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## **Contents**

Barbecued Pineapple & Chicken Shish Kebab	01
Bread	02
Lentil Salad To Go	03
Pak Choi Quiche	04
Sweet Potato Pie	05
Vegan Burger	06
Broad Bean Pancakes	07
Vegan “Ribz”	08
Mexican Lasagne	09
Gazpacho	10
Thai-Style Veggie Stir Fry	11
Noodle Salad To Go	12
Veggie Barbecue – Sweet Potato	13



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# BARBECUED PINEAPPLE & CHICKEN SHISH KEBAB

WITH RED CABBAGE APPLE



SERVES  
6 PEOPLE



PREP TIME  
35 MIN






COOKING TIME  
20 MIN

## INGREDIENTS

### Kebabs:

100 g	<b>Knorr Professional Barbecue Marinade</b>
10 g	Pickled jalapeno in bottle (diced)
200 ml	Cold water
2	Garlic cloves (minced)
500 g	Chicken breasts, boneless, skinless (cut into 2 cm cubes)
250 g	Fresh pineapple (cut into 2 cm chunks)
1	Red pepper (cut into 2 cm pieces)
1-2	Red onions (cut into 2 cm pieces)
2 tbsp	Natural oil

### Salad:

200 g	 Red cabbage (raw, sliced finely)
200 g	 Beetroot leaves (raw, sliced finely)
1-2	Apples (cut into strips)
50 g	 Walnuts (chopped into big chunks)
3 tbsp	Balsamic vinegar
1 tbsp	Olive oil
10 g	Parsley (chopped)

## METHOD

1. Pre-heat a grill pan on a medium heat or fire up a barbecue.
2. In a bowl, combine the **Knorr Professional Barbecue Marinade**, cold water, minced garlic, and diced jalapeno.
3. Marinade the chicken with half of the mixture, cover it up and set aside in the fridge for about 30 min, and keep the rest of the barbecue sauce mixture aside.
4. Thread the chicken, pineapple, peppers and red onion onto the skewers.
5. Brush with some oil, season with salt and pepper to taste.
6. Grill the skewers on the grill or barbecue on all sides until the chicken is completely cooked, about 10-12 min at 150 °C (make sure it's low and slow, not too fast or else it will burn very fast).
7. Meanwhile, mix all the salad ingredients in a big bowl and season with salt and pepper to taste.
8. When the chicken is cooked, brush the skewers with the set aside barbecue sauce mixture. Cook for an additional 1-2 min.
9. Serve immediately with the salad on the side.



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### CHEF'S TIP:

If you want this completely vegetarian, you can swap the chicken with tofu or a vegetarian chicken replacement. For the salad, some hemp seeds on top works great and makes it even healthier. You can also swap the apple with orange or grapefruit slices.




# BREAD

 SERVES  
18 PEOPLE

 PREP TIME  
30 MIN

 COOKING TIME  
60 MIN

## INGREDIENTS

30 ml	Chia seeds
50 g 	Buckwheat flour
100 g	Oatmeal
5 ml	Baking powder
30 ml	<b>Knorr Professional Peri-Peri Marinade</b>
2.5 ml	Salt
250 g	Low-fat cottage cheese
50 g 	Walnuts (chopped)
50 g	Flaxseed
50 g	Sunflower seeds
15 g 	Sesame seeds

## METHOD

1. Mix the chia seeds in a bowl with 125 ml of lukewarm water and allow to soak for 30 min. Pre-heat fan oven to 180 °C.
2. Put all remaining ingredients, except sesame seeds, in a bowl. Add soaked chia seeds and mix well with a mixer.
3. Put the dough in a greased loaf pan (25 cm). Sprinkle with sesame seeds and press in the dough with the back of the spoon.
4. Set the fan oven to 160 °C and bake the bread on the lower part of the oven for 55-60 min. Remove, allow to cool briefly, then remove and let cool completely on a cooling rack.



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**CHEF'S TIP:**  
Change nuts and seeds as you like.



# LENTIL SALAD TO GO

 SERVES  
6 PEOPLE

 PREP TIME  
10 MIN

 COOKING TIME  
20 MIN

## INGREDIENTS

100 g  Pardina lentils  
100 g  Orange cherry tomatoes (halved)  
250 g Cucumber (quartered & sliced)  
80 g Feta light (9% fat) (diced)  
50 g **Knorr Professional Lemon & Herb Marinade & Basting**  
100 ml Olive oil  
100 ml Water  
200 g McCain's Mexican Veg Stir-fry

## METHOD

1. Cook the lentils according to the instructions. Drain into a sieve and let cool.
2. Wash cherry tomatoes and cut in half. Wash, quarter and slice the cucumber. Dice the feta.
3. Mix **Knorr Professional Lemon & Herb Marinade & Basting** with water and olive oil in a bowl. Add the lentils, tomatoes and cucumber and mix well. Put the salad into glass jars, sprinkle with feta and McCain's Mexican Veg Stir-fry and seal with the lid.



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**CHEF'S TIP:**  
For a quicker recipe, use a tin of brown lentils.

