and Nutritionists. We hope you love them, pass them on, and are inspired to plant, cook, and eat foods you've never tried before. Enjoy!*

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**Future 50 Foods** is the beginning of a journey and a way for people to make a change, one delicious dish at a time.





*“Most of us might believe it’s our energy or transport choices that cause the most serious environmental damage. In fact, it’s our food system that creates the biggest impact.”*

**Dr. Tony Juniper,**  
CBE, former Executive Director  
for Advocacy, WWF-UK

## OUR WORLD IS FACING AN UNPRECEDENTED CHALLENGE

By 2050 the world population is predicted to increase to almost ten billion people whom we must nourish on a planet of finite resources. It is well-documented that to do this we need to transform our global food system – from the way we farm and fish to what we choose to eat. It is a complex task, and if we are to deliver nutritious food to all, everyone needs to play a part in making the food system more sustainable. Large scale, practical solutions are essential to make the required changes.

Globally we rely on a small range of foods. This negatively impacts our health and the health of the planet. 75 percent of the global food supply comes from only 12 plant and 5 animal species. Just 3 (rice, maize, wheat) make up nearly 60 percent of calories from plants in the entire human diet<sup>1</sup>. This excludes many valuable sources of nutrition. While people may be getting sufficient calories, these narrow diets don’t provide enough vitamins and minerals.

Dietary monotony is linked to a decline in the diversity of plants and animals used in and around agriculture (agrobiodiversity), threatening the resilience of our food system and limiting the breadth of food we can eat. Since 1900, a staggering 75 percent of the genetic plant diversity in agriculture has been lost<sup>2</sup>. In most Asian countries, the number of rice types grown has decreased rapidly from thousands to a dozen.

In Thailand, for example, the 16,000 varieties once cultivated have dropped to just 37 varieties<sup>3</sup>. In the past century, the United States has lost 80 percent of its cabbage, pea and tomato varieties. This dependence on a limited pool of crop species leaves harvests vulnerable to pests, diseases and the impact of climate change.

Farming a narrow range of crops using intensive methods can have serious repercussions on our fragile natural ecosystems. Monoculture farming, which is the repeated harvesting of a single crop, and over-reliance on animal-based foods are threatening food security. Monoculture farming can deplete nutrients and leave soil vulnerable to the build-up of pests and pathogens. This requires applications of fertilisers and pesticides that can, if used inappropriately, damage wildlife and leach into water systems<sup>4-5</sup>. Many types of birds, animals and wild plants cannot thrive in biologically degraded landscapes.

Reliance on animal-based protein sources puts additional strain on our environment and current agricultural practices are not sustainable in the long term. Total agriculture accounts for around a quarter of all greenhouse gas emissions, of which approximately 60 percent is due to animal agriculture<sup>6</sup>. Meat, dairy and egg production is more water, land and greenhouse gas intensive than plant production. It also contributes to pollution through liquid waste discharged into rivers and seas.

These problems seem insurmountable, but we believe that large scale change starts with small actions.

*“Diversified diets not only improve human health but benefit the environment through diversified production systems that encourage wildlife and more sustainable use of resources.”*

**Peter Gregory, Research Advisor,**  
Crops For the Future

## EATING TO IMPROVE THE FOOD SYSTEM

Knorr and WWF have a shared ambition to drive change, which is why we, in partnership with Dr. Adam Drewnowski, Director of The Center for Public Health Nutrition at the University of Washington, have collaborated to create The Future 50 Foods.

In a world cluttered with advice and pressure around what not to eat, we want to provide people with more food choices to empower

*“By joining together with our partners, we believe we can shift the way food is grown and the foods people choose to eat, delivering significant, positive impact on the food system. Our mission is simple: make delicious, nutritious, and sustainable food accessible to all.”*

**April Redmond,  
Global Vice President, Knorr**

positive change.

For this reason, we have identified 50 foods we should eat more of because they are nutritious, have a lower impact on our planet than animal-based foods, can be affordable, accessible and taste good.

The list of Future 50 Foods, consisting of vegetables, grains, cereals, seeds, legumes and nuts from across the globe, has been developed to inspire greater variety in what we cook and eat.

It is intended to enable three important dietary shifts. First, a greater variety of vegetables to increase intake of vitamins, minerals and antioxidants. Second, plant-based sources of protein to replace meat, poultry and fish, resulting in reduced negative impact on our environment. Third, more nutrient-rich sources

of carbohydrates to promote agrobiodiversity and provide more nutrients.

Not all 50 foods are currently easily accessible. Working together with partners allows us to make these foods more commonly grown and more widely eaten.

*“The search for nutrient-dense plants has taken us toward ancient grains, heirloom plant varieties, and less commonly cultivated crops. There is a good reason for rediscovering some of the forgotten plants.”*

**Dr. Adam Drewnowski,  
Director of The Center for  
Public Health Nutrition,  
University of Washington**

By making a conscious choice to consume more of the Future 50 Foods, we take a crucial step towards improving the global food system.

Swapping staples like maize and white rice for fonio or spelt increases the nutrient content of a dish while contributing to greater agrobiodiversity, making our food supply more resilient. It also helps safeguard these ancient variants for future generations. These 50 foods are some of the many that we can and should eat.

According to the Food and Agriculture Organization of the United Nations (FAO), there are between 20,000 and 50,000 discovered edible plant species, of which only 150 to 200 are regularly consumed by humans<sup>7</sup>.

Future 50 Foods is the beginning of a journey and a way for people to make a change, one delicious dish at a time.

## CRITERIA FOR THE FUTURE 50 FOODS

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The Future 50 Foods have been selected based on their high nutritional value, relative environmental impact, flavour, accessibility, acceptability and affordability. This set of criteria was informed by the United Nations Food and Agricultural Organization's (FAO) definition of sustainable diets\*. Some of the Future 50 Foods have higher yields than similar crops, several are tolerant of challenging weather and environmental conditions, and many contain significant amounts of critical nutrients. Each has a story to tell.

See page 164 for the full methodology of the Future 50 Foods.

*\*Sustainable diets are those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimising natural and human resources.*

FAO, 2010, Sustainable Diets and Biodiversity

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*The discovery of a new dish does more for the happiness of the human race than the discovery of a star.*

As famously said by French gastronome,  
Jean Anthelme Brillat-Savarin



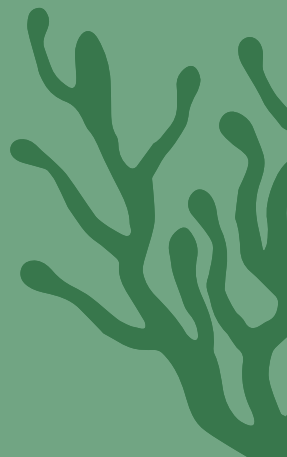




# ALGAE

Algae are nutrient-rich and critical to our existence on the planet. They are responsible for half of all oxygen production on Earth and all aquatic ecosystems depend on them. They contain essential fatty acids and are an excellent source of antioxidants.

Algae can be rich in protein and have a meat-like umami flavour, making them a potential replacement for meat<sup>8,9</sup>.





## 1

## Laver seaweed

*Porphyra umbilicalis*

Laver is a variety of red algae known for its link to Japanese cuisine. Called 'nori' in Japan and most commonly used for wrapping sushi, laver is heralded for its exceptional nutrient content and ability to bring out the umami flavour in foods.

Umami is the flavour profile that meat provides and is commonly missed in plant-based dishes.

Edible seaweed cultivation has been suggested to be a game-changer<sup>10</sup> in the food system. Because it lives wildy in the water, laver seaweed can be grown and harvested throughout the year and does



not require pesticides or fertilisers. Laver seaweed is rich in vitamin C and iodine<sup>11</sup>.

Laver is often consumed dried as a topping for soups and salads. In Korea, it is eaten dried as a savoury snack and is referred to as 'gim'.

In the UK, especially in Wales, laver is used to make laverbread, a dish in which the fresh seaweed is slow-cooked, seasoned and traditionally served with hot, buttered toast.

Some say people in Wales have been eating laver since the first inhabitants arrived; others say it was introduced by the Vikings.

## 2

## Wakame seaweed

*Undaria pinnatifida*

Cultivated for centuries by sea farmers in Korea and Japan, deep-green coloured wakame is rich in nutrients and easy to grow.

Maintaining similar properties to other seaweeds, it can be harvested all year round, grows rapidly without the use of fertilisers or pesticides and supports the water's biological balance.

Beyond Asia, it is farmed in sea fields in France, New Zealand, California and Argentina. In addition to containing a variety of vitamins and minerals, wakame is one of the few plant-based

sources of the omega 3 fatty acid EPA (eicosapentaenoic acid), which is found almost exclusively in fatty fish that feed on algae<sup>12</sup>.

Most commonly sold dried and then rehydrated, wakame has a savoury flavour and satin-like texture.

It can be chopped and added to soups or fried and thrown into salads, stir-fries, and side dishes for a salty, umami flavour.





## TOP TIP



For more crunch and fresh  
flavours add some coriander  
leaves and watercress.







# TRIO OF BULGUR, RED QUINOA AND BARLEY ON A WAKAME SALAD

**Prep time: 20 min**      **Feeds: 2 people**  
**Cooking time: 15 min**      **Difficulty: easy**

## INGREDIENTS

- 100g bulgur
-  15g red quinoa
- 35g barley
- 60g tinned chickpeas
- 1 onion, cut in cubes
- 2 tbsp extra virgin olive oil
- 1 courgette, cut in 1cm cubes
- ½ tbsp Knorr Concentrated Liquid Vegetable Stock
- Some chopped fresh ginger
-  80g wakame seaweed salad
- 1 bunch of parsley leaves (serving tip)
- Some mustard or wasabi (serving tip)

## METHOD

1. Cook bulgur, quinoa, and barley in 300 ml of boiling water for 20 minutes or until the water is absorbed.
2. Fry the onion in olive oil on low heat for approximately 7 minutes. Mix in the courgette and Knorr Concentrated Liquid Vegetable Stock and let simmer for another 3-4 minutes. Remove from heat.
3. Once the grains are cooked remove from heat and set aside to cool.
4. Drain the chickpeas and mix together with the grains and vegetables. Stir in the ginger and seaweed.
5. Garnish with parsley leaves.





# BEANS & PULSES

Beans and other pulses are members of the legume family. They can convert nitrogen from the air and ‘fix’ it into a form that can be readily used by plants. More than environmental superheroes, beans offer us a rich source of fibre, protein and B vitamins. They are eaten in many dishes all over the world and have a mild flavour and meat-like texture, making them a sensible swap for meat in stews, soups and sauces.





## 3

**Adzuki beans***Vigna angularis*

Adzuki beans are rising in popularity due to their versatility, nutritional content and flavour. Small and brownish-red, they are the nutrient-rich fruit of drought-tolerant plants, meaning they require less water than many other crops and can produce high yields, even on dry land.

They are commonly enjoyed in Japan and other parts of Asia, thanks to their

mild and sweet, slightly nutty taste and reputed health benefits. They are full of antioxidants<sup>14</sup> and packed with protein. They also contain high levels of potassium, B vitamins and fibre. Adzuki beans are often cooked, puréed and sweetened to make a paste that can be used as a filling in sweet treats, added to soups and mixed with rice as a tasty side dish. They are also great in salads and stir-fries.

## 4

**Black turtle beans***Phaseolus vulgaris*

These powerhouses of the legume family are regularly listed as ‘superfoods’ due to their high protein and fibre content. Particularly popular in Latin American cooking, black beans are small and shiny with a subtly sweet, mushroom-like flavour. Their dense, meaty texture makes them perfect for stews and curries, or as a substitute for ground beef in any dish.

They are often combined with grains like brown rice or quinoa, seasoned with onions, garlic and spices and served as a side dish, or topped with vegetables for a full meal. Whether bought canned or dried, the water used to store or cook the beans can be added to dishes for extra earthy flavour.

## 5

**Broad beans (fava beans)***Vicia faba*

When in bloom, the sweet-scented flowers of the broad bean plant call to honeybees – the vital pollinators responsible for one in three mouthfuls of food. Broad beans also function as a cover crop, grown between harvests to protect the land. Covercrops help suppress weeds, enrich the soil and control pests. These hardy and adaptable plants can grow in most soils and climates. The beautiful green beans have a sweet, grassy taste and buttery texture. They

are protected by a pod that can be eaten raw when the plant is young. As the plant ages, the pod hardens and is not commonly consumed due to its texture and bitter flavour. They make a nice protein and fibre-packed addition to risottos, soups and stews. They are also great as a side dish seasoned with rosemary, thyme and pepper.



## 6

**Bambara groundnuts/Bambara beans***Vigna subterranea*

Although not a commonly known crop in many parts of the world, Bambara groundnuts are the third most important legume in Africa, after peanuts and cowpeas. It is a legume but tastes like, and is eaten like, a nut. It has gained interest amongst many sustainable food experts because it is an underutilised, nutritious crop that can grow in challenging environments, even in highly acidic soils.

Local African names for Bambara groundnuts include jugo beans, ditloo marapo, indlubu, hlanga, njugo, nduhu, phonda, and tindhluwa. The name Bambara groundnut originates from the Bambara tribe that lives throughout Mali, Burkina Faso, Guinea and Senegal. They are grown mainly across these regions in sub-Saharan Africa and more scarcely in South Africa. They are also cultivated across Southeast Asia, primarily in southern Thailand, West Java and parts of Malaysia<sup>15, 16</sup>.

Growing Bambara groundnuts has many advantages, making them a model sustainable crop. It has nitrogen-fixing nodules, which means the roots fix nitrogen from the air which the plant uses as a fertiliser to produce the nutritious bean. Some of the nitrogen is returned to the soil, thereby improving fertility and helping boost yields when intercropped with other plants. In Malaysia, Bambara groundnuts are grown to support the growth of delicate young trees on its rubber plantations.

Bambara groundnuts also boast an impressive nutrient profile, from the perspective of both the farmer and the consumer, with their unique combination of carbohydrates, protein, fibre and many vitamins and minerals. They have less fat than peanuts, allowing them to have a higher concentration of nutrients per calorie. Compared with other legumes they have a high amount of the essential amino acid methionine. The Bambara groundnut is considered 'complete food' because of the balance of macronutrients accompanied by the amino acid and fatty acid content.

Bambara groundnuts can be boiled, roasted, fried or milled into a fine flour. The pods are hard and need to be cracked open to get the edible seed. They are often boiled to make them easier to open and the seeds are eaten as snacks, either plain or with a seasoning. In East Africa the beans are roasted and puréed to be used as a base for soups. Their flavour is similar to peanuts but a bit sweeter and not as oily<sup>17</sup>. This versatile, resilient legume deserves to take a prime spot on your plate.





**TOP TIP**




Serve with crispy green vegetables.



# BEANY SHEPHERD'S PIE

**Prep time: 20 min**      **Feeds: 4 people**  
**Cooking time: 60 min**      **Difficulty: easy**

## INGREDIENTS

- 600g sweet potato, cut into small cubes
- 1 red onion, finely chopped
- 2 garlic cloves, crushed
- ½ tbsp olive oil
- 1 ½ tsp smoked sweet paprika
- 1 tbsp ground cumin
- 150g chestnut mushrooms, sliced
-  1 tin (400g) of adzuki beans, drained and rinsed
- 1 tin (400g) of red kidney beans, drained
- 1 tin (400g) of chopped tomatoes
- 1 tbsp tomato purée
- 1 Knorr Vegetable Stock Pot
- Green vegetables (serving tip)

## METHOD

1. Pre-heated oven to 250°C. Boil the sweet potatoes until tender, approximately 25 minutes. Drain and set aside.
2. While the sweet potatoes cook, fry the onion and garlic in olive oil over medium heat for 5 minutes, until the onion softens. Stir in the paprika and cumin and cook for 2-3 minutes more. Add the mushrooms and stir well to coat with the spices.
3. Add the beans and saute for another 5 minutes. Add the tin of tomatoes, tomato puree, black pepper and Knorr Vegetable Stock Pot. Mix it all together.
4. Once the sweet potatoes are cooked, drain and mash using a potato masher until smooth.
5. Spoon the bean mix into an ovenproof dish and top with the sweet potato mash. Cook for 20-25 minutes. Allow to cool and serve with crispy green vegetables.



## TOP TIP



Serve with wild rice and top with a spoonful of low fat Greek yoghurt or sour cream.






# TANGY BLACK BEAN AND CHIPOTLE CHILLI

**Prep time: 10 min**      **Feeds: 4 people**  
**Cooking time: 35 min**      **Difficulty: easy**

## INGREDIENTS

- 3 tbsp rapeseed or sunflower oil
- 1 red onion
- 1 carrot
- Handful of fresh coriander
- 2 garlic cloves, finely chopped
- 1 red bell pepper
- 1 tbsp chipotle paste in adobo sauce
-  1/2 tin (200g) black turtle beans, drained and rinsed
- 2 tbsp tomato purée
- 500g fresh chopped tomatoes
- 2 tbsp Knorr Concentrated Liquid Vegetable Stock
- ½ tsp dried oregano
- 100ml water

## METHOD

1. Slice the onion, red bell pepper and carrot and separate the coriander stalks from the leaves. Set the leaves aside for later. Use a mini-chopper or food processor to chop the onion, carrot and coriander stalks.
2. Heat the oil in a large frying pan and add the chopped vegetables and herbs.
3. Add the rinsed black beans, tomato purée and chopped tomatoes.
4. Season with the with the Knorr Concentrated Liquid Vegetable Stock, oregano, water, salt and black pepper.
5. Stir, then cover with a lid and turn up to a high heat.
6. Cook for 8-10 minutes, stirring frequently.
7. Stir the coriander through the chilli before serving.





# FRESH CORN POLENTA WITH BROAD BEANS AND KALE PESTO

**Prep time: 35 min**      **Feeds: 4 people**  
**Cooking time: 25 min**      **Difficulty: high**

## INGREDIENTS

### Garnish:

- 1 tbsp vegetable oil
- ⓕ50p 3 black salsify, peeled and cut into 1cm chunks
- 1 large onion, cut into thick half moons
- ⓕ50p 1 tin (300g) of broad beans
- ⓕ50p 200g spinach, washed

### Kale pesto:

- ⓕ50p 100g kale, washed, finely cut and blanched
- 1 garlic clove, minced
- 50g parmesan cheese (old goats cheese, old cheese, etc.)
- ⓕ50p 60g walnuts
- 1 tbsp Knorr Concentrated Liquid Vegetable Stock
- 1 lemon, juiced
- 2 tbsp olive oil

### Fresh polenta:

- 6 sweetcorn cobs
- 500ml water
- 1 tbsp Knorr Concentrated Liquid Vegetable Stock
- 4 tbsp hazelnut oil

## METHOD

### Garnish:

1. In a large non-stick pan, combine 1 tbsp of oil with the salsify and fry on medium-high heat for 5-7 minutes.
2. Add the onions, fry for another 2 minutes. Turn down the heat and add the broad beans and spinach, heat it through. Keep warm.