# PAK CHOI QUICHE

 SERVES  
6 PEOPLE

 PREP TIME  
60 MIN

 COOKING TIME  
35 MIN

## INGREDIENTS

250 g	Wheat flour
100 g	Margarine
3	Eggs
1 Pinch	Iodised salt
600 g 	Pak choi
1	Red onion
1 tbsp	Vegetable oil
300 g	Fresh cream
1 tsp	<b>Knorr Professional Mozambican Peri-Peri Marinade &amp; Basting</b>
½ tbsp	Pepper
2	Fresh figs
50 g	Goat's cream cheese

## METHOD

1. Knead wheat flour with margarine, 1 egg, salt and 1-2 tbsp of water into a smooth dough. Roll out the dough on a floured work surface slightly larger than the cake tin shape (28 cm diameter). Lay out the parchment paper, place the dough on it and form a 2 cm high edge. Prick several times with a fork. Refrigerate dough for 30 min. Bake in pre-heated oven at 200 °C (fan oven: 180 °C) on the lower part of the oven for 15 min.
2. Wash pak choi, cut the stalks into 1.5 cm wide pieces, cut the leaves into larger pieces. Peel onion, cut in half and cut into rings. Fry the onion and pak choi stalks in a pan in the oil for 5 min. Add pak choi leaves and fry briefly.
3. Mix cream, 2 eggs, **Knorr Professional Mozambican Peri-Peri Marinade & Basting** and pepper in a bowl.
4. Spread vegetables over the dough base. Pour egg mix over it. Wash figs and quarter. Press the figs into the mixture and sprinkle goat's cream cheese on top. Bake pak choi quiche at 200 °C for 35-40 min.



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### CHEF'S TIP:

Substitute wheat flour with spelt flour, almond flour, coconut flour, oat bran flour or oat flour, amaranth flour, barley flour, and white rice flour or brown rice flour.



# SWEET POTATO PIE

WITH MINCE MEAT, BABY SPINACH,  
MUSHROOMS, AND FETA



SERVES  
6 PEOPLE



PREP TIME  
10 MIN




COOKING TIME  
40 MIN

## INGREDIENTS

### Sweet Potato Crust:

500 g  Sweet potato (grated)  
1 Egg  
2 g **Robertsons Veggie Seasoning**

### Pie Filling:

20 g Oil  
100 g Onions (finely chopped)  
150 g Lean beef mince  
100 g **Knorr Professional Spare Rib Marinade & Basting**  
250 g Baby spinach  
150 g  Mushrooms (sliced)

### Egg mix:

1 Egg  
50 g Cream  
50 g Feta cheese

## METHOD

1. Preheat the oven to 170 °C
2. **Sweet potato crust:** Mix the grated sweet potato, egg and **Robertsons Veggie Seasoning** together and press into a pan or round dish and bake at 170 °C for ± 20-30 min. Remove from the oven and set aside.
3. **Pie filling:** Heat the oil in a frying pan, sauté the onions, add the mince and brown for 8 min, add the **Knorr Professional Spare Rib Marinade & Basting**, mushrooms and baby spinach and fry for 2 min only. Remove from the heat
4. **Egg mix:** Whisk the egg and cream together.
5. **To assemble:** Spread the pie filling over the sweet potato crust, add the egg mix and then the crumbled feta. Bake in a pre-heated oven at 160 °C for 10-15 min or until the egg mixture has cooked. Remove from the oven, slice, and serve.



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### CHEF'S TIP:

Serve with green salad leaves and drizzle with extra Knorr Professional Spare Rib Marinade & Basting.



# VEGAN BURGER



SERVES  
6 PEOPLE




## INGREDIENTS

150 g Brown rice  
20 g **Knorr Professional Vegetable Stock Granules**

1 L Water

### Vegan Pattie Ingredients:

50 g Red onions (finely chopped)  
244 g Red kidney beans (drained)  
2 g Ground cumin  
2 g **Robertsons Smoked Paprika**  
100 g  Toasted walnuts  
100 g Panko breadcrumbs  
100 g **Knorr Professional Hamburger Sauce**

## METHOD

1. Add the rice, **Knorr Professional Vegetable Stock Granules** and water to a pot, bring to the boil and simmer until soft. Remove from the heat, rinse and drain under cold water.
2. Blend together all the vegan pattie ingredients and mix together with the rice. Mould into pattie shapes and refrigerate for 30 min.
3. Fry the patties until brown on each side, remove and set aside. Baste in **Knorr Professional Hamburger Sauce**.



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### CHEF'S TIP:

Serve with Tzatziki, wholewheat roll, lettuce, and tomato slices with **Knorr Professional Hamburger Sauce**.

# BROAD BEAN PANCAKES



SERVES  
6 PEOPLE




PREP TIME  
20 MIN



COOKING TIME  
20 MIN

## INGREDIENTS

1 kg	 Broad beans, fresh or frozen
80 g	Onion
1	Egg
100 g	Wheat flour
40 g	Sunflower oil
65 g	Feta cheese
10 g	Fresh mint (chopped)
100 g	<b>Knorr Professional Tartare Sauce</b>
5 g	Fresh garlic (chopped)
To taste	Salt & pepper

## METHOD

1. Put beans into salted boiling water, boil for about 10-12 min, when done pour them under cold tap water and peel from the shell.
2. Place broad beans together with feta in a bowl, crush with a fork. Mix with flour, eggs, season with some black pepper, garlic and salt to taste.
3. Put a small portion of the bean mixture into a hot frying pan, forming small pancakes. Fry them for 2 min on each side until they turn golden