### Kale pesto:

Squeeze all the excess water out of the blanched kale and transfer to a food processor. Add the rest of the ingredients in the kale pesto list and blend into a smooth paste.

### Fresh polenta:

1. Clean and rinse the sweetcorn cobs and pat dry. With a sharp knife slice the kernels off the cob and put into a large sauce pot.
2. Next “milk” the cob by sliding the back of your knife down the cob to remove the remaining juice and meat. Discard the cobs (compost if possible).
3. Add the water and Knorr Concentrated Liquid Vegetable Stock to the sweetcorn kernels in the pot, stir and cover. Place the pan over a medium-high heat, keep stirring until a gentle boil starts. Reduce the heat to low and simmer for 8 minutes with a lid on top.
4. Strain the corn. Keep the liquid separate for later use. Put the corn in a food processor and blend until smooth. Add some of the liquid if it's too dry.
5. Return the purée to the pot and add in the hazelnut oil. Cook over a low heat, while constantly stirring for 3 minutes.
6. Serve the polenta warm right away with the vegetable garnish and kale pesto on top.





*“We work with hundreds of thousands of smallholder farmers in many countries in sub-Saharan Africa to garner the benefits of nitrogen-fixing grain legumes. It’s no surprise that many legumes made it onto the Future 50 Foods list.”*

Professor Ken Giller,  
Wageningen University, N2Africa

N2Africa is a research-in-development project focused on putting nitrogen-fixing to work on smallholder farms in sub-Saharan Africa<sup>13</sup>.



## 7

**Cowpeas***Vigna unguiculata*

There are many types of cowpeas; some are more commonly eaten than others. Catjang cowpeas are a less common variety. They are native to Africa but now grow in warm regions around the world, including Latin America, Southeast Asia and the southern part of the United States. Commonly cultivated for their nutty taste and high nutritional value, the seeds are little energy powerhouses packed with minerals and vitamins, including folate and magnesium.

Protein-packed cowpeas are a quick-growing cover crop and are drought hardy and heat-tolerant. They are also a strong nitrogen-fixer, capable of thriving in poor soils and self-seeding<sup>18</sup>. Cowpeas are also able to withstand grazing pressures from livestock.

Cowpeas make a hearty, thick soup while their leaves can be enjoyed in the same ways as other leafy greens. The pods can also be eaten when young and are used in stews. With their outer coating removed, the seeds can also be ground into flour and used to make deep-fried or steamed patties. In Senegal, Ghana and Benin, the flour is used in crackers and other baked goods.





## 8

**Lentils***Lens culinaris*

Originally from North Africa and Asia, this cousin of the pea was one of the world's first cultivated crops. Requiring little water to grow, lentils have a carbon footprint 43 times lower than that of beef<sup>19</sup>.

There are dozens of varieties, all with slightly different earthy, peppery or sweet flavours. Lentils are packed with protein, fibre and carbohydrates. Puy lentils keep their shape and texture after

cooking and are often served with fish or roasted vegetables. Red and yellow lentils dissolve into a rich purée and are delicious mixed into stews, curries and soups. They are also used to make veggie burgers. All lentils are simple to cook; pre-soak if necessary, then boil in water or stock/broth (three to one ratio of water to lentils) for 15 to 20 minutes for whole lentils and five to seven minutes for split lentils.

## 9

**Marama Beans***Tylosema esculentum*

Native to the Kalahari Desert in southern Africa, marama beans and their edible tuberous roots are drought-tolerant and adapt well to harsh environments and damaged soils. They are thought to be an ancient food, eaten for as long as people have been in southern Africa and are now being successfully cultivated in Australia and the US.

Their oil, which is a good source of essential fatty acids, can be used for cooking as well as a dressing. Marama beans themselves can be boiled or ground into flour. They can also be used to make a milk drink. When roasted, they taste similar to cashews, making them a great addition to stir-fries, curries and other cooked dishes.

## 10

**Mung beans***Vigna radiata*

Originally from Southeast Asia, mung beans were first grown in the US in the 19th century as livestock feed. Today, these tiny, tender beans are prized by people in Asia and beyond for their crisp, clean taste and ability to absorb flavours. They also contain protein, B vitamins and various minerals. Natural nitrogen-fixers, the plants thrive in sunny

conditions and are considered heat and drought-tolerant. Mung beans are great with noodles, rice dishes, curries and stir-fries. They can even be scrambled like eggs or puréed to resemble ice cream. Their sprouts are nutritious too, adding crunch to salads and sandwiches with their sweet but earthy flavour.







# HEARTY COWPEA LENTIL STEW

**Prep time: 10 min**  
**Cooking time: 20 min**

**Feeds: 4 people**  
**Difficulty: easy**

## INGREDIENTS

- 1 onion
- 150g heirloom carrots (red, purple)
- 1 tbsp vegetable oil
- 80g red lentils, raw
- 400ml water
- 1 pack (400g) sieved tomatoes
- 1 pouch Knorr Thick Vegetable Soup
- 1 tin (400g) of cowpeas (black eyed beans)
- 1 tbsp chopped parsley
- 1 tbsp roasted sesame seeds

## METHOD

1. Peel the onion and dice finely. Peel the carrots and slice into 1 cm thick circles. Fry the onion and carrots in a big, hot frying pan with olive oil for 4-5 minutes. Add lentils and 400ml water. Bring to a boil and cover. Cook over low heat for 5 minutes.
2. Add tomatoes and the pouch of Knorr Thick Vegetable Soup and cook over low heat for another 3 minutes.
3. Add drained cowpeas, bring to a boil and cover, cook over low heat for another 10-15 minutes.
4. Serve the hearty cowpea and lentil stew sprinkled with parsley and sesame seeds.







# BRAISED COWPEAS & POACHED EGG ON TOAST

**Prep time: 10 min**  
**Cooking time: 30 min**

**Feeds: 5 people**  
**Difficulty: easy**

## INGREDIENTS

-  1 tin (400g) cowpeas (black eyed beans)
- 15ml olive oil
- 1 onion, finely chopped
- 25g celery, finely chopped
- 1 small red chili, seeds removed, finely chopped
- 350g jar of tomato pasta sauce
- 1 spring thyme, fresh
- 1 clove garlic, finely chopped
- 1 tbsp paprika, smoked
- 1 bay leaf
-  40g baby Spinach
- 300ml water
- ½ tbsp Knorr Vegetable Stock Granules
- 5 free range eggs, poached
- 5 whole wheat toasts

## METHOD

1. Combine olive oil, onions, celery and chili in a large heavy-bottom pot and saute for 3-4 minutes over medium heat. Add garlic, thyme, smoked paprika and bay leaf.
2. Increase the heat to high, add cowpeas, water and Knorr Vegetable Stock Granules. Bring to a boil then reduce heat to low and simmer for 15 minutes.
3. After 15 minutes, cowpeas should be tender, and liquid almost fully absorbed. add tomato sauce and simmer again for 15 minutes.
4. Remove bay leaf and thyme stocks and add spinach allowing it to wilt slightly.
5. Serve over whole wheat toast and top with poached egg.

## HOW TO POACH AN EGG

1. Crack the egg into a bowl or saucer without breaking the yolk. Add a drop of vinegar.
2. Fill a pan with water 5 cm deep and bring to a simmer.
3. Stir the water to create a gentle whirlpool.
4. Slowly tip the egg into the centre. Make sure the heat is on low not to throw the egg around. There should be small bubbles rising.
5. Cook for 3-4 minutes until the white is set.
6. Lift the egg out with a slotted spoon and drain it on kitchen paper. Trim any straggle of the white.
7. If you need to cook more than one poached egg, repeat in the same water and make sure the water doesn't get too hot and overcook the egg.







# FRAGRANT LENTIL CURRY IN TOMATO AND COCONUT GRAVY

**Prep time: 10 min**  
**Cooking time: 50 min**

**Feeds: 4 people**  
**Difficulty: easy**

## INGREDIENTS

-  200g brown lentils, raw
  - 400ml water
-  200g uncooked wild rice
  - 600ml water
  - 1 tbsp vegetable oil
  - 2 garlic cloves
  - ¼ onion
  - 1cm piece of ginger root
  - Pinch of cayenne powder
  - 400g chopped tomatoes
  - 250ml light/low fat coconut milk
  - 1 Knorr Vegetable Stock Pot
  - 2 tsp turmeric powder
  - 2 tsp curry powder
  - 2 tsp ground cumin
  - 120g frozen peas
  - Chopped fresh coriander

## METHOD

1. Combine wild rice with 600ml water and bring to a boil, reduce heat and simmer for 45 minutes or until soft and most water has been absorbed. Combine lentils with 400ml water and bring to a boil. Turn down the heat and simmer for 20-25 minutes, or until desired texture.
2. Heat the oil in a skillet and cook the garlic, onion and ginger (finely chopped) with the cayenne powder over a medium-high heat until golden brown.
3. Add the tomatoes, coconut milk, Knorr Vegetable Stock Pot, turmeric powder, curry powder and ground cumin. Stir and cook over medium-high heat for about 5 minutes.
4. Drain and rinse the lentils and add them to the skillet. Add the frozen peas and cook for about 10 minutes.
5. Serve with the wild rice and sprinkle some chopped fresh coriander on top.



## TOP TIP




For a full meal, serve with whole wheat bread or whole grain rice and vegetables.



## SPICY RED LENTIL BALLS

**Prep time: 15 min**      **Feeds: 4 people**  
**Cooking time: 25 min**      **Difficulty: easy**

### INGREDIENTS

- 1 onion
- 1 garlic clove
- 3 tbsp oil
-  150g red lentils, raw
- 300ml water
- 1 tbsp curry powder
- 50g oat flakes
- 1½ tbsp flour
- 200ml light/low fat coconut milk
- 1 tsp Knorr Reduced Salt Vegetable Granules
- 300ml water
- 1 lime

### METHOD

1. Peel the onion and garlic and finely chop. Fry in 1 tbsp of oil.
2. Add the lentils and curry and fry briefly.
3. Add 300ml of water, bring to the boil and cover, cook over low heat for 15-20 minutes. Stir from time to time until all the liquid has evaporated. Let cool down. Stir in oat flakes and let them soak for 10 minutes.
4. Make about 24 small balls from the lentil dough. Fry in a pan in 1 tbsp of oil for about 8 minutes, remove and keep warm.
5. Dissolve the Knorr Reduced Salt Vegetable Granules in 300 ml boiling water. Allow to cool.
6. Add remaining oil to the pan, add the flour and sauté for 2 minutes. Add coconut milk and water with Knorr Reduced Salt Vegetable Granules (from step 5). Stir in the spices. Serve the lentil balls in the sauce. Drizzle with lime juice.







# SPICED MUNG BEAN, SWEET POTATO & KALE STEW

**Prep time: 10 min**      **Feeds: 4 people**  
**Cooking time: 50 min**    **Difficulty: medium**

## INGREDIENTS

-  400g mung beans pre-soaked overnight, drained
- 1 tsp turmeric powder
- 1 tsp cayenne pepper
- 2 diced tomatoes
- 1 tbsp tomato paste
- 2 tbsp of olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 tbsp fresh ginger, finely grated
- 400g diced sweet potatoes
- 1 Knorr Vegetable Stock Cube
- 1 litre water
-  1 bunch chopped kale
-  1 handful chopped walnuts
- 1 handful chopped coriander

## METHOD

1. Place the soaked mung beans in a medium saucepan and cover with water. Simmer for 15-20 minutes until soft.
2. Heat 2 tbsp olive oil in a big saucepan, add onion, garlic and ginger and cook for 7 minutes or until the onion has softened.
3. Add in the turmeric powder, cayenne pepper, tomatoes and tomato paste and cook for 5 minutes then add the sweet potatoes.
4. Add the mung beans and cook for a another 5 minutes.
5. Combine the Knorr Vegetable Stock Cube with 1 litre boiling water and pour over the vegetable bean mix. Add the kale and stir for 2 minutes. Half cover and simmer for 15-20 minutes.
6. Sprinkle the coriander and walnuts on top and serve.

This recipe was graciously contributed by Justin Horne, Chef Director of Sativa Restaurant in London, UK. Follow [@sativarestaurant](https://www.instagram.com/sativarestaurant) for more recipes and food inspiration.



## 7

**Soy beans***Glycine max*

Soy (soya) is a pivotal part of the world's food system. High in protein, soy has transcended its Asian origins to become the most widely grown legume across the globe. Cultivated for well over 9,000 years, soy was regarded by the ancient Chinese as a necessity for life.

It was eaten as a source of protein and crushed for its oil, which now accounts for a large proportion of global vegetable oil consumption.

Soy's nutritional value makes it an undoubtedly powerful food. Raw soy beans contain 38 grams of protein per 100 grams<sup>20</sup>, which is similar to pork and three times more than an egg. In fact, soy – which delivers more protein per hectare than any other crop – also contains vitamin K and B in addition to significant amounts of iron, manganese, phosphorus, copper, potassium, magnesium, zinc, selenium and calcium. Nutrient-packed soy comes in a variety of products and formats including Tofu, soy milk, miso, tempeh and edamame.

Despite its versatility and nutritional value, three-quarters of all soy produced is not for human consumption, but rather for animal feed<sup>21</sup>. It takes a high volume of soy as animal feed to produce only a small amount of meat, which highlights the inefficiency in the food system. Poultry is the number one livestock sector that consumes soy beans followed by pork, dairy and beef<sup>22</sup>.

The current and predicted steady increase in meat consumption poses major challenges to sustainable soy production. Cultivation of soy may drive deforestation, damaging natural ecosystems such as the Amazon, Cerrado and Chaco – home to spectacular wildlife like jaguars, giant anteaters and armadillos.

Progress is being made. The negative impact of soy production has been slowed by collaborative market initiatives like the Amazon Soy Moratorium, reducing soy-driven deforestation levels in the Amazon rainforest to almost zero. Unilever, Knorr's parent company, is actively working with other industries and NGO stakeholders to call for a halt in conversion of the Cerrado. Unilever is leading by example by buying sustainably certified soy oil for their products, such as Hellmann's mayonnaise, and by actively promoting sustainable sourcing standards.

Ultimately, lowering the demand for soy as animal feed is a critical lever for reducing the deforestation caused by soy production. Shifting to more plant-based foods, including soy, will help to reduce the demand for soy as animal feed, taking pressure off fragile ecosystems, while increasing availability of nutritious sources of protein.







## TOP TIP



If you want to spice it up, hot sauce or jalapeño peppers will do the trick. If you don't like tofu, swap it with some cooked lentils.



# TOFU BLACK BEAN TACOS

**Prep time: 15 min**      **Feeds: 4 people**  
**Cooking time: 15 min**      **Difficulty: easy**

## INGREDIENTS

### Filling:

- 2 tbsp olive oil
- (50P) 250g firm tofu, crumbled
- 1 yellow pepper, cut into small cubes
- 2 red onions, cut into small cubes
- 2 garlic cloves, minced
- (50P) ½ tin (150g) of black turtle beans
- 70g tomato purée
- (50P) 6 orange tomatoes, cut into small cubes
- 1 tbsp Knorr Concentrated Liquid Vegetable Stock
- 1 tbsp ground cumin
- 1 tbsp smoked paprika powder

### Garnish:

- 8 taco shells or small tortillas, corn or flour (whole grain if possible)
- (50P) 50g red cabbage, sliced finely
- 1 avocado, cleaned and sliced
- 150g pre-made salsa

## METHOD

1. Pre-heat oven to 190 °C.
2. Heat 2 tbsp olive oil in large non-stick pan.
3. Add the crumbled tofu and saute for 5-7 minutes until browned and crispy.
4. Add the yellow pepper, onion and garlic and bake for approximately 15 minutes until the yellow pepper is tender.
5. Add the black beans, tomato purée, tomato cubes, spices and Knorr Concentrated Liquid Vegetable Stock to the pan. Put back in the oven for 2-3 minutes.
6. Divide the tofu mixture into taco shells and top with the cabbage, avocado and salsa.





# CACCTI

While often used as decorative plants in homes around the world, many species of cacti are cultivated for consumption. Also known as succulents, cacti store water, which allows them to grow in arid climates and tolerate drought. They also contain substantial amounts of vitamins C and E, carotenoids, fibre and amino acids. Edible cacti have long been a part of Mexican cuisine and the delicious young stem segments, usually called nopales, are the part most commonly used in recipes.





## 12

**Nopales***Opuntia*

Also known as the prickly pear or cactus pear, nopales are easy to grow and highly adaptive. They are widely cultivated in Central and South America, Africa and the Middle East, and are beginning to increase in popularity in Australia and Europe.

The fruit, flower, cladodes (flattened shoots rising from the stem of the plant) and oil of the nopal cactus are rich sources of nutrients, but they are not only valuable crops from a nutrition perspective. They also have potential for use as an alternative animal feed and to produce biogas<sup>23</sup> (a renewable energy source).

Some clinical studies suggest that nopales can even help with weight loss,<sup>24</sup> due to their low calorie and high fibre content, but the benefits are yet to be proven. They have also undergone trials with results suggesting that they could help relieve symptoms of alcohol-induced hangovers<sup>25</sup>. This is likely due to their nutrient and water content.


Nopales are a common ingredient in Mexican cuisine; the leaves and flowers can be eaten raw, cooked, or made into delicious juices or jams.

## GRILLED NOPALES

**Prep time: 15 min**  
**Cooking time: 15 min**

**Feeds: 2 people**  
**Difficulty: easy**

### INGREDIENTS

- 2 tbsp vegetable oil
- 1 tsp Knorr Reduced Salt Vegetable Granules
-  2 medium size nopales, needles removed
- 2 whole grain tortillas
- 2 slices of your favourite melting cheese
- Pre-made salsa

### METHOD

1. Mix the oil and the Knorr Reduced Salt Vegetable Granules.
2. Warm your griddle or cast iron grill. Brush the oil mix on each side of the nopal.
3. Place the nopales on your griddle and cook over medium-heat, turning until tender, about 8 minutes.
4. If using a cast iron grill cook until marked and tender.
5. Warm the tortillas in the microwave or on the warm grill.
6. Just before serving, top with the slice of cheese to melt. Serve on top of warm tortillas with a bit of salsa on top.



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## TOP TIP

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Nopales should be picked and eaten when they are small because they are more tender.

To peel: Use a vegetable peeler or small sharp knife and peel away the bumps and thorns, then rinse.





# CEREALS & GRAINS

Cereals and grains are considered the most important source of food for human consumption<sup>26</sup>. They have been the principal component of diets for thousands of years and, therefore, have played a vital role in shaping human civilisation<sup>27</sup>. For both environmental and health reasons, there is a pressing need to vary the types of cereals and grains grown and eaten. Diversifying sources of carbohydrates from white rice, maize, wheat and other staples, to these less common, whole cereals and grains will provide more nutritional value and help improve soil health. Many of them are readily available whilst others need to be brought back into the food system. Demand for, and supply of, a variety of less common crops needs to be carefully and sustainably increased to help improve diets and agricultural biodiversity.





*“Eat a wide variety of cereals and grains for nutrients and different flavours and textures, while helping to diversify grains grown.”*





13

**Amaranth***Amaranthus*

Amaranth is grown for both its seeds and leaves. The fibre-rich grain is prepared in boiling water, like rice, or popped like corn. Its leaves are a staple food in Asia and Africa and are eaten in the same ways as other leafy green vegetables. The plant that the amaranth seed comes from can be grown at any elevation without needing a lot of water, making it an ideal crop in areas where water is scarce.

Believed to have been first cultivated in Mexico, amaranth is one of the oldest crops, beloved by the Aztecs and Incas for its suspected supernatural properties.

Relative to other grains, amaranth's sandy yellow seed is high in magnesium and protein. It has a mild, slightly

taste and gelatinous texture making it ideal for soups, side dishes and risottos.

14

**Buckwheat***Fagopyrum esculentum*

Buckwheat is one of the healthiest, nuttiest and most versatile grains. It is a short season crop, maturing in just eight to twelve weeks, and grows well in both acidic and under-fertilised soils. It can also be used as a 'cover crop' or 'smother crop' to help keep weeds down and reduce soil erosion while fields rest during crop rotation. Contrary to its name, buckwheat is not related to wheat and

is gluten-free. It is an ideal higher protein swap for flour in pastas and breads. It can also be a great alternative to rice, is ideal cooked in a broth or stock, and can be used in salads or stuffing. It is popular in Russia and eastern European countries and is commonly eaten in stews, such as 'goulash', with potatoes, vegetables and meat.

15

**Finger millet***Eleusine coracana*

Finger millet is a cereal that has been cultivated for thousands of years since it was first domesticated from the wild subspecies in the highlands that range from Uganda to Ethiopia. A member of the grass family, it is now farmed more widely in the arid regions of Africa and South Asia as a staple cereal<sup>28</sup>. Although the diverse group of crops known as millets is among one of the most consumed, finger millet is often overlooked by the world at large as it only makes

up around ten percent of global millet production. As a crop, it has many benefits. It can thrive in soils of low fertility and can be intercropped with maize, sorghum and legumes. It has a higher natural resistance to insects than similar crops, leading to higher yields with less dependence on pesticide use. Of all major cereals, millet is one of the most nutritious. It is a good source of fibre and vitamin B1 and is rich in minerals.



16

**Fonio***Digitaria exilis*

Arguably Africa's oldest cultivated cereal, fonio is a grain known for its nutty, delicate taste and versatility. The Bambara people of Mali have a saying that 'fonio never embarrasses the cook' as it is so easy to prepare and can be used in dishes to replace any grain. Fonio has been around for more than 5,000 years. Evidence shows it was cultivated in ancient Egypt; today it is mainly grown in the dry Sahel region of West Africa.

There are two cultivated species: *Digitaria exilis*, white fonio, and *Digitaria iburua*, black fonio. Fonio is drought-resistant and has the ability to grow in sandy or acidic soil. Its roots help to secure topsoil to prevent the spread of deserts and it's one of the world's fastest-maturing grains, growing in 60 to 70 days. Fonio is nicknamed the 'lazy farmer's crop' because it is so easy to grow. Farmers simply scatter the seeds after the first rain and wait for harvest. This traditional method yields about 0.5 to 1.2 tonnes per hectare. However, up to two tonnes per hectare can be harvested under very good agronomic conditions.

The main challenge when cultivating fonio is turning the grain into food. Fonio grains are as tiny as sand and each must have their inedible covers removed. Farmers spend large amounts of time threshing and dehulling, most of which is still done manually. Current annual fonio production is estimated at 600,000 tonnes globally, of which more than 95 percent is consumed within fonio-growing communities. To reduce the manual labour and increase processing capacity, a company called Yolélé Foods is building the world's first fonio mill. The company, which was co-founded by Pierre Thiam, who is seen as a leading authority on African food in the United States, currently exports fonio to the United States and Canada. Once the mill is finalised in late 2020 in Senegal, the company plans to begin fonio exportation to other parts of the world. Fonio is gluten-free and highly nutritious, containing iron, zinc, magnesium and phytonutrients. Fonio can be used in salads, crackers, pastas, and even in baked goods. It can be used in place of oats to make hot cereal, in place of couscous or rice in any dish and is delicious mixed with spices and olive oil as a side dish. It also can be used to brew beer.













# TWO GRAIN NUTTY POKE BOWL

**Prep time: 25 min**  
**Cooking time: 25 min**

**Feeds: 4 people**  
**Difficulty: easy**

## INGREDIENTS

-  100g red quinoa
-  100g buckwheat
  - 400ml water
  - 80g red onion, finely chopped
  - 1 garlic clove, minced
  - 1 tbsp Knorr Concentrated Liquid Vegetable Stock
  - 40g flat parsley, finely chopped
  - 2 tbsp of whole grain mustard
-  250g red cabbage, thinly sliced
  - 3 tbsp Hellmann's vegan mayonnaise
  - 1 tbsp horseradish
  - 1 cucumber, deseeded and peeled into strips
-  80g walnuts, chopped

## METHOD

1. Cook quinoa in 200ml water in saucepan on low heat for 20 minutes and cook buckwheat in 200ml water in saucepan on low heat for 10 minutes.
2. Strain both grains, combine with a bit of cold water to cool. Set aside.
3. Combine the red onions, garlic, Knorr Concentrated Liquid Vegetable Stock, freshly chopped parsley and whole grain mustard.
4. In a separate bowl mix the red cabbage, mayonnaise and horseradish.
5. Arrange each serving bowl to have the grains on one side and the vegetables spread on the other, place cucumber in the serving bowl and top with walnuts (see picture).






# MANGO FONIO SALAD WITH SPICED CASHEWS

**Prep time: 20 min**  
**Cooking time: 40 min**

**Feeds: 4 people**  
**Difficulty: easy**

## INGREDIENTS

- Juice of 2 lemons
- 1/2 Knorr Vegetable Stock Cube, crumbled
- 1/2 tsp freshly ground black pepper
- 250ml of olive oil
-  140g cooked fonio (recipe below)
- 1 bunch parsley, leaves finely chopped
- 1 bunch mint, leaves finely chopped
- 1 ripe mango, peeled and diced
- 2 plum tomatoes, diced
- 75g of spiced cashews (optional)

## METHOD

1. In a small mixing bowl, combine the lemon juice with the Knorr Vegetable Stock Cube and pepper. Whisk to dissolve and combine. Slowly pour in the olive oil, whisking to emulsify.
2. Place the fonio in a large bowl and add the parsley, mint, mango and tomatoes. Pour enough dressing over the fonio mixture to coat the grains well (you may have some left over). Top with the spiced cashews and serve immediately.

## BASIC FONIO

### INGREDIENTS

-  70g fonio, raw
- 200ml water

### STEAMER METHOD

Combine the fonio and water in a large bowl and drain the fonio well and keep the water. Place the wet fonio in the top of a steamer basket lined with cheesecloth. Set over simmering water, cover, and steam for about 15 minutes. Remove from heat, and fluff with a fork. Drizzle a few tablespoons of water over the fonio and steam again until the grains are tender, this will take another 5 to 10 minutes.

### MICROWAVE METHOD

Place the fonio in a bowl and add 2 cups of water to cover. Cover tightly with plastic wrap and microwave on high for about 6 to 8 minutes, until tender.

### STOVE TOP METHOD

In a small pot put water over high heat and bring to a boil. Pour fonio into boiling water. Stir well and reduce the heat to simmer. Cover tightly and allow to cook until all the liquid is absorbed (about 5-6 minutes). Take the pot off the heat and let it sit for a couple more minutes.

This recipe and picture have been graciously provided by Chef Pierre Thiam adapted from *The Fonio Cookbook: An Ancient Grain Rediscovered*



## 17

**Khorasan wheat***Triticum turanicum*

Khorasan wheat is grown in 40 countries around the world and is known for its ability to tolerate different climates without the use of artificial pesticides or fertilisers. Commonly referred to by its trademarked name of KAMUT®, the amber-coloured kernels of this ancient wheat are twice the size of regular wheat and, when cooked, they have a richer, creamier and nuttier taste.

Khorasan wheat is high in fibre, a good source of the minerals magnesium and selenium, and contains antioxidants<sup>29</sup>. It is nutritious and can be used in similar ways to other forms of wheat. Khorasan wheat is available in many forms, including as a wholegrain, couscous and flour. The kernels are great in stews, soups, pilafs and salads.

## 18

**Quinoa***Chenopodium quinoa*

Quinoa has long been a staple food in South America but has been gaining popularity in Europe and the US since the early 2000s, marketed as a healthier, tastier replacement for rice. The sudden surge in demand for one type of quinoa forced farmers to take measures to rapidly increase yield, to the detriment of land, trees, soil and water use. Quinoa, like any food, can and should be grown following sustainable practices and, compared with similar crops, doesn't require any more resources.

There are over 3,000 varieties of quinoa. However, the demand to date has been for only a few types, which has caused the farmers to stop growing many others. This has resulted in environmental degradation and damaged soil, because the land was not left to fallow (rest between harvests). There are now incentives in place for farmers to grow less common types of quinoa and programmes to encourage their consumption in schools and restaurants. This popularity has opened global trade

opportunities for farmers and benefitted local economies enormously. The quinoa case stresses the importance of growing and eating a wide variety of grains and cereals to help decrease the reliance on any one specific type.

Botanically, quinoa is not a cereal but is a relative of spinach, beets and chard. It is a hardy plant that can tolerate frosts, droughts and high winds, and requires little fertilisation. This means it can grow in diverse climates and terrains, including areas with minimal irrigation or as little as three to four inches of annual rainfall.

Quinoa is a complete protein as it contains all nine of the essential amino acids. It is gluten-free and contains an exceptional balance of protein, fat, minerals and vitamins<sup>30</sup>.

It can replace rice in many dishes, such as pilafs, stuffings, salads and even veggie burgers, giving a nutty flavour and enhancing texture.



## 19

**Spelt***Triticum spelta*

An ancient form of wheat, spelt is a hybrid of emmer wheat and goat grass. Due to its high carbohydrate content, the Romans called it the ‘marching grain’. It has a thick outer husk that helps to protect it from disease and pests, making it easier for farmers to grow without the need for fertilisers or pesticides. Compared to similar types of wheat, it contains more fibre, as well as higher concentrations of minerals, including magnesium, iron and zinc<sup>31</sup>.

Spelt is often one of the components of farro, which is a mix of various types of wheat and is becoming more popular in some parts of Europe and North America. Whole or pearled, spelt should be boiled until tender. The mellow, nutty flavour makes it popular to use in place of rice in pilaf, risotto and side dishes. In Germany and Austria, using spelt flour to make breads and cakes is common and often preferred over other types of wheat.

## 20

**Teff***Eragrostis tef*

Known as ‘the next super grain’ the popularity of teff as a preferred grain has grown over the past few years. This has led many farmers in Europe and North America to begin growing teff to boost supply.

This tiny grass seed is a long-standing staple in Ethiopia thanks to its nutritional value, as teff is a good source of iron, calcium, magnesium, manganese and phosphorous<sup>32</sup>.

It is well suited to challenging climates, can cope with both drought and waterlogged soil, is easy to store and is pest-resistant<sup>33</sup>. This hardy little grain is being championed by the Ethiopian government, which is working to introduce new varieties and improve production methods.

In Ethiopia, teff is ground into flour and baked into the sourdough flatbread called injera. It can be used in ‘paap’

(South African porridge) instead of cornmeal as it offers a more enticing texture and has greater nutritional value.

The mild flavour means teff flour lends itself to any number of sweet and savoury dishes. The seeds can be steamed or boiled in stock or water to be served as a side dish or to bulk up dishes.







# CRUNCHY QUINOA AND BEAN BURGER

**Prep time: 25 min**    **Feeds: 4-5 people**  
**Cooking time: 30 min**    **Difficulty: medium**

## INGREDIENTS

### Burgers:

- 200g white quinoa
  - 400ml water
- ½ tin (250g) black turtle beans
  - 1 beetroot, washed and grated
  - 1 large carrot, washed and grated
- 100g kale, washed, roughly chopped
  - 150g oatmeal, ground in a food processor
  - ½ tsp cumin
  - ½ tsp smoked paprika
  - 1 tbsp Knorr Concentrated Liquid Vegetable Stock
  - 2 tbsp olive oil
  - 4 large or 10 small whole grain burger buns

### Burger Dressing:

- Hellmann's Vegan Mayonnaise
- 80g red onion, sliced thin
- 1 avocado, cleaned and sliced
- 3 orange tomatoes, thin slices
- 80g lettuce mixed with watercress and/or spinach

## METHOD

1. Combine quinoa and water in a medium saucepan and bring to a boil, lower the heat and cook for 20 minutes.
2. Bring a large pot of water to a boil, add the kale and cook for 3 minutes. Remove the kale and put immediately in a bowl of cold water. Drain and set aside.
3. Mash the quinoa and beans with a potato masher, add the grated beetroots, carrots, kale and stir well.
4. Add the spices, Knorr Concentrated Liquid Vegetable Stock and oatmeal and stir again until cohesive.
5. Depending on how small/thin you'd like your burgers, divide the mixture into 4-8 small balls and then form each into a patty.
6. Let them set in the fridge for about 15 minutes.
7. Heat a frying pan over medium heat, add 2 tbsp oil, wait until hot then add patties. Cook on each side for 2-3 minutes until lightly browned and solid. Repeat until all patties are cooked, adding more oil as needed.
8. Serve the burgers on whole grain burger buns topped with suggested dressings or others of your choice.









# VEGGIE PARMESAN QUINOTTO

**Prep time: 10 min**      **Feeds: 4 people**  
**Cooking time: 30 min**      **Difficulty: easy**

## INGREDIENTS

- 1 onion
- 2 tbsp olive oil
- 1 Knorr Vegetable Stock Cube
- 400ml water
-  200g quinoa
-  500g pak-choi (Chinese cabbage)
- 250g beetroot, cooked
- 40g grated parmesan

## METHOD

1. Peel the onion and finely chop. Fry onion in a saucepan in 1 tablespoon of olive oil until soft – about 4-5.
2. Mix the Knorr Vegetable Stock Cube with 400ml of hot water.
3. Add the quinoa to the onions and add the bouillon from step 2. Cook over medium heat for 20 minutes, stirring occasionally and adding more water as needed, until creamy.
4. While the quinoa cooks, clean pak-choi and cut into strips. Fry for about 5 minutes in olive oil. Dice the beetroot, add and heat over low heat for another 5 minutes.
5. Mix 2/3 of the parmesan with the quinotto. Fold 2/3 of the vegetables into the quinotto, serve on plates with the rest of the vegetables and parmesan sprinkled on top.








# BRAISED VEGETABLES WITH A TRIO OF GRAINS

**Prep time: 20 min**      **Feeds: 2 people**  
**Cooking time: 60 min**      **Difficulty: medium**

## INGREDIENTS

- 2 medium sized lemon peels
- 3-4 basil leaves
- 2 tbsp olive oil
-  25g spelt
-  25g quinoa
-  60g lentils
- 500ml water
- 1 tsp Knorr Reduced Salt Vegetable Granules
- 100g barley
- 1/3 of a leek
- 1/2 white onion
- 1 garlic clove
- Handful of green beans
- 1 small carrot
- 1 peeled tomato without seeds
- 1/3 of a courgette
- 50g peas frozen or from a tin
- Handful of green asparagus
- 1 tbsp olive oil
- 50g boiled borlotti beans
- 1 tbsp thinly sliced lemon peels
- 1 tbsp olive oil
- Fresh ground pepper

## METHOD

1. Slice the basil leaves in to thin strips. Mix with olive oil and lemon peel in a small bowl and set aside.
2. Cook spelt in 500ml water mixed with the Knorr Reduced Salt Vegetable Granules for 20 minutes then add the barley and simmer for another 25 minutes. Finally add the lentils and quinoa for another 15 minutes.
3. While the grains are cooking cut the leeks in to long strips and dice the onion, garlic and green beans. Cut the carrots and tomatoes into cubes. Slice the courgette into thin half circles. Cut the asparagus spears in half.
4. Heat 2 tbsp olive oil in a frying pan, add in the leek strips, onions, garlic and green beans and cook over medium heat for 3-4 minutes.
5. Add the courgette, carrots and peas and cook for 6 minutes. Add the tomatoes and borlotti beans.
6. Cook the asparagus in 1 tbsp olive oil and fresh ground pepper in a frying pan for 5-6 minutes until tender.
7. Combine the grains and vegetables and top with the lemon peel and basil infused olive oil from step 1.
8. Serve on plates with the asparagus on the side.





## 21

**Wild rice***Zizania*

This so-called 'rice' isn't a rice at all. Wild rice is the seed of a semi-aquatic grass that grows wild in North American lakes and rivers. Long and thin, the seeds are covered in green, brown or black husks. After harvesting, the husk is dried then hulled. Often mixed with brown and white rice, wild rice is not commercially grown and, therefore, supply is scarce in many parts of the world. Deliciously nutty, toasty and earthy with a chewy

texture, wild rice is easy to digest and is a source of a variety of valuable minerals. Compared with white rice, wild rice contains more protein, zinc and iron<sup>22, 34</sup>. Like rice, it is boiled in water or stock. It can also be popped like corn for a colourful and more nutritious version of popcorn, is great mixed with other grains, added to salads, soups and mixed with other grains and vegetables to make vegetarian burgers.




## BLACK BEAN WILD RICE BURGERS

**Prep time: 40 min**  
**Cooking time: 50 min**

**Feeds: 6 people**  
**Difficulty: medium**

**Waiting time:**  
**30 mins**

### INGREDIENTS

-  125g wild rice
-  125g black turtle beans, raw
- 500ml water
- ½ white onion, finely chopped
- 1 tbsp cumin powder and smoked paprika
- 1 tbsp Knorr Concentrated Liquid Vegetable Stock
-  125g walnuts
- 25g panko breadcrumbs
- 3-4 tbsp barbecue sauce

### METHOD

1. Combine wild rice and black turtle beans with 500ml water and cook for 50 minutes over low heat.
2. Heat a skillet over medium heat. Add a splash of oil and the onion, sauté for 3-4 minutes. Remove from heat.
3. Put walnuts, cumin, smoked paprika in blender or food processor and blend until fine.
4. Mash cooked wild rice and black turtle beans together using a potato masher until well blended together.
5. Add spice and walnut mix, sautéed onion, Knorr Vegetable Concentrated Liquid Stock, panko breadcrumbs and barbecue sauce. Mix thoroughly until a mouldable dough forms.
6. Divide in to 6 large or 12 small balls (depending on the desired size of burgers) and press into patties.
7. Wrap patties and place in refrigerator for 30 minutes.
8. Cook burgers on grill or in the oven on high heat for 4-5 minutes each side on oiled grill or oven sheet.
9. Remove from oven/grill and place in hot skillet with oil to cook for 4-5 minutes on each side until browned.
10. Serve burger as is or on toasted whole wheat buns with desired toppings.





# FRUIT VEGETABLES

Vegetable-like fruits are eaten as vegetables and commonly mistaken for them. They are sweeter and, in most cases, contain a higher amount of carbohydrate and water compared to vegetables. Examples include squash, tomatoes, eggplants/aubergines, peppers and zucchini/courgettes. Commonly grown in warm climates, fruit vegetables can be eaten in various forms and tend to be high in vitamin C and fibre.





## 22

**Pumpkin flowers***Cucurbita pepo*

Both pumpkin leaves and flowers are not only edible, but highly nutritious and delicious. The female flowers have tiny fruit attached which can form a pumpkin, while the male flowers don't. The combination of mild pumpkin taste and soft texture make them the perfect addition to soups, sauces, salads and pasta dishes. Like other cucurbits, pumpkins grow best in rich, well-drained soil in the hot, humid climates of Egypt, Mexico, India, parts of the US, China

and Ukraine. It is recommended to discard the centre of the flower (the stamen) prior to preparation. The flowers are rich in many nutrients, including vitamin C. These precious flowers are often discarded, wasting a good source of nutrients and flavour.





*Eating less common varieties of vegetables drives demand which will increase the variety of types of crops grown, which, in turn, makes the food system more resilient.*







23

**Okra***Abelmoschus esculentus*

Well suited to resist changes in climate, okra is among the most heat- and drought-resistant vegetables in the world. It contains antioxidants, including beta-carotene, zeaxanthine, and lutein<sup>35</sup>.

This slim, green seed pod goes by many names, including gumbo, bhindi and lady's finger. It's commonly used in the Caribbean and in areas of the world where Creole, Cajun and Asian cooking

are popular. When cooked, the seeds produce a sticky, viscous liquid, which makes them ideal for thickening soups and stews.


Okra can be steamed, stir-fried or grilled and pairs well with strong, spicy flavours and seasonings.

## MOROCCAN OKRA STEW WITH SWEET POTATOES

**Prep time: 45 min**  
**Cooking time: 30 min**

**Feeds: 4 people**  
**Difficulty: easy**

**INGREDIENTS**

- 300g sweet potato, peeled and cut in cubes
- 500ml water
- 2 red onions, chopped finely
- 2 smashed garlic
-  400g okra, washed and halved, with the stem removed
- 1 tin (400g) of chopped tomatoes or 600g fresh tomatoes, roughly chopped
- Juice of 1 lemon
- 1 Knorr Vegetable Stock Pot
- 2 tsp ras el hanout spice mix
- 1 bunch flat leaf parsley

**METHOD**

1. Place the sweet potatoes in a pot with 500ml water, bring to a boil and cook until soft, about 25 minutes. In the meantime, in another pot, heat the oil and sauté the onion and garlic until slightly browned.
2. Add the okra and stir-fry for 10 minutes. Add the tomatoes, lemon juice, Knorr Vegetable Stock Pot and ras el hanut. Cover with a lid and let the ingredients simmer for 20 min. Add water if necessary (depends on the quality of tomato).
3. Garnish with flat leaf parsley and serve with whole grain rice or pita.





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## Orange tomatoes

*Solanum lycopersicum*

Like all tomatoes, this small orange variety can be traced back to the tiny, perfectly round berries that grow wild in coastal Peru and the Galapagos Islands. That was before tomatoes were domesticated and their seeds brought back to Europe after Cortés conquered what would later be known as Mexico City in 1521. Now, red tomatoes are one of the most consumed vegetables globally. Orange tomatoes are sweeter

and less acidic than their red relatives and contain up to twice as much vitamin A and folate (B vitamin) than other varieties (red, green).any are also ‘heirloom’ – genetically unique, making them more resistant to disease and pests. They can be used in the same way as the more familiar red varieties: in soups, to make sauces or chutney, or added to casseroles and stews. They’re also delicious roasted to bring out even more sweetness and can be eaten on their own as a snack.

# ORANGE TOMATO GAZPACHO

**Prep time: 15 min (prepare oil in advance)**

**Feeds: 2 people**

**Cooking time: 10 min**


**Difficulty: easy**

## INGREDIENTS

### Seasoning Oil

- 2 sprigs of rosemary
- 3 sprigs of thyme
- 2 garlic cloves
- Zest of ½ lemon
- 2 tbsp Knorr Reduced Salt Vegetable Granules
- 500ml of olive oil

### Gazpacho

- 50g red pepper
-  50g orange cherry tomatoes
- 50g cucumber
- 1 pouch Knorr Tomato Soup Mix
- 500ml water
- 2 tsp seasoning oil

## METHOD

### Seasoning Oil (Make 1 week in advance)

1. Cut the lemon the peel thinly (without the pith) with a peeler.
2. Put the herbs, garlic, lemon zest and Knorr Reduced Salt Vegetable Granules into a glass bottle. Add the olive oil and close with the lid. Leave flavours to develop for 1 week in a dark and cool place.

### Gazpacho

1. Clean the peppers, tomatoes and cucumber and cut into small cubes.
2. Combine Knorr Tomato Soup Mix with 500 ml water and boil for 4-5 minutes. Add peppers, tomatoes, cucumber and boil for 2 minutes. Decrease heat and cook for 3 more minutes.
3. Leave to cool in the refrigerator.





# LEAFY GREENS

These are arguably the most versatile and nutritious of all types of vegetables. They are grown as part of other vegetables, such as beets and pumpkins, and as the leaves themselves. They contain dietary fibre, lots of vitamins and minerals, are low in calories, and have been associated with various health benefits<sup>36</sup>. Leafy greens are typically fast-growing and, eaten cooked or raw, are part of a wide variety of dishes all over the world.





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## Beet Greens

*Beta vulgaris*

Beets have grown in popularity in recent years and are associated with a variety of health benefits. However, the leafy green part of the beetroot is the most nutritious part of the plant and is often overlooked and left unused.

With a flavour and nutrition profile similar to that of Swiss chard, beet greens are rich in vitamins K and A<sup>37</sup>. Compared to greens such as turnip and mustard greens, beet greens contain higher levels of magnesium and potassium. Per serving, beet greens provide up to 25 percent of the recommended daily allowance of magnesium, which helps regulate a variety of biochemical reactions in the body, including muscle and nerve function, blood pressure and blood glucose control. Studies in the US and Europe report that around 50 percent of people get less than the recommended levels of magnesium<sup>38, 39, 40</sup>.

Beet greens also contain as much iron as spinach, plus the plant pigment lutein, which is associated with good eye health<sup>41</sup>. Beet plants thrive in cooler temperatures, are tolerant of frost and grow at a rapid pace.

They are a nutrition-packed addition to stews, soups and salads. With a subtle taste that is similar to kale, beet greens are delicious sautéed in olive oil or balsamic vinegar for a tasty side dish. Developing a soft and sweet taste when cooked, they can even be baked to make crisps.

### TOP TIP



Too many beet greens?  
Freeze them and throw  
them in soup later.

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## Broccoli rabe

*Brassica ruvo*

This cruciferous green is related to turnips and mustard greens, and not, perhaps surprisingly, to its familiar namesake. With long stems, small, broccoli-like flower heads and jagged, turnip-like leaves, broccoli rabe is peppery and slightly bitter. Broccoli rabe is higher in folate than both mustard greens and turnips and, like kale, is a source of vitamins A, C and K<sup>42</sup>.

Common in Italy, Portugal, Poland and Ukraine, broccoli rabe – or Italian

broccoli as it's also known – is easy to grow and can be harvested within seven to eight weeks of planting. The young, immature flower heads are the most commonly eaten parts; sometimes the flower heads are slightly sprouted and purple in colour.

Boil or sauté it with garlic and chilli. All parts of broccoli rabe are delicious paired with grains, nuts and other vegetables. It is often served as a side dish alongside fish and potatoes.





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## Kale

*Brassica oleracea var. sabellica*

Kale is a brassica and belongs to the cabbage family. It is a hardy plant, able to withstand temperatures as low as -15 degrees celsius. It has lushly dark leaves that can be curly or smooth and sometimes have a blue or purple tinge. The taste, distinct and slightly bitter, is reported to become sweeter when exposed to extreme cold such as a heavy frost, but more bitter and unpleasant in hot weather.

Kale is grown throughout 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.

The leaves and stems can be eaten together. The stems are tough while the leaves are soft, so may require different cooking times. Kale can be eaten raw, roasted, boiled, sautéed or even grilled. Because of its high nutritional value, kale has been dried and turned in to powder to be added to soups and smoothies and made into chips eaten as a savoury snack. It can be enjoyed as a side dish or mixed with other vegetables in stews, curries, or soups.

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## Moringa

*Moringa oleifera*

Moringa, also called the drumstick or horseradish tree, is often referred to as 'the miracle tree' because of its exceptional qualities. It is fast-growing and drought-resistant. The trees form a natural windbreak, helping to prevent soil erosion in countries such as Haiti. The leaves are highly nutritious and grow plentifully all year round.

Many parts of the tree are used in traditional medicine throughout India and Asia. Products containing moringa have recently gained in popularity as health supplements due to their nutritional value. Moringa can be added to a variety of dishes. When cooked, the leaves have a similar flavour to other leafy green vegetables and



can be swapped for them. It can also be turned into a powder to be used in smoothies, soups, sauces and teas, or cooked into curries or baked goods to add extra flavour and give a nutritious boost<sup>43</sup>. It contains vitamins A, B, and C, calcium, iron and amino acids, which are essential for good health. In some countries, such as the Philippines and Indonesia, it is common to cut the long seed pods (known as 'drumsticks') into shorter lengths to be stewed in curries and soups.

The flowers can be added to salads, fried as a snack, or used to make tea. Some popular dishes that feature moringa are South Indian sambar made with lentils, Thai kaeng som curry, and Filipino tinola and udan.





# GREEN VEGGIE PANCAKE BAKE

**Prep time: 25 min**      **Feeds: 4 people**  
**Cooking time: 25 min**      **Difficulty: easy**

## INGREDIENTS

- ⑤0P 100g buckwheat flour
  - 125g wheat flour
  - 300ml fat free/low fat milk
  - 3 free range eggs
  - 2 tbsp olive oil
- ⑤0P 500g broccoli rabe
  - 1 pouch of Knorr Leek and Potato Soup mix
  - 300ml water
  - 200ml reduced fat cooking cream
  - 300g frozen peas
  - Small handful of each: chopped scallions, chopped rosemary, chopped thyme

## METHOD

1. Preheat oven to 200°C.
2. For the pancake dough mix the flour, milk and eggs. Make into a dough. Let the dough sit for 15 minutes.
3. Separate dough in to 6 balls and form into pancakes. Heat approximately 1 teaspoon of olive oil in a frying pan and cook each pancake over low heat for 1-2 minutes each side.
4. Clean broccoli rabe and slice into small pieces. In a saucepan add contents of Knorr Leek and Potato Soup mix with 300ml of water and cooking cream. Bring to a boil while stirring and cook over low heat for 2-3 minutes.
5. Spread 1/3 of the sauce from above on the bottom of a large baking dish. Place 2 pancakes overlapping on top. Spread the broccoli on top, pour some sauce over it and place another 2 pancakes on top.
6. Spread peas on top and pour some sauce on top. Finish with the last 2 pancakes. Spread the remaining sauce and herbs over top.
7. Bake in oven for approximately 25 minutes.
8. Remove from the oven and top with chopped scallions, rosemary and thyme.





## SMOKY AUBERGINE “RIBS”

Prep time: 30 min    Feeds: 4 people  
Cooking time: 30 min    Difficulty: medium

### INGREDIENTS

#### “Ribs”:

- 4 aubergines, cut lengthwise in 4 pieces
- 500g broccoli rabe

#### Sauce:

- 7 tbsp hoisin sauce
- 1 tsp smoked paprika powder
- 1 tbsp Knorr Concentrated Liquid Vegetable Stock
- 1 garlic clove, minced
- 1 tsp Chinese five spice powder
- 100ml water
- 1 tsp smoked paprika powder
- 3 spring onion stalks, finely chopped in rings
- 1 tbsp tahini (sesame paste)
- 3 tbsp sweet soy sauce
- 3 tbsp coriander, chopped
- 3 tbsp sesame seeds

### METHOD

1. Preheat a barbeque or oven to 200°C.
2. Cook broccoli rabe in a small amount of boiling water for 2-3 minutes.
3. Grill the aubergine for 15 minutes, flipping every 4-5 minutes, ensuring it doesn't burn.
4. While the aubergine cook, mix all the sauce ingredients together in a small pan and bring to a boil while stirring for 4-5 minutes.
5. Put the aubergine on an oven tray with the skin down and pour the sauce over, ensuring they are fully covered.
6. Put in the oven or on the barbeque for another 5 minutes. If using a barbeque, put the aubergine directly on the grill (remove from pan).
7. Slice and serve on the broccoli rabe with coriander and sesame seeds sprinkled over top.





# VEGETARIAN MEATBALLS

**Prep time: 35 min**    **Feeds: 4 people**  
**Cooking time: 45 min**    **Difficulty: medium**

## INGREDIENTS

### Vegetarian meatballs:

- 250g white cap button mushrooms, finely chopped
- Vegetable oil
- 1 garlic clove, minced
- 50p • 100g kale, finely sliced, blanched
- 50p • 200g wild rice
  - 600ml water
- 50p • 200g green lentils
  - 400ml water
  - 2 eggs
  - 125ml light ricotta
  - 150g breadcrumbs
  - 1 tbsp Knorr Concentrated Liquid Vegetable Stock

### Sweet potato mash:

- 4 sweet potatoes
- 200g pumpkin, cleaned and cut
- 1 tbsp Knorr Concentrated Liquid Vegetable Stock
- 125ml light ricotta

### Gravy:

- 4 tbsp vegetable oil
- 1 onion, finely diced
- 250g mushrooms, chopped
- 2 tbsp Knorr Concentrated Liquid Vegetable Stock
- 50p • 75ml soy cream

## METHOD

### Vegetarian meatballs:

1. Preheat oven to 200°C. Boil rice in 600ml water for 45 minutes and boil lentils in 400ml water for 20-25 minutes.
2. Get a non-stick pan and put it on high heat, drizzle some oil into the pan and fry the mushrooms. Add the garlic and kale and fry for a few more minutes on medium heat.
3. Add the mushroom mixture to the cooked wild rice, lentils and breadcrumbs. Pulse it in a blender.
4. Add the eggs, ricotta, Knorr Concentrated Liquid Vegetable Stock and mix together in the blender.
5. Shape the mixture into meatballs and place them on a baking tray with a baking sheet. Drizzle some oil on top of the meatballs and bake in the oven for about 20 minutes until golden brown. Set aside and keep warm.
6. For serving, toss the warm meatballs into the gravy, heat it through and serve it with the sweet potato mash.

### Sweet potato mash:

1. Turn down the oven to 180°C.
2. Place the sweet potato and pumpkin chunks onto an oven tray and drizzle some oil on top. Roast in the oven for about 20 minutes until everything is cooked.

3. Add the ricotta and Knorr Concentrated Liquid Vegetable Stock, mash it with a potato masher.

### Gravy:

1. Add vegetable oil to a cooking pan then add the onion and mushrooms and fry for 4 minutes, until they are lightly browned.
2. Add the Knorr Concentrated Liquid Vegetable Stock, 200ml water and soy cream. Bring the heat down and simmer for about 10 minutes.







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## Pak-choi or bok-choy (Chinese cabbage)

*Brassica rapa subsp. chinensis*

Pak-choi is crisp with a mild, cabbage-like flavour. Like lettuce but with more crunch, it is one of the most popular vegetables in China and is grown in East Asia all year round. It has a variety of different names, among them horse's ear, Chinese celery cabbage and white mustard cabbage. Its white or pale-green stalks and deep-green leaves are high in vitamins K and C.

Although the stalks can be eaten raw when the plant is very young, they are

best blanched in boiling water, stir-fried or steamed to retain their delicate flavour and crunchy texture. Pak-choi goes well with rich, sticky sauces to complement the mild flavour and crunchy texture.

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## Pumpkin leaves

*Cucurbita pepo*

Although the leaves of this creeping vine are commonly eaten in Africa and Asia, the pumpkin plant is believed to have first been cultivated thousands of years ago in Central America.

It belongs to the cucurbit family and loves sunny, well-drained soil. Pumpkin leaves are often left behind when pumpkins are picked, wasting the abundance of nutrients packed in to these versatile leafy greens.

Pumpkins, like many other plants, have multiple edible parts that should not be wasted.

Pumpkin leaves are a good source of iron, vitamin K and carotenoids. Although there is no scientific evidence to prove it, many associate the leaves with increased fertility.

Pumpkin leaves taste like a cross between asparagus, broccoli and spinach and, when young, can be eaten fresh in salads.

Steaming or sautéing the leaves brings out the sweetness as some varieties may have a more bitter flavour. In West Africa they are often added to soups and stews.





# TOFU CURRY NOODLE BOWL

**Prep time: 15 min**      **Feeds: 4 people**  
**Cooking time: 25 min**      **Difficulty: easy**

## INGREDIENTS

### Sauce:

- 2 onions, chopped
- 30g fresh ginger, minced
- 20g mixed spice seasoning
- 200ml coconut milk, reduced fat
- ½ Knorr Vegetable Stock Cube
- 200ml water

### For the bowls:

- 250g extra firm tofu, cut into small squares
- 1 large onion, chopped
- 2 small carrots, cut into thin strips
- 100g pak-choi (Chinese cabbage)
- 100g green asparagus, cut into small pieces
- 200g buckwheat/soba noodles
- 500ml water
- 100g red cabbage
- Vegetable oil for frying
- Chopped cashew nuts for topping
- 2 lime wedges
- Handful of each: fresh coriander, fresh basil

## METHOD

### Sauce:

1. Heat 1 tbsp oil in a large saucepan, add the onions and ginger; stir fry for 3-5 minutes.
2. Add the mixed spice seasoning and stir fry for 1 minute.
3. Add the coconut milk, 200ml of water and ½ Knorr Vegetable Stock Cube.
4. Let it simmer for about 15-20 minutes; it should thicken slightly.

### For the bowls:

1. Fry the tofu in a pan with 1 tbsp oil until golden brown and cooked, set aside to cool down.
2. Heat 1 tbsp oil in a large frying pan over a high heat.
3. Add the onions, carrots, Chinese cabbage and asparagus and stir fry for about 5 minutes.
4. Boil the noodles for 3 minutes, then transfer to a bowl of ice and let them sit for one minute. Toss them in the pan with the vegetables. Be cautious of splattering.
5. Add the sauce and mix together until just combined, heat through briefly.
6. Transfer to the bowls.
9. Serve topped with the red cabbage, chopped cashew nuts, a lime quarter, basil leaves and coriander.





# PAK-CHOI CURRY

**Prep time: 15 min**      **Feeds: 2-3 people**  
**Cooking time: 15 min**      **Difficulty: easy**

## INGREDIENTS

- 50F 300g pak-choi (Chinese cabbage)
  - 1 red pepper
  - 200g oyster mushrooms
  - 1 tbsp vegetable oil
  - 200ml coconut milk, reduced fat
  - 250ml water
  - 2 tsp Knorr Reduced Salt Vegetable Granules
  - 2 tbsp curry spice seasoning
  - 140g pineapple, fresh or from a tin
- 50F 3 tbsp sesame seeds

## METHOD

1. Wash pak-choi, cut the stalks in 1cm wide strips, cut leaves into wider strips. Clean peppers and oyster mushrooms and cut into strips.
2. Fry pak-choi stalks and peppers in a pan with hot oil. Add oyster mushrooms and fry. Add pak-choi leaves and fry briefly. Remove vegetables from the pan.
3. Pour coconut milk and 250ml of water into the pan. Add Knorr Reduced Salt Vegetable Granules and curry spice seasoning and bring to a boil while stirring. Cook for a few minutes over medium heat. Add pineapple pieces and vegetables and heat briefly in the sauce. Serve sprinkled with sesame seeds.



## TOP TIP



Serve with mixed green vegetables topped with olive oil and balsamic vinegar.



# PENNE AL FORNO WITH PAK-CHOI

**Prep time: 25 min**      **Feeds: 4 people**  
**Cooking time: 40 min**      **Difficulty: easy**

## INGREDIENTS

- 350g whole wheat penne rigate
- 500ml water
- 1 onion
- 50g 50g pak-choi (Chinese cabbage)
- 2 tbsp vegetable oil
- 50g 150g orange cherry tomatoes
- 30g margarine
- 30g flour
- 300ml milk of your choice
- 1 Knorr Herb Infusion Stock Pot
- 50g shredded cheese (or soy/vegan cheese)

## METHOD

1. Preheat oven to 200°C. Boil penne in 500ml water for 12 minutes.
2. Peel the onion and finely chop. Clean the pak-choi and cut into strips. Wash the cherry tomatoes and cut in half.
3. Fry the onion and pak-choi in hot oil and set aside. Melt margarine in a saucepan, add flour and sauté. Add milk of your choice and 100ml of water while stirring. Stir in Knorr Herb Infusion Stock Pot.
4. Mix the penne with the pak-choi vegetables in a casserole dish. Spread the cherry tomatoes over it. Pour over the sauce. Bake in preheated oven for 15 minutes.
5. Remove from oven, sprinkle cheese over top and put back in oven for 15 minutes.
6. Remove from oven, allow to cool and serve with green vegetables.



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### Red cabbage

*Brassica oleracea var. capitata f. rubra*

It may be called red cabbage, but this brassica has a chameleon-like quality, changing colour based on the pH-value of the soil in which it is grown. It grows best in sunny conditions in moist, loamy soil. Most commonly grown in the Americas, Europe and China, red cabbage has an earthy, slightly peppery taste and crisp texture. It's not only

more colourful and hardier than green cabbage, but also has ten times more vitamin A and double the amount of iron. Red cabbage can be eaten raw or cooked in salads, stir-fries, in a sandwich or burger, or cooked with onions as a side dish. When cooked, the leaves will turn blue; add vinegar or acidic fruit to help maintain their red colour.

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### Spinach

*Spinacia oleracea*

American consumption of this bittersweet, leafy vegetable jumped by a third during the 1930s. Spinach growers of the time credited this hike to Popeye, the cartoon character who was supposed to get his legendary strength from consuming cans of it. Although the powers of spinach were highly overstated by Popeye, this tender vegetable does contain many important nutrients. It is particularly high in vitamins A, C and K,

folate (B vitamin) and contains iron, other minerals and phytonutrients<sup>44</sup>. A relative of beets, chard and quinoa, spinach is fast growing and suited to cooler climates where it can be cultivated all year round. Eaten all over the world, spinach leaves can be steamed, sautéed or stir-fried and added to curries, soups, pasta dishes and stews. They can also be served on their own, as a side or fresh in salads.

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### Watercress

*Nasturtium officinale*

Watercress, also known as nose twister, is related to mustard and is part of the brassica family of vegetables. Native to Europe and Asia, there is evidence of its existence in Ancient Greece up to 3,000 years ago. However, it wasn't until the late 20th century that it became popular commercially. Today it is eaten in many countries and spans most continents. It prefers cool climates and can grow fully or partially submerged in water, or in rich, moist soil. If left to mature, the plant will produce pleasant-smelling white flowers,

which attract bees. It also produces edible seeds, which it uses to self-sow. Considered a 'superfood' because of its high content of antioxidants (particularly beta carotene and vitamin C), watercress also contains significant amounts of vitamins A and K. Watercress has a pungent, slightly bitter, peppery taste and crisp texture. Both the delicate green leaves and paler stems can be eaten either sautéed or fresh, and are great mixed in soups, salads, tarts and omelettes.









## RED CABBAGE SOUP

**Prep time: 15 min**      **Feeds: 4 people**  
**Cooking time: 35 min**      **Difficulty: easy**

### INGREDIENTS

- 400g red cabbage
- 1 onion
- 2 tbsp vegetable oil
- 150ml orange juice
- 2 tsp Knorr Reduced Salt Vegetable Granules
- 500ml water
- 50ml soy or oat cream, for cooking

### METHOD

1. Cut the red cabbage into fine strips. Peel and dice the onion.
2. Heat the oil in a pan over a medium heat and fry the red cabbage for about 5 minutes. Deglaze with orange juice.
3. Add 500ml of water and Knorr Reduced Salt Vegetable Granules. Bring to a boil and cook covered at low to medium heat for about 30 minutes.
4. Transfer soup to a blender and blend until smooth. Serve in bowls and top with cream.





# CHILLED SPINACH AND CHIVE SOUP INFUSED WITH HORSERADISH

**Prep time: 15 min**  
**Cooking time: 5 min**

**Feeds: 6 people**  
**Difficulty: medium**

## INGREDIENTS

- 1 tbsp olive oil
- 80g dark rye bread, crumbed
- 180g baby spinach
- 35g roughly chopped chives  
plus 2 tbsp for garnish
- 3-4 ice cubes
- 1 tbsp Knorr Concentrated  
Liquid Vegetable Stock
- 500ml water
- Black pepper
- 1 tsp horseradish sauce
- 375ml Greek yoghurt, reduced  
or low fat
- 125ml creme fraiche, reduced  
or low fat
- 1 tsp freshly grated  
horseradish, optional

## METHOD

1. Heat oil in a frying pan over a medium heat and cook dark rye breadcrumbs until crisp, about 4-5 minutes. Drain on kitchen towel.
2. Place spinach, chives, ice cubes, Knorr Concentrated Liquid Vegetable Stock and 500ml water in a food processor and blend until smooth.
3. Strain sauce through a fine mesh sieve into a bowl and stir in some black pepper, horseradish sauce, yoghurt and crème fraîche. Chill until ready to serve.
4. Divide soup between bowls and garnish with breadcrumbs, chopped chives and grated horseradish if used.



## TOP TIP



Serve with wild rice.

To cook: combine 3x water with 1x rice (3:1 water rice ratio) in boiling water and cook on medium heat for 45 minutes.



# EGG CURRY BOWL

**Prep time: 15 min**  
**Cooking time: 5 min**

**Feeds: 6 people**  
**Difficulty: medium**

## INGREDIENTS

- 8 eggs
- 200g carrots
- 100g baby spinach
- 2 tbsp margarine
- 2 tbsp flour
- 1 tbsp Knorr Reduced Salt Vegetable Granules dissolved in 400ml of water
- 125ml milk of your choice
- 2 tbsp curry powder
- 200g frozen peas
- 2 tbsp sesame seeds, roasted
- Wild rice (serving tip)

## METHOD

1. Place eggs in a large saucepan. Cover them with cool water. Cover the pan with a lid and bring water to a rolling boil over high heat. Boil for 6 – 7 minutes.
2. Peel carrots and cut into thin sticks. Wash spinach. Fry carrots in a pan with 1 tsp margarine for 5 minutes and remove.
3. Add remaining margarine to the pan. Add flour and sauté. Add Knorr Reduced Salt Vegetable Granules and milk while stirring. Stir in the curry powder.
4. Stir in the peas and spinach to the pan, cover and cook over medium heat for 5 minutes. Stir halfway through. Peel and halve the eggs. Add eggs, carrots and sesame seeds and heat briefly in the sauce.
5. Separate into six bowls. For a full meal, serve with cooked wild rice on top or on the side.







# HONEY AND LEMON QUINOA EGG SALAD

**Prep time: 10 min**      **Feeds: 4 people**  
**Cooking time: 15 min**      **Difficulty: easy**

## INGREDIENTS

- 150g quinoa
  - 300ml water
  - 1 Knorr Vegetable Stock Pot
  - 1 avocado
  - 1 splash of lemon juice
  - 6 eggs, hard-boiled
  - 1 tin (285g) of sweetcorn, drained
  - 3 tbsp rapeseed oil
  - 2 tbsp white vinegar
  - 2 tsp mustard
  - 1 tsp honey
  - Black pepper
- 50g watercress

## METHOD

1. Cook quinoa in 300ml water and the Knorr Vegetable Stock Pot for 20 minutes on low heat or until most of the water has been absorbed.
2. Core the avocado, peel, dice and sprinkle with lemon juice. Peel eggs and dice.
3. Mix oil, vinegar, mustard and honey in a bowl to make a dressing. Season with pepper. Put quinoa, avocado and sweetcorn in a bowl. Add the dressing and mix well. Fold in the eggs.
4. Fill glasses with the quinoa salad. Scatter watercress over the top.





# LENTIL AND VEGGIE MEDLEY

**Prep time: 15 min**  
**Cooking time: 25 min**

**Feeds: 3 people**  
**Difficulty: easy**

## INGREDIENTS

- 200g green lentils
  - 400ml water
  - 2 tbsp olive oil
  - 1 onion, cut into small cubes
  - 15g Knorr Reduced Salt Vegetable Granules
  - Ground black pepper
  - 2 garlic cloves, finely chopped
  - 25-30ml red wine vinegar
  - Handful of flat parsley, finely chopped
  - 40g celery leaves, finely chopped
  - 1/3 of one cucumber, cut into 1cm cubes
  - 2 small carrots, cut into 1cm cubes
  - 2 bell peppers, grilled and cut into 1cm cubes
  - 50g capers
  - 4 boiled eggs, cut into small cubes
  - 100g feta, crumbled
  - 80g pine nuts
- Watercress

## METHOD

1. Bring 400ml water to a boil in a medium sauce pan. Add the lentils, lower heat to medium and cook for 20-25 minutes, covered. Strain and run cold water over the lentils. Set aside.
2. In a large frying pan, heat 2 tbsp olive oil, add the onions, Knorr Reduced Salt Vegetable Granules, ground black pepper (to your liking) and garlic. Fry for 3-4 minutes until lightly browned.
3. Add the lentils, turn off the heat and wait 5 minutes to cool.
4. Add the red wine vinegar, parsley and celery leaves and mix together.
5. Mix in the cucumbers, carrots, peppers, capers and eggs.
6. Top with feta cheese, pine nuts and watercress.





# MUSHROOMS

There are more than 2,000 edible varieties of mushrooms. Cultivated for centuries for their taste and nutritional value, mushrooms are rich in B vitamins and vitamin D as well as protein and fibre<sup>45</sup>. Mushrooms can also grow where many other foods would not, including on by-products recycled from other crops. They are not considered plants as they do not photosynthesise; they are classified as fungi. Their texture and umami flavour make them a tasty addition and a suitable substitute for meat.





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**Enoki mushrooms***Flammulina velutipes*

Known as winter mushrooms or golden needles, these long, thin, delicate mushrooms grow all year round in wild clusters. Eaten commonly in East Asian countries such as China, Japan and Vietnam, from where they originate, they can be found on Chinese hackberry trees as well as mulberry, persimmon and ash trees. Enoki mushrooms were

one of the first mushrooms studied for cancer prevention (effect not proven to date) and are widely used in soups and salads. To keep their texture and enhance their lovely umami flavour, they need to be cooked quickly, either flash fried, briefly pan roasted or bathed in the residual heat of stews or stir-fries.

35

**Maitake mushrooms***Grifola frondosa*

This hefty, layered fungi can grow to more than 45 kilograms (99 pounds) giving them the title ‘the king of mushrooms’. They can be found sitting at the base of oak, elm and maple trees in China, Japan and parts of the US. It has been eaten and used for its (not proven) medicinal properties for many years in China and Japan, where its name means ‘dancing mushroom’. Like other varieties of mushrooms, maitake

are noted for their B vitamin content and for being a non-animal source of vitamin D. In contrast to their delicate, feathery texture, they have a strong, earthy taste and can significantly enrich the flavours of other foods in various types of dishes. They are delicious cooked with olive oil, or as a featured ingredient in omelettes, hot pots, stir-fries, stews and sauces.

36

**Saffron milk cap mushrooms***Lactarius deliciosus*

In Russia, where mushroom picking, cooking and eating is a big part of the culture, tourists may find themselves being offered saffron milk cap tasting as an activity. In Siberia, saffron milk caps are used for treating a wide variety of conditions, such as asthma, jaundice and food poisoning. However, these benefits have not been scientifically proven. Milk caps grow in pine forests in Europe and North America and are picked between August and October. Their name comes from their beautiful saffron colour and

the orange milky liquid they ooze from their gills when cut. They are a good source of fibre with a nutty, woody taste that has hints of umami and a meaty texture. They can be fried in olive oil with garlic, parsley, cream or red wine. They can also be marinated, salted or pickled, or added to stews and soups. They feature in risottos and pasta dishes served in various restaurants across Europe and North America.









# MUSHROOM RAMEN SOUP

**Prep time: 15 min**      **Feeds: 4 people**  
**Cooking time: 15 min**      **Difficulty: easy**

## INGREDIENTS

- 50p 150g buckwheat ramen noodles
  - 1 onion
  - 1-2 garlic cloves
  - 15g ginger
  - 100g carrots
- 50p 150g pak-choi (Chinese cabbage)
- 50p 150g enoki mushrooms (if not available, sub for crimini, oyster or button mushroom)
  - 2 tbsp vegetable oil
  - 1 Knorr Mushroom Stock Pot
  - 1l water
  - 1 lime

## METHOD

1. Prepare ramen noodles according to the instructions on the packet. Drain and set aside.
2. Peel the onion, garlic and ginger and finely chop. Peel carrots and cut into slices. Clean pak-choi and mushrooms and cut into slices or strips.
3. Fry vegetables in a wok or pot in hot oil, remove and set aside. Pour 1 litre of water into the wok and stir in 1 Knorr Mushroom Stock Pot and bring to the boil.
4. Distribute the bouillon in bowls, add ramen noodles and vegetables. Garnish with lime slices.





# CRISPY MUSHROOM PATTIES WITH LEMON DIP

**Prep time: 20 min**      **Feeds: 4 people**  
**Cooking time: 15 min**      **Difficulty: medium**

## INGREDIENTS

- F50F 250g maitake mushrooms
- 250g white button mushrooms
- 3 spring onions
- 2 garlic cloves
- 3 tbsp oil
- 1 egg
- 50g breadcrumbs
- Black pepper
- 15g Knorr Reduced Salt Vegetable Granules
- 250g natural yoghurt, reduced/low fat or soy
- A splash of lemon juice
- F50F 50g watercress

## METHOD

1. Trim mushrooms and cut into small cubes. Clean the spring onions and cut into fine rings. Peel garlic and chop finely. Fry the mushrooms, spring onions and garlic in 1 tbsp of oil until all the liquid has evaporated.
2. Put the mushroom mixture in a bowl. Add egg, breadcrumbs, and Knorr Reduced Salt Vegetable Granules. Season strongly with pepper. Mix everything together well. Form a total of 12 patties and fry in the remaining hot oil, over a medium heat for 5 minutes per side.
3. For the dip, mix yoghurt with lemon juice. Serve mushroom patties with dip and watercress garnish.






## MUSHROOM PASTA

**Prep time: 10 min**      **Feeds: 4 people**  
**Cooking time: 10 min**      **Difficulty: easy**

### INGREDIENTS

- 400g whole wheat pappardelle pasta
-  500g saffron milk cap mushrooms (alternatively brown mushrooms)
- 120g spring onions
- 2 garlic cloves
- 2 tbsp olive oil
- 1 Knorr Herb Infusion Pot
- 300g mixed leafy green vegetables
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar

### METHOD

1. Cook pasta according to the instructions on the packet. Drain into a sieve, collecting some of the cooking water.
2. Clean the mushrooms and cut into slices or pieces. Clean the spring onions and cut into rings. Peel garlic and chop finely.
3. Fry mushrooms in a pan in hot olive oil. Add the spring onions and fry. Add about 200ml of the pasta cooking water and stir in Knorr Herb Infusion Pot. Add the pasta to the mushrooms, stirring well.
4. Serve on plates along side a mix of leafy green vegetables topped with a little olive oil and balsamic vinegar.





# NUTS & SEEDS

There's no wonder these little powerhouses star in lists of 'superfoods', 'the best foods' and 'the foods you should eat more of'. Their protein, vitamin E and good fat content, paired with desirable flavour and texture, remains unmatched. The crunch makes them a great addition to almost every dish. Yet, of the many varieties available, only a few are commonly eaten. Used in cuisines around the world, these small embryonic plants can stand alone as snacks or add flavour and a satisfying crunch to salads, soups and desserts.





## 37

**Flax seeds***Linum usitatissimum*

Found across Europe, the United States, South America and Asia, but best grown in cooler climates with some sunlight, flax seeds have a multitude of uses.

They are primarily used as a well-rounded, nutritious food source, but they can also be woven into strong fibres to create linen. Flax seeds are considered a highly functional food owing to the presence of alpha-linolenic acid, an omega 3 fatty acid.

Also known as linseeds, they have been widely cultivated since the early days of civilisation and can be used in place of half the flour in any baked good, including breads and muffins.

Although they are commonly eaten on salads and cereals, they are now in high demand as an ingredient in vegetarian burger mixes and other plant-based dishes. Flax seed oil can be used for dressings, dips and sauces.



## 38

**Hemp seeds***Cannabis sativa*

Hemp is fast-growing, thrives in a variety of soils and doesn't require fertilisers or pesticides. While not currently one of the most commonly-consumed seeds, they have been a part of the diets of people in China and India for many centuries.

They are the same species as cannabis (marijuana), but hemp seeds don't contain THC, the compound that causes the drug-like effects of marijuana. The small, crunchy seeds have a soft, buttery texture and are rich in omega 3 and omega 6 fatty acids (good fats). They also contain protein, fibre and various vitamins and minerals, which justifies the recent re-discovery of these nutty

flavoured seeds. A small serving of only 30 grams provides one gram of fibre, nine grams of protein, and a good source of iron. Hemp seeds are available in various forms: as oil, a milk substitute, flour and in many products (including dips, sauces, soups, crackers, biscuits, breads and salads). They can be eaten raw, made into hemp meal, sprouted or made into powder.

Hemp was one of the first plants to be spun into usable fibre, roughly 10,000 years ago. It goes beyond being a nutritional food source, as it can be refined into paper, renewable plastic, clothes and biofuel<sup>46</sup>.





## 39

**Sesame seeds***Sesamum indicum*

According to Assyrian legend, when the gods met to create the world, they drank wine made from sesame seeds.

Cultivated for millennia and highly resilient<sup>47</sup>, the plants produce pods that burst open when mature to reveal their tiny golden seeds. This is where the phrase 'open sesame' comes from.

These seeds have a high oil content and are considered an excellent source of

copper and magnesium<sup>48</sup>. They can be eaten raw, toasted and as a paste called tahini. They add crunch and a nice nutty flavour to sushi, salads, soups, noodle and rice dishes. They're commonly found in crackers and baked goods, such as the Middle Eastern dessert halva.

They also make a wonderfully fragrant oil that is great in stir-fries, drizzled over savoury dishes and in dressings.



## 40

**Walnuts***Juglans regia*

Possibly the oldest tree food known to humans, records report walnut consumption dating back 10,000 years<sup>49</sup>. Containing more omega 3 fatty acids and vitamin E than many other nuts, the kernel itself resembles the two halves of a brain, reinforcing their nickname of 'brain food'.

Walnuts contain protein, vitamins and minerals, and have been claimed to be one of the most nutritious nuts. Slightly bittersweet with an oily texture, they may be pickled when young or 'wet'.

However, they are more commonly eaten dried, either raw or cooked in both

sweet and savoury dishes such as cakes, muesli, stews, sauces and dressings. Dry-frying or roasting turns them a lovely gold and really brings out their flavour.

Grown in China, Turkey, Iran, Mexico and the US, walnuts fare best in rich, deep soil and sunny climates and grow all year round.





# TOFU HUMMUS WITH SAVOURY GRANOLA

Prep time: 10 min  
Cooking time: 25 min

Feeds: 6 people  
Difficulty: easy

## INGREDIENTS

### Granola

- ⑤ 10g flaxseeds, ground
  - 100ml water, warm
  - 100g rolled oats
- ⑤ 60g walnuts, crushed
  - 60g cashew, crushed
  - 60g pumpkin seeds
- ⑤ 30g sesame seeds
  - 10g fennel seeds
  - 30ml olive oil
  - ½ tsp chili flakes
  - 1 tsp Knorr Reduced Salt Vegetable Granules

### Tofu Hummus

- 100g rolled oats
- ⑤ 500g tofu
- ⑤ 150g tahini (sesame paste)
  - ½ lime, juiced
  - 5g garlic paste

## METHOD

### Granola

1. Preheat oven to 180°C. Soak ground flaxseeds in 100ml warm water for 5 minutes.
2. Mix all ingredients for granola together in a bowl then spread out on a baking tray.
3. Roast in preheated oven for 25 minutes, removing to stir for 10 seconds every 5 minutes. The granola should become slightly darker and crispy.
4. Remove from oven. Cool down by removing the granola from the pan and spreading it thin on baking paper on a counter top.
5. Once cooled, the granola can stay in an airtight container for up to a week.

### Tofu Hummus

1. Strain tofu to remove as much water as possible
2. In a food processor combine all ingredients for tofu hummus.

Serve with tofu on one side of the plate, the granola on the other, alongside whole wheat pita chips, if desired.



## TOP TIP



If desired, enjoy on a bed of whole grains and leafy green vegetables.





# FALAFEL WITH SMOKED AUBERGINE MAYONNAISE

**Prep time: 30 min**  
**Cooking time: 15 min**

**Feeds: 4 people**  
**Difficulty: easy**

## INGREDIENTS

- 4-5 fresh falafel (see page 151 for recipe)
- 2 aubergines, washed and cut into 2cm cubes
- 2 tbsp olive oil
- 2 tsp Knorr Concentrated Liquid Vegetable Stock
- 3 tsp smoked paprika powder
- 200ml Hellmann's Vegan Mayonnaise
-  1 tbsp roasted sesame seeds
-  1 tbsp roasted hemp seeds

## METHOD

1. Preheat oven to 185°C.
2. Place the aubergine cubes in an oven tray and drizzle the olive oil on top.
3. Roast in oven for 20 minutes, or until golden brown.
4. Let it cool down and then transfer to a blender together with the mayonnaise, lemon juice, smoked paprika powder and Knorr Concentrated Liquid Vegetable Stock.
5. Blend until smooth.
6. Warm up the falafel. Serve on a plate with the smoked aubergine mayonnaise on top or on the side.
7. Sprinkle the roasted seeds on top of the mayonnaise.








# CHUNKY CURRIED LENTIL SOUP WITH WALNUTS

**Prep time: 20 min**      **Feeds: 4 people**  
**Cooking time: 30 min**      **Difficulty: easy**

## INGREDIENTS

- 2 tbsp olive oil
- 3 onions, chopped
- 4 garlic cloves, minced
- 15g fresh ginger, minced
- 1 tsp cumin
- 2 tsp turmeric
- 300g carrots, chopped
- 150g celery stalks, chopped
-  200g red lentils
- 1 tin (400ml) coconut milk, reduced or low fat
- 400g diced tomatoes
- 0.5l of water
- 2 Knorr Vegetable Stock Pots
-  200g spinach, chopped
- Lemon juice
-  80g walnuts, chopped

## METHOD

1. Heat the olive oil in a frying pan.
2. Add the onions, garlic and ginger and cook everything until the onion starts to become translucent.
3. Add the cumin, turmeric, carrot, celery and lentils and fry a little more.
4. Pour in the coconut milk, tomato cubes, water and the Knorr Vegetable Stock Pots and bring to a boil.
5. Let it simmer until the lentils are cooked, approximately 20 minutes.
6. Blend a little with a hand blender but keep it quite chunky.
7. Stir in spinach and heat through.
8. Squeeze lemon on top and sprinkle with walnuts.








# SESAME COATED CARROT BULGUR PATTIES

**Prep time: 15 min**  
**Cooking time: 20 min**

**Feeds: 4 people**  
**Difficulty: medium**

## INGREDIENTS

- 150g bulgur
- 300ml water
- 2 tsp Knorr Reduced Salt Vegetable Granules
- 150g carrots
- 1 onion
- 1 ½ tbsp starch
- 80g oat flakes
- 1 tsp turmeric
- ½ tsp cumin
- 3 tbsp chopped parsley
-  60g sesame seeds
- 2 tbsp olive oil

## METHOD

1. Combine bulgur and 300ml water, bring to a boil and add in the Knorr Reduced Salt Vegetable Granules, cover, reduce heat and simmer for 12-15 minutes until soft.
2. Trim carrots and onions and grate finely into the bulgur. Stir the starch into 1 tbsp water. Add the oats, spices and chopped parsley and mix well. Let them soak for 15 minutes.
3. Make a total of 20 small patties and roll in the sesame seeds. Fry in hot oil in a non-stick pan over medium heat for about 5 minutes each side.
4. Serve by themselves or on a bed of vegetables.





# BEST FARMER'S QUICHE EVER

**Prep time: 25 min**  
**Cooking time: 40 min**

**Feeds: 6 people**  
**Difficulty: medium**

## INGREDIENTS

- 200g whole wheat flour
- 75g cold margarine
- 200g broccoli rabe
- 150g carrots
- 150g champignon mushrooms
- 4 eggs
- 200ml cream of your choice
- 4 tsp Knorr Reduced Salt Vegetable Granules
- 2tsp grated nutmeg
- Pepper
- 100g walnuts, roughly chopped

## METHOD

1. Preheat oven to 200°C. Knead flour and margarine with 3 tbsp of cold water to form a dough (add more water if required). Roll out the dough on a floured work surface and line a greased cake pan or pie plate (26cm diameter) with the dough. Make an approx. 2cm high crust edge. Pierce the base several times with a fork. Put in the refrigerator for about 30 minutes. Remove from the refrigerator and bake for 10 minutes.
2. Clean broccoli rabe and cut in to small pieces. Clean carrots and mushrooms and cut into thin slices or quarters. Prepare the egg mixture with eggs, cream and Knorr Reduced Salt Vegetable Granules. Season with nutmeg and pepper.
3. Spread the vegetables on the bottom of the pie crust. Pour the egg mixture on top. Sprinkle with chopped walnuts.
4. Bake the vegetable quiche on the second shelf from the bottom for 30 minutes.
5. Remove from the oven, allow to cool for 10-15 minutes prior to slicing and serving.

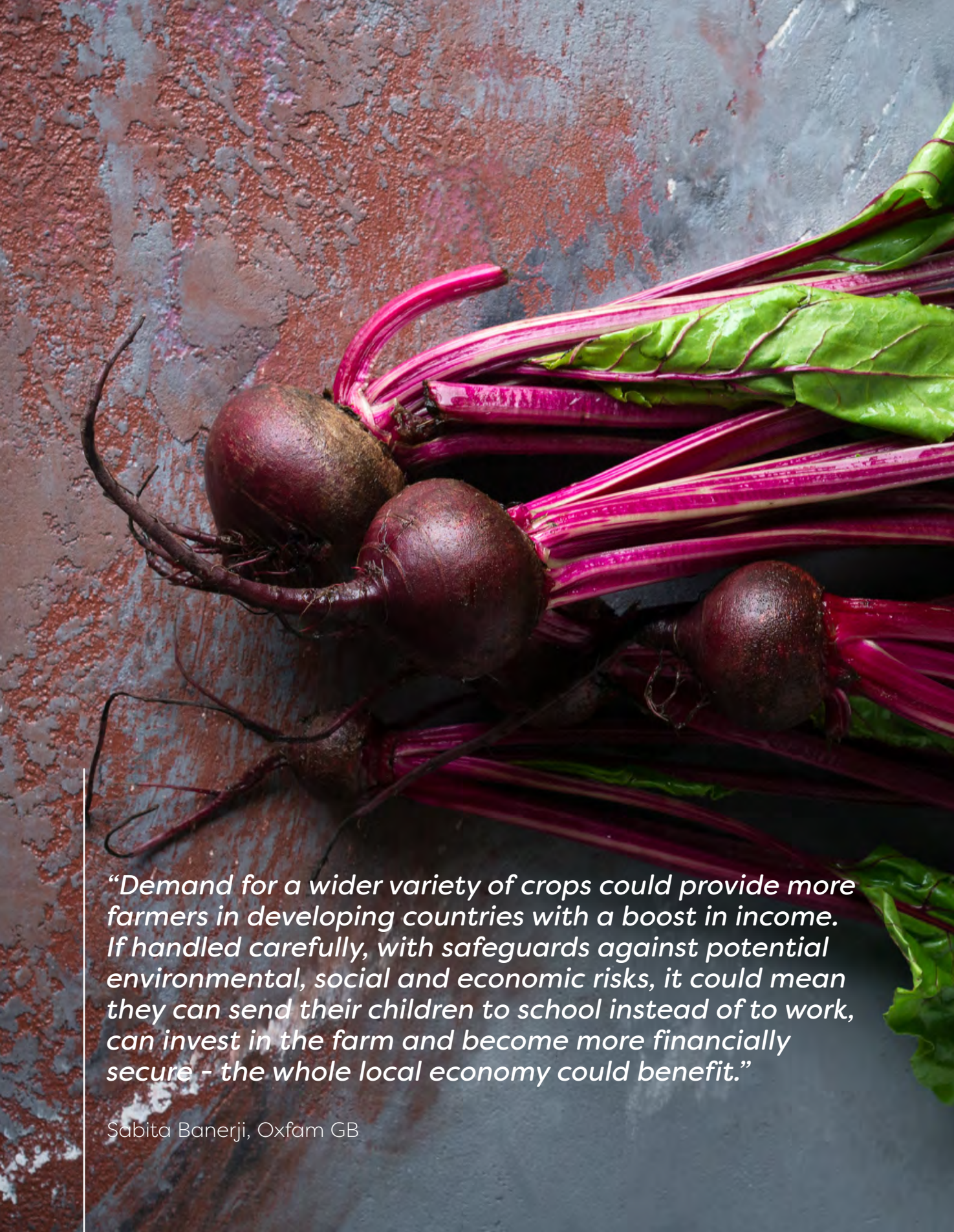




# ROOT VEGETABLES

Root vegetables are the crisp and colourful underground parts of plants that are eaten as vegetables. They often have leafy tops that grow above the ground that should also be eaten to optimise the amount of food these nutritious plants can provide. Root vegetables contain a wide variety of vitamins and minerals and are hardy, cool-season crops. Once harvested, they survive for a relatively long time compared with other vegetables.





*“Demand for a wider variety of crops could provide more farmers in developing countries with a boost in income. If handled carefully, with safeguards against potential environmental, social and economic risks, it could mean they can send their children to school instead of to work, can invest in the farm and become more financially secure - the whole local economy could benefit.”*

Sabita Banerji, Oxfam GB





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**Black salsify***Scorzonera hispanica*

Not widely known, this parsnip-like root vegetable is part of the sunflower family<sup>50</sup>. It is also known as the ‘oyster plant’ because of its sweet, slightly musky taste. The pale, creamy flesh beneath their thick, dark skin is great to cook with. Salsify is high in fibre and contains vitamin E and iron. It grows well in cool, temperate climates in countries

such as France, the Netherlands and Germany.

It can be boiled, mashed or baked, and served in place of a potato. Similar to carrots and parsnips, black salsify is ideal roasted, and goes well with soups and stews.

42

**Parsley root***Petroselinum crispum*

It is said that parsley root first made its appearance in the 15th century as the main ingredient in a Dutch vegetable stew. Known also as Dutch parsley, this taproot vegetable has an aromatic taste somewhere between celeriac, carrot and, inevitably, parsley.

Slim and tapered in shape with beige skin, parsley root looks like parsnip and can grow up to six inches long. It’s great

fried as fritters or chips, or grated raw into salads and slaws. Both the taproot and leaves are edible and high in vitamin C.

Popular in the cuisines of Central and Eastern Europe, parsley root is grown all year round in India, China, Vietnam, Nigeria and the Philippines and is resistant to drought.

43

**White icicle radish (winter radish)***Raphanus sativus var. Longipinnatus*

In Greek, the word radish can be translated as ‘fast appearing’ and is certainly true of these white icicle radishes, whose seeds germinate and grow to maturity in under a month. As they deter squash-loving bugs, they’re often planted with squash and pumpkins, and can be used as a fallow (or cover) crop to help enrich soil between harvests. White icicle radishes look like carrots and grow four to six inches long, although their thin skin is cream coloured and their flesh is white.

They have a milder, more peppery taste than their diminutive and more common red cousins. Tasty grilled, braised or roasted, they are also enjoyed grated or sliced fresh into salads, stir-fries, curries and soups to add crunch. In some countries, such as France, they are boiled, coated in oil or butter, lightly spiced and eaten as a side dish. They can also be eaten raw as a snack. White icicle radishes contain vitamin C and have the benefit of helping with digestion.











# BLACK SALSIFY CURRY

**Prep time: 10 min**  
**Cooking time: 20 min**

**Feeds: 4 people**  
**Difficulty: easy**

## INGREDIENTS

-  250g wild rice and long grain rice, mixed
  - 750ml water
  - 150g carrots
  - 100g spring onion, chopped
  - 1 tbsp vegetable oil
  - 1 tsp curry powder
  - 200ml water
  - 250ml coconut milk, reduced or low fat
  - 1 Knorr Vegetable Stock Pot
-  450g salsify, frozen or fresh
  - 2 tbsp sauce thickener for white sauces

## METHOD

- Boil wild rice mixture in 750ml water and cook on medium heat for 45 minutes
- Peel carrots and cut into thin slices. Clean the spring onions and cut into rings. In a separate pan, fry the carrots in hot oil for 3 minutes. Add the spring onion and fry on medium heat for 3 more minutes.
- Add curry powder, 200ml of water and coconut milk, stir in Knorr Vegetable Stock Pot and bring to a boil. Add salsify and cover, cook over low heat for 10-15 minutes, stirring occasionally. Stir in the sauce thickener.
- Serve the black salsify curry with the wild rice mixture.








# GLAZED BARBECUED ROASTED ROOT VEGETABLES WITH FRESH HERBS

Prep time: 30 min  
Cooking time: 15 min

Feeds: 4 people  
Difficulty: medium

## INGREDIENTS

-  200g mini raw beetroot with green leaves
-  200g parsley root
  - 300g carrots
  - 200g red onions, peeled and quartered
  - 4 tbsp balsamic vinegar
  - 10g honey
  - 3 tsp Knorr Concentrated Liquid Vegetable Stock
-  50g walnuts, chopped
  - 10g chopped fresh parsley, celery and/or chives

## METHOD

1. Preheat barbeque or oven grill to medium heat (150°C).
2. Chop the ends of the root vegetables and separate the beetroot leaves from the beetroot and cut them in half.
3. Finely chop the beetroot leaves and set aside with the chopped greens.
4. Barbecue or grill the vegetables low and slow so the grill flavour really kicks in and you end with nice caramelised vegetables.
5. Remove the vegetables from the heat and place on the side. Allow to cool down for about 10 minutes. Once cooled, cut them into 2cm chunks.
6. Add the vegetables to a pan with a splash of oil on a medium high heat and wide enough to accommodate the pieces in a single layer.
7. Add the balsamic vinegar, honey, Knorr Concentrated Liquid Vegetable Stock and a splash of water.
8. Start checking if they're cooked after about 5 minutes, depending on the vegetable.
9. It's done when almost all the liquid has evaporated, the vegetables are cooked and there's a shiny glazed coating.
10. Mix the vegetables with the beetroot greens and sprinkle some finely chopped herbs and walnuts on top.





# CHICKPEA PANCAKES WITH ROASTED PARSLEY ROOTS

Prep time: 20 min  
Cooking time: 20 min




Feeds: 4 people  
Difficulty: easy

## INGREDIENTS

### Pancake batter:

- 200g chickpea flour
- 1 tbsp Knorr Concentrated Liquid Vegetable Stock
- 1 tsp zaatar
- 400ml water
- 2 tbsp olive oil

### Filling:

-  200g parsley root or parsnip, washed, cut into 2cm chunks
- 100g onion, cut into large chunks
-  500g orange tomatoes, cut into quarters
- 2 tbsp olive oil
-  80g walnuts, chopped
- 75g Hushållsost cheese, grated
- 100g rocket

## METHOD

### Pancake batter:

1. Preheat oven to 175°C.
2. Whisk the chickpea flour, 400ml water, zaatar and Knorr Concentrated Liquid Vegetable Stock together in a medium bowl until smooth.
3. Let it rest for 30 minutes to give the flour time to absorb the water.
4. Heat a non-stick frying pan on medium-high heat and add 1 tsp of oil. Pour 1/4 of the batter into the centre of the pan. Tilt the pan so the batter coats the entire surface of the pan.
5. Fry the pancake for about 2 minutes until you see some bubbles on top of the pancake, turn it over and fry for another 1-2 minutes. The pancake should be slightly crispy on the edges and about 5mm thick.
6. Remove from the pan and repeat the process for the remaining three pancakes.

### Filling:

1. Place the parsley root, tomato quarters and onion in an oven tray and drizzle 2 tsp olive oil on top. Roast in the oven for 15 minutes.
2. Add the roasted vegetables and Hushållsost cheese on top of the pancake and reheat in the oven for a few minutes. Top with rocket and walnuts.
3. Top with rocket and walnuts and serve warm.









# ROOT VEGGIE SOUP

**Prep time: 15 min**  
**Cooking time: 30 min**

**Feeds: 4 people**  
**Difficulty: easy**

## INGREDIENTS

- 1 onion
- 150g leeks
-  100g parsley root or parsnips
- 150g carrots
-  750g red cabbage
- 2 tbsp oil
- 500ml water
- 1 ½ tbsp Knorr Reduced Salt Vegetable Granules
- 2 tsp turmeric
- Black pepper
- Some chopped parsley & chilli

## METHOD

1. Peel and chop the onion.
2. Clean the leeks and cut into rings.
3. Peel parsley root and carrots and cut into small cubes.
4. Cut red cabbage into strips.
5. Heat oil in a large pot and add the vegetables to cook for approximately 5 minutes.
6. Add 500ml water, Reduced Salt Vegetable Granules and turmeric and bring to a boil.
7. Cover and cook for 30 minutes over low to medium heat.
8. Remove from heat and serve in bowls topped with chopped parsley and chilli.





# SPROUTS

Sprouting dates back 5,000 years when Chinese physicians used sprouts medicinally because of their extremely high nutrient content. The sprouting process doubles, and in some cases triples, the nutritional value of the plant. Seeds and beans need warm and humid conditions to sprout, therefore they carry the risk of bacterial growth. They feature in the Future 50 Foods list because experts agree that, for healthy people, the added nutritional value outweighs the potential risks that can be associated with them\*. Sprouts are delicious as a side dish topped with a light dressing or in soups, salads and sandwiches to add a nice crunchy texture.

\*If sprouting at home, food safety practices and directions need to be followed. Always wash sprouts thoroughly with cold water and avoid any rotten pieces or parts.







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## Alfalfa sprouts

*Medicago sativa*

Believed to have originated in Iran, alfalfa has been cultivated for thousands of years. Its long growing season, adaptability and ability to enrich soil makes it a farmer's delight. Gaining recent attention from health food enthusiasts, the immature and nutrient-dense alfalfa sprouts are used as an ingredient in a wide variety of dishes, ranging from raw salads to cooked stir-fries and pad thai. Alfalfa sprouts can be grown industrially or at home in warm, moist conditions.

Within one to two days of watering, the little brown seeds germinate, producing white shoots with pale green leaves that are ready to be eaten. Their crunch and mild flavour make them a great addition to sandwiches and soups. They can also be eaten on their own, topped with a light dressing. All sprouts grow in similar conditions to bacteria (warm and moist) making them prone to contamination, so food safety practices need to be followed closely.

## ROASTED HOKKAIDO PUMPKIN, CORN AND SWEET POTATO SALAD WITH ALFALFA SPROUTS

**Prep time: 45 min**  
**Cooking time: 40 min**

**Feeds: 4 people**  
**Difficulty: easy**

### INGREDIENTS

- 500g Hokkaido pumpkin
- 300g courgettes
- 200g sweetcorn
- 200g sweet potato
- 2 tbsp olive oil
- 10g Knorr Reduced Salt Vegetable Granules
- 100g red cabbage, shredded
- 50g alfalfa sprouts
- 100g mixed salad greens

#### For the dressing:

- 50g roasted walnuts
- 2 garlic clove chopped
- Juice of one medium lemon
- 125g Hellmann's light mayonnaise
- 200g plain reduced or low fat yoghurt
- 4 tbsp water
- 10g ras el hanout spice mix

### METHOD

1. Preheat the oven to 180°C.
2. Wash and cut the Hokkaido in half, remove the seeds and cut in half moon shape and cut in half again. Wash and cut the courgettes in quarters. Peel, wash and cut the sweet potato in cubes.
3. Place the chopped vegetables from step 2, sweetcorn, olive oil and Knorr Reduced Salt Vegetables in a large baking pan and mix together.
4. Bake the vegetables in the oven at 180°C for 40 mins or until golden brown.
5. Take out of the oven, place in a bowl and let cool for 10 minutes.
6. Chop the roasted walnuts. Mix chopped garlic, lemon juice, mayonnaise, yoghurt, water, and ras el hanout spice mix together to make a thick dressing.
7. Arrange the vegetables on a serving plate, top with the cabbage, mixed salad and sprouts, dress with half of the dressing and serve the remaining dressing on the side.







# BOTELLA'S VEGAN BURGER

**Prep time: 20 min**  
**Cooking time: 10 min**

**Feeds: 2 people**  
**Difficulty: medium**

## INGREDIENTS

- 80g spring onions, chopped
- 1 garlic clove finely chopped
- 2 tbsp olive oil
- 1 tbsp Knorr Reduced Salt Vegetable Granules
-  150g chickpeas from a tin
- ½ tsp sweet paprika
- ½ tsp cumin
- 3g fresh coriander
- 2 tbsp sesame oil
- 4g lemon juice
- 10g Maizena cornstarch
- 20g avocado, cut into cubes
- Leafy green salad
- 2 tbsp balsamic vinegar
-  50g alfalfa sprouts

## METHOD

1. Sauté onion and garlic with the olive oil in a frying pan over a medium heat until golden, and season with Knorr Reduced Salt Vegetable Granules. Drain the oil for later use, put onion and garlic aside.
2. Drain the chickpeas using a sieve and run cold water over them to wash. Place in a bowl, press and crush the chickpeas with a fork until coarsely pureed.
3. Add spices, sesame oil, lemon juice, cornstarch and the sautéed onion and garlic, mix well.
4. Mix in avocado. Shape mixture into two burger patties by splitting it into two, rolling into balls and flattening them in to patties.
5. Place a frying pan on the hob over a medium heat and fry the patties in the oil from step 1 until golden brown on both sides.
6. Remove the burgers from the pan and serve on plates alongside a mix of leafy green salad topped with a little olive oil and balsamic vinegar. Add the alfalfa sprouts on top of the burger.







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### Sprouted kidney beans

*Phaseolus vulgaris*

Kidney beans are a popular and versatile source of protein. They make a great substitute for ground meat because of their texture and protein content. The mild flavour makes them the perfect carrier of seasonings and diverse flavours. It's when sprouted, however, that their nutritional value skyrockets to three times that of unsprouted kidney beans.

Kidney beans are high in lectins, which are complex compounds that are

difficult to digest. Therefore, as with all dried beans, especially the larger varieties, it is essential to thoroughly cook kidney bean sprouts by boiling in water or stock for 10 minutes. This will make them taste better and decrease the impact on the digestive system. The slight bitterness pairs well with sweetened sauces or dressings, and they are often used as toppings for soups and salads.

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### Sprouted chickpeas

*Cicer arietinum*

Chickpeas, also known as garbanzo beans, are small, yellowish round beans originally popular in Middle Eastern dishes. They have recently gained popularity in Western countries, being added to salads and made into spreads, mainly hummus. They have a rich, creamy and nutty flavour. With one cup of chickpeas providing approximately ten grams of protein and a somewhat meaty texture, they are a viable substitute for meat in many dishes. Chickpeas are good for you and sprouted chickpeas are even better. They're also crunchier and have more flavour.

Chickpeas are one of the easiest beans to sprout. Doing so neutralises the phytic acid and allows the body to better absorb the nutrients, such as calcium, magnesium and zinc<sup>51</sup>. To sprout chickpeas, soak for eight hours, drain and rinse. Transfer to a

glass jar or bowl and cover with a cheesecloth. Repeat the rinse and drain steps a few times until the sprouts are to the desired length. This usually takes three to four days. Like all sprouts, sprouted chickpeas are prone to bacterial growth, so it's important to follow good safety principles.

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.





# AROMATIC VIETNAMESE TOFU PHO

**Prep time: 25 min**  
**Cooking time: 2 hours**

**Feeds: 4 people**  
**Difficulty: medium**

## INGREDIENTS

- 2l water
  - 30g dried shiitake mushrooms
  - 200g shallots, thinly sliced
  - 5 garlic cloves (peeled and finely sliced)
  - 3cm fresh ginger (thinly sliced)
  - 3 tbsp light soy sauce
  - 2.5 tbsp rice vinegar
  - 4 star anise
  - 4 cinnamon sticks
  - ½ bunch of thai basil stems and leaves
  - ½ bunch of coriander stems and leaves
  - 2 Knorr Vegetable Stock Pots
- ⌚ 200g extra firm tofu
  - 2 tbsp oil
  - 200g flat rice noodles
  - 100g green beans
  - 100g carrots
  - 100g Chinese broccoli
  - 75g chopped shiitake mushrooms
  - ⌚ 100g kidney bean sprouts or another type of sprout or tinned kidney beans
  - ⌚ 100g edamame beans, tinned
  - 1 tbsp of chopped coriander
  - 1 tbsp of Thai basil leaves
  - 4 lime wedges
  - 2 spring onions, finely chopped

## METHOD

1. To prepare the broth: place the first 12 ingredients into a large soup pot with a lid. Bring to a boil and then reduce the heat and simmer mostly covered for 1 ½ hours.
2. In a frying pan, fry the tofu over a medium heat in 2 tbsp oil for 3 minutes on each side. Remove from the heat and let cool for 5 minutes then cut into slices.
3. Boil the rice noodles in a pot for 2-3 minutes, drain and rinse with cold water, set aside.
4. Cut the green beans, carrots and Chinese broccoli into even shapes and blanche them in boiling water.
5. Chop the shiitake mushrooms into strips and heat up a wok with a splash of oil.
6. Stir fry the mushrooms for 2-3 minutes, then add the blanched vegetables and the kidney bean sprouts and edamame beans. Stir fry for another 3 minutes.
7. Place the vegetables, noodles and tofu into bowls.
8. Gently pour the remaining broth into the bowls (until everything is just submerged) and finish off with the chopped herbs, lime and spring onion.






# FALAFEL

**Prep time: 1 day**  
**Cooking time: 10 min**

**Feeds: 4 people**  
**Difficulty: easy**

## INGREDIENTS

- 200g dried chickpeas, soaked overnight
-  100g sprouted chickpeas
- 2 tsp cumin powder
- 2 tsp Knorr Concentrated Liquid Vegetable Stock
- ½ tsp. baking powder
- ½ tsp. chilli powder
- 50g onion
- 2 garlic cloves, minced
- 25g mixed finely chopped coriander, parsley and mint
- Olive oil

## METHOD

1. To soak the chickpeas, put them into a large bowl and add room temperature water ensuring that all are submerged. Place a cloth over the bowl and leave overnight.
2. Strain the chickpeas thoroughly through a sieve ensuring all water is drained.
3. Add all of the ingredients to a blender and pulse the mixture until it forms a fine (not too smooth) grainy mixture.
4. Make small balls of the mix with 2 spoons (quenelle) or a small ice cream scoop and transfer the balls to a tray with some baking paper underneath.
5. Transfer the tray to the freezer and leave them to freeze for at least 2 hours.
6. Remove the falafel from the freezer. Put a small amount (less than a tablespoon) of olive oil in a hot, medium sized frying pan over medium heat. Carefully place the falafel in the pan and allow to brown on both sides (2-3 minutes each side). Once complete, remove and place on a paper towel or cooling tray. Repeat with remaining falafel.
7. Serve warm as a side dish or with leafy green vegetables.





# TUBERS

Tubers grow downward, anchoring the plant into the ground, where they absorb and store valuable nutrients for use during the winter or drier months. Typically high in carbohydrates, they are a valuable source of energy. They can be eaten in a huge variety of ways, including boiled, baked, or as a sweetened pudding.

White potatoes are the most common type of tuber. Growing and eating the less common types of tubers makes our food system more resilient while, in most circumstances, providing more nutrients.









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**Lotus root***Nelumbo nucifera*

The roots of the delicately beautiful lotus flower are incredibly resilient. They can grow and flourish in most bodies of water and replant their own seeds, which can be stored and survive for decades. The oldest examples found in China date back more than 1,000 years and could still be germinated today. These edible






roots have long been treasured as food and for their suspected medicinal properties. High in vitamin C<sup>52</sup>, they have a crunchy texture and a tangy, slightly sweet flavour. A great addition to most dishes where vegetables can be added, they're commonly used in Asian stir-fries, but can also be deep-fried, braised or pickled.

## CANTONESE STIR FRY TOFU WITH LOTUS ROOT AND PAK-CHOI

**Prep time: 20 min**  
**Cooking time: 10 min**

**Feeds: 4 people**  
**Difficulty: medium**

**INGREDIENTS**

-  125g quinoa
-  500g extra firm tofu
  - 2 garlic cloves
  - 3cm ginger
  - 2 tbsp soy sauce
  - 3 tbsp vegetable oil
-  125g lotus root, peeled and sliced into thin rounds
-  200g enoki mushrooms
-  200g pak-choi, cut in quarters
  - 2 Knorr Vegetable Stock Cubes
  - 500ml water
  - 2 tbsp corn flour

**METHOD**

1. Cut the tofu in to strips.
2. Wash the quinoa thoroughly, place in a pot, add 250ml water and 1 Knorr Vegetable Stock Cube and bring to a boil, reduce to simmer and cook for 10-15 minutes until the liquid is fully absorbed. If necessary, add a little water.
3. Crush garlic and chop ginger finely, mix with soy sauce and marinate the tofu for 10 minutes.
4. Heat 1.5 tbsp oil in a pan/wok and once it is hot, add the tofu and stir fry for 8 minutes at a high heat, stirring constantly. Remove tofu from the pan and place on a plate. Set aside. Place the lotus root, mushrooms and pak-choi in the hot pan/wok and stir fry for 3-5 minutes.
5. Add 1 Knorr Vegetable Stock Cube and 250ml water to the pan/wok with the vegetables and bring to a boil. Cook for 5 minutes then remove the vegetables with a slotted spoon, set them aside and discard of the water. Mix corn flour and 1 tbsp cold water and simmer in the pan/wok. Add the tofu and the vegetables and simmer for another 5 minutes, stirring occasionally.
6. Serve with the quinoa.



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**Ube (purple yam)***Dioscorea alata*

Ube, a purple yam native to the Philippines, has been increasing in popularity around the world. It is a tuberous-rooted, herbaceous perennial vine that is easily grown. It is more nutritious and grows faster than many other types of yams. Because of this it is known as a 'famine crop' in the tropical and subtropical regions of the world.

Ube is rich in vitamin E and fibre, and has a sweet flavour. Its attractive purple shade comes from the flavonoid anthocyanin<sup>53</sup>. In the Philippines ube is often eaten boiled, baked, or as a sweetened pudding called ube halayá. Ube can be prepared in the same way as potatoes. It is sold fresh, cut into cubes, in syrup, puréed or powdered.

Despite its increase in popularity, the space allotted for ube cultivation has declined. This is due to an increase in tourism and real estate on the island of Panglao, where ube has been grown in the past. In other areas it has been replaced with sweet potato or cassava.



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**Yam bean root (jicama)***Pachyrhizus erosus*

There are many benefits to the yam bean root, also known as jicama. It is a high-yield plant that grows easily in both tropical and arid climates. Even in the driest areas it produces 35 tonnes per hectare, reaching up to 75 tonnes per hectare in ideal conditions. This makes jicama a great swap for white potatoes, which yield a maximum of just 25 tonnes per hectare.

Growing yam bean also helps to promote soil fertility through nitrogen fixation and it can be grown in rotation with,

or alongside, maize and beans. Jicama is a low-calorie food that is a source of vitamin C and fibre. Its significant water content makes it juicy and refreshing. With a starchy, slightly sweet flavour, it is typically eaten fresh and sliced to add crunch to salads or as a snack. It can be used in place of, or in addition to, other vegetables in stir-fries and is a lower calorie, more nutritious alternative to potato fries or chips.

Note that only the root or tuber part of the yam bean root should be eaten.



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## Red Indonesian (Cilembu) sweet potatoes

*Ipomoea batatas*

Amongst the vast range of sweet potatoes in the world, one of the most sought after is the Cilembu sweet potato, a variety native to Indonesia.

Although the Cilembu sweet potato has been documented since 1914, its unique qualities have only been widely understood since the early 2000's<sup>54</sup>. Sweet potatoes are commonly consumed in a variety of countries, but this type is highly sought after for its flavour and nutritional value. It is an important commodity in Cilembu and the surrounding villages of Western Java. It is exported to Singapore, Hong Kong, Japan, Korea, Thailand and Malaysia. When baked, Cilembu sweet potatoes have a very distinctive aroma and sweet taste with a sugary, honey-like glaze. Not just a culinary delicacy, the Cilembu is also a valuable source of several essential nutrients, including vitamins A, C, E and manganese.

Indonesia has struggled to find enough suitable land to grow the highly coveted Cilembu.

As a result, the market has been flooded with similar looking sweet potatoes that are sold intentionally mislabelled under the name Cilembu. These potatoes do not have the honey-sweet flavour of the original, which poses a threat to the Cilembu's ability to stay in circulation.

This is why it is currently listed on Slow Food's Ark of Taste<sup>55</sup>. To support its future, specific criteria have been developed to find suitable land to grow this crop to meet consumer demand.






## ROASTED PURPLE YAM FRIES WITH AVOCADO AIOLI

**Prep time: 20 min**  
**Cooking time: 25 min**

**Feeds: 4 people**  
**Difficulty: easy**

### INGREDIENTS

-  3 medium purple yams (if not available, use sweet potatoes)
- 2 tbsp olive oil
- 3 tbsp Parmesan cheese grated
- 1 tbsp Knorr Reduced Salt Vegetable Granules

#### Avocado Aioli:

- 1 avocado (cut in half and seed removed)
- 150g reduced or low fat Greek yoghurt
- Handful of chopped fresh basil
- 3 garlic cloves roughly chopped
- Juice from 1 lime
- 2 tbsp olive oil
- 1 tbsp Knorr Reduced Salt Vegetable Granules

### METHOD

1. Preheat the oven to 220°C.
2. Cut the purple yams into long thin strips then place them in a large bowl, drizzle with olive oil, add Parmesan cheese, Knorr Reduced Salt Vegetable Granules and toss well.
3. Spread out the purple yams over a baking sheet. Try to have a single layer of fries so that each fry bakes evenly.
4. Place in the oven and roast for about 25 to 30 minutes, turning them over after 15 minutes, until they're crispy and start to brown.
5. While the purple yams are baking, prepare the avocado aioli. Place all the avocado aioli ingredients into a food processor or blender and blend until smooth.
6. Serve purple yams with avocado aioli.



## JICAMA AND LOTUS ROOT STIR FRY


**Prep time: 20 min**  
**Cooking time: 25 min**

**Feeds: 4 people**  
**Difficulty: medium**

### INGREDIENTS

-  300g lotus root, peeled and sliced into thin circles
-  150g jicama, peeled and chopped into cubes
-  150g kale, shredded
-  150g pak-choi (Chinese cabbage), chopped
  - 150g bunch Thai basil, chopped into small pieces
-  150g enoki mushrooms, chopped
  - 150g carrots, sliced and julienned
  - 2 garlic cloves, chopped
  - 1 small, thumb sized piece ginger, sliced and diced
  - 4 spring onions/scallions, sliced
  - 2 tbsp dried chilli flakes
  - 1 tsp szechuan pepper
  - 100ml veg oil
  - 80g peanuts, toasted

### Sauce

- 2 tbsp low sodium soy sauce
- 1 Knorr Vegetable Stock Cube
- 1 tbsp vinegar
- 1/2 tsp sugar
-  1 tsp sesame oil
  - 2 tbsp cold water + 1 tbsp cornstarch mixed

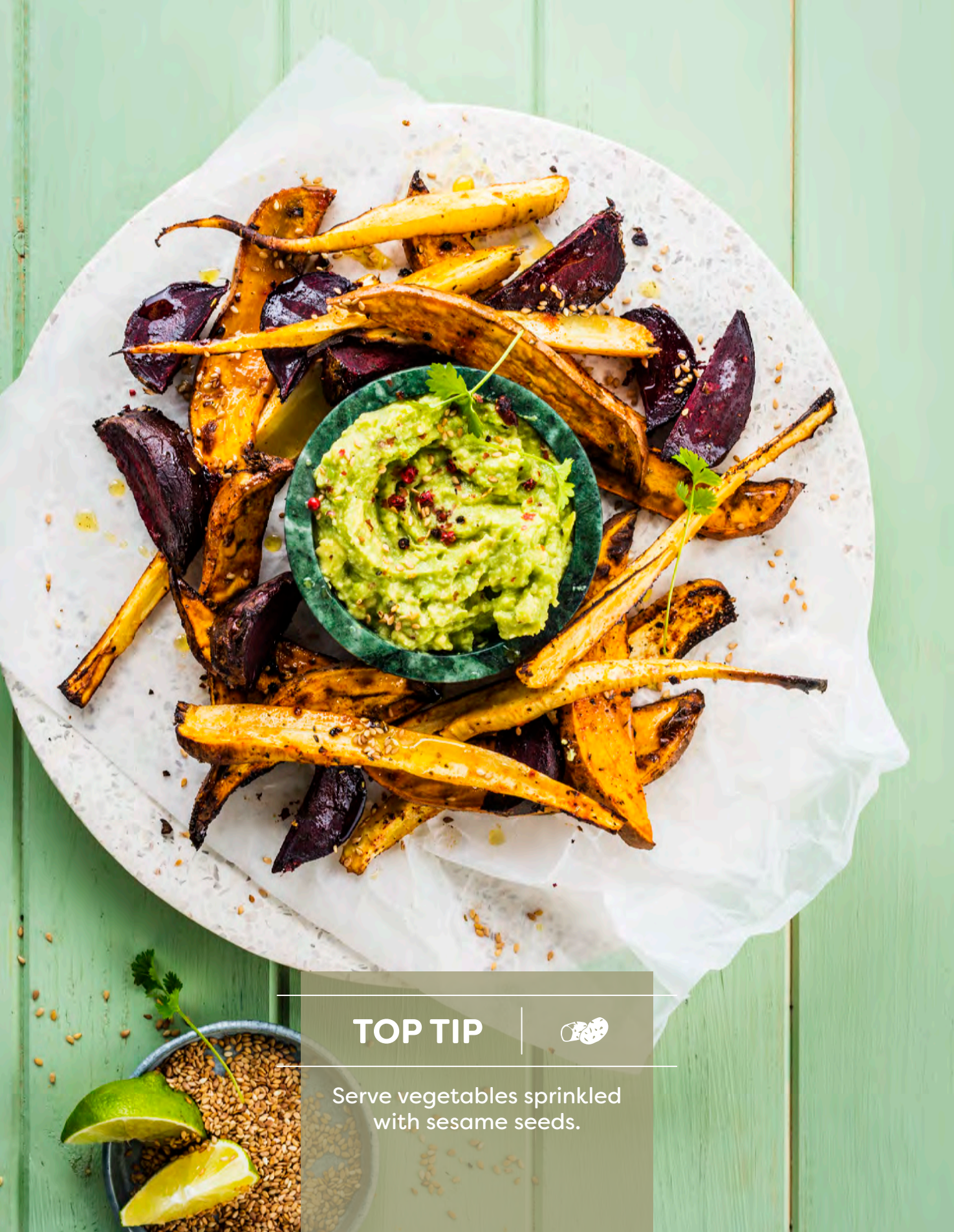
### METHOD

1. Chop and slice all vegetables as described in ingredient list.
2. Heat 2 tbsp oil in a large wok or pan and fry the lotus root, jicama, kale, pak-choi (including the leaves), basil, mushrooms and carrots for 5 minutes stirring gently to coat the vegetables in oil.
3. Remove the vegetables from the pan and put aside.
4. Add the garlic, ginger, scallions, chilli and pepper to the wok or pan and cook on high heat for about 3 minutes.
5. Reduce heat to medium and mix in the sauce ingredients. Heat and stir for 3 minutes.
6. Place the vegetables back in the pan, combining them with the other ingredients.
7. Stir fry for 5-8 minutes until the vegetables are coated and warm.
8. Top with peanuts and mix together.

### TOP TIP



Serve on a bed of your favourite grains.



## TOP TIP




Serve vegetables sprinkled with sesame seeds.



## GRILLED VEGETABLES WITH AVOCADO MASH

**Prep time: 20 min**      **Feeds: 4 people**  
**Cooking time: 25 min**      **Difficulty: easy**

### INGREDIENTS

- 440g sweet potatoes
- 400g red pre-cooked beetroot
-  300g parsley root or parsnips
- 1 tsp Knorr Reduced Salt Vegetable Granules
- 3 tbsp olive oil
- 4 tbsp water
- 1 avocado (cut in half and seed removed)
- Juice from half a lemon

### METHOD

1. Pre heat oven to 200°C.
2. Peel vegetables and cut into 1cm wide pieces or wedges and spread on a baking tray.
3. Mix Knorr Reduced Salt Vegetable Granules with olive oil and 4 tablespoons of water. Spread the mix over the vegetables and stir to cover them.
4. Roast vegetables for 25-30 minutes, turning them once halfway through.
5. Mash the avocado with a fork and mix in the lemon juice. Serve with the vegetables.

*The Future 50 Foods have the power to increase the nutritional value and decrease the environmental impact of everyday meals. We all need to be a part of shifting the food system by using our purchasing power to increase the demand for and supply of foods that are better for people and the planet. Start by choosing to eat a wider range of foods, including the Future 50 Foods. Large-scale change begins with small actions.*

**Go to**  
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## PRINCIPLES AND METHODOLOGY

Experts in food sustainability, agriculture and nutrition collaborated to identify and shortlist the foods.

The Future 50 Foods guiding principles and five-step methodology are summarised below.

### GUIDING PRINCIPLES

#### PROMOTE AGROBIODIVERSITY AND DIETARY DIVERSITY

Current agriculture is dominated by 12 crops and five animals. According to FAOSTAT, based on 2016 data, those 12 crops are barley, cassava, corn, palm fruit oil, potatoes, rice, soy beans, sugar beets, sugar cane, tomatoes, vegetables not elsewhere specified and wheat. In keeping with the goal of increasing dietary diversity, 11 of these common crops were not included. After consultation with experts, soy beans were included on the list due to their high nutritional value, recognising that a large percentage of production is for animal feed. Less familiar varieties and less commonly consumed parts of the remaining above-mentioned crops were considered.

#### STIMULATE A SHIFT TOWARDS PLANT-BASED FOODS

Rearing animals for food is associated with significant greenhouse gas emissions. Compared to plants, meat and dairy production is more water, land and greenhouse gas intensive. A variety of different plant-based foods can provide comparable nutrients to animal products with lower environmental impact. This list includes protein-rich, plant-based foods that can be eaten in addition to, or in place of, sources of meat-based protein.

#### CONSIDER ENVIRONMENTAL IMPACT OF FARMING PRACTICES

The environmental impact data are based on standard farming practices sourced via publicly available information. Average yield and greenhouse gas emissions, relative to similar crops, have been considered. Transport emissions have not been considered as they account for less than two percent of the overall greenhouse gas footprint of food.

#### FOCUS ON NUTRIENT CONTENT OF RAW, UNPROCESSED FOODS

For consistency within the food groups, the nutritional values reflect the foods in their raw, unprocessed state. Cutting, cooking or processing the foods in any way may change their nutritional value.

#### OPTIMISE NUTRIENT BALANCE ACROSS FOOD GROUPS

The distribution of the Future 50 Foods amongst the food groups enables swaps to more sustainable, diverse and nutritious foods. This includes many different types of nutrient rich vegetables, good sources of plant-based protein and a wide variety of sources of carbohydrates.

# THE LIST OF FUTURE 50 FOODS INCLUDES:

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## 13 CEREALS, GRAINS, TUBERS



For both environmental and health reasons, there is a pressing need to vary the types of grains and cereals grown and eaten. The inclusion of a variety of sources of carbohydrates supports the ambition to enable a shift towards a greater variety of nutritious foods.

## 12 BEANS, LEGUMES, SPROUTS



Plant-based protein sources are included to support a shift towards eating more plants and fewer animals. Beans and legumes also enrich the soil in which they are grown and support the recovery of land as part of crop rotation.

## 18 VEGETABLES



With very few exceptions, most people around the world do not get the recommended amount of at least 200 grams (or three servings) of vegetables per day. Vegetables are nutrient packed and can easily and affordably be added to commonly consumed meals.

## 3 MUSHROOMS



Mushrooms are included because of their nutritional benefits and unique ability to grow in areas unsuitable for other edible plants. Their texture and umami flavour enable them to be adequate meat alternatives.

## 4 NUTS AND SEEDS



Nuts and seeds serve as plant-based sources of protein and fatty acids (omega 3 and 6) which can support a transition away from meat-based diets while ensuring optimum nutrition. They can be added to a wide variety of dishes for extra crunch and a nutrient boost.

## FOCUS ON SAVOURY FOODS



Most calories consumed are from savoury meals. To make the greatest impact on global food choices, the foods in this list can all be used in savoury meals.

## FIVE STEPS TO IDENTIFYING THE FUTURE 50 FOODS

The focus areas that were addressed in the methodology for this report were nutritional value, relative environmental impact, flavour, accessibility, acceptability and affordability.

### 1. FOCUS ON PLANT-BASED FOODS

Plant-based foods are nutrient dense and affordable, whilst having a lower impact on the environment than animal-based foods. Multiple international and national guidelines explicitly recommend shifting from animal-based to plant-based foods. Food groups included on the list are algae, beans, cacti, cereals and grains, fruit vegetables, leafy greens, mushrooms, nuts and seeds, root vegetables, sprouts and tubers. All plant-based food groups have been included on the list except for fruits, herbs and spices. Fruits are not commonly part of savoury meals and are likely to be higher in sugar and calories than vegetables. Herbs and spices are generally grown and eaten in small amounts, so their impact isn't as significant as the included food groups.

### 2. OPTIMISE NUTRIENT DENSITY

The Nutrient Rich Foods (NRF) Index 15.3 was used to assess the nutritional value of the candidate foods based on their nutrient to energy (calorie) ratios. The NRF Version 15.3 calculates nutrient density based on the content of fifteen nutrients to encourage (protein, fibre, polyunsaturated fat, calcium, iron, zinc, potassium, vitamins A, C, D, E, B1, B2, B12, and folate) and three nutrients to limit (saturated fat, sodium, added sugar). The index originally included monounsaturated fatty acids, which were replaced with polyunsaturated fatty acids. All unprocessed, raw foods within the focus food groups available in the selected databases were scored and ranked within their food groups

to enable comparison among foods that provide similar nutrients and are consumed in comparable amounts. The US National Nutrient Database (USDA RS 28) was used as the main source of information, supplemented by and cross-checked with data from the most relevant, digitally available, local food composition database per geographical area. Following the categorisation and scoring, commonly consumed foods that are extremely bitter, do not fit in savoury dishes or snacks, are eaten only in small quantities, and/or have a lower NRF score were eliminated. A total of 170 foods were further investigated. The NRF score was considered throughout the selection process, giving priority to foods with a higher NRF score to ensure the relatively more nutritious foods remained on the list.

### 3. EVALUATE ENVIRONMENTAL IMPACT: CLIMATE CHANGE AND LAND USE

The list of 170 foods in the selected food groups (steps one and two) were then assessed for their environmental impact. The impacts included were greenhouse gas emissions, which contribute to climate change, and land use. Foods with a high environmental impact relative to similar crops within their groups were eliminated. The assessment was based on the top global producing countries for each crop type (maximum five countries) according to FAOSTAT data<sup>56</sup>. The scope of greenhouse gas emissions data is 'cradle-to-farm-gate', which includes all activities that are associated with the cultivation and harvesting of the food crop on the farm, e.g. emissions associated with operating farm machinery.

Greenhouse gas emissions, which contribute to climate change, were generally derived from aggregate and average datasets. Where production data were not available, proxy crops were used when available. If proxy crops were not available for a crop, the data gap was noted. The sources used to determine the greenhouse gas emissions included WFLDB-3.1 Land Use Change (LUC) crop-specific<sup>57</sup>, ecoinvent v3.4<sup>58</sup>, Agribalyse V1.3<sup>59</sup> and Clune et al<sup>60</sup>. For ecoinvent and WFLDB data, the greenhouse gas contribution from land use change (LUC) has been included using a 'crop specific approach'. LUC associated with increased greenhouse gas emissions were allocated to all crops that grew in the last 20 years in each country. The LUC data that was used came from Clune et al<sup>60</sup>, which is a meta-analysis of fresh food LCA studies. LUC data varies based on the source. No LUC is considered in the foods data from Agribalyse<sup>59</sup>. To evaluate land occupation of a crop, FAOSTAT yield data<sup>61</sup> were used. Earthstat maps were subsequently referenced to confirm production or find additional data. If the information was not available for the crop, the data gap was noted. Considering overall environmental impact, there were no data points for 54 percent of food crops; data were available for both environmental indicators for 31 percent of food crops, data for one environmental indicator were available for 15 percent of food crops. The two environmental indicators for the crop-country combinations were normalised by the crop nutrient density score. These values were then used to derive a production-weighted average for each crop.

The crops considered to have a high environmental impact in each food group were statistically identified for each environmental indicator, i.e. crops whose impacts were greater than the median + one and a half times the interquartile range. Initially, the individual scores were evaluated, then the crops with a relatively high score for one or other of the environmental impacts

were assessed. Foods that were relatively high in both greenhouse gas and land use were eliminated.

#### 4. CONSIDER CULTURE AND FLAVOUR

A list of 168 foods previously assessed for nutritional value and environmental impact were qualitatively analysed for taste, ability to add variety to recipes, availability, and affordability. This was assessed by Knorr cross-functional teams of marketers, nutritionists, chefs, and product developers spanning across Asia, Africa, North America, South America, Europe and Australia, who answered the assessment questions with yes/no/maybe for every ingredient. The data were collated and assessed to determine which foods should potentially be eliminated based on responses. If more than half of the countries answered 'no' to one of the questions, the ingredient was eliminated. The relative nutrient density scores (NRF) were considered when choosing between foods with similar input, ensuring the foods in the final list would be nutritious.

#### 5. DELIVER DIVERSITY

The final step in the methodology was to ensure the foods were distributed evenly across food groups, colours, production countries, and level of familiarity. The list was consolidated to 50 foods. The aim was to have the collective list contain a sufficient number of foods in each group to shift consumers towards a more diverse mix of vegetables and plant-based sources of protein, and a larger selection of grains and cereals. Experts in food sustainability, food security, nutrition, human rights and agriculture developed, validated and endorsed this methodology. This is an informative report, which does not assure the benefits of consumption of the individual Future 50 Foods.

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**Knorr and WWF have joined forces with other leaders in nutrition and sustainability to develop Future 50 Foods.**

The Future 50 Foods report is part of this cookbook and inspired the creation of the recipes. Knorr, WWF and Adam Drewnowski are grateful for input and review of the Future 50 Foods report from experts at Bioversity International, Crops For the Future, EAT Foundation, Edelman, Food and Land Use Coalition (FOLU), Food Reform for Sustainability and Health (FReSH), Global Alliance for Improved Nutrition (GAIN), Global Crop Diversity Trust, Gro Intelligence, Oxfam Great Britain, Sustainable Development Goal 2 (Zero Hunger) Advocacy Hub, Wageningen University and Yolélé Foods. The report ultimately reflects the views of Knorr, WWF and Adam Drewnowski.

The creation of the Future 50 Foods report was led by Dorothy Shaver, Registered Dietitian and Global Knorr Sustainability Lead and it was published in February 2019.



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**COOKBOOK**

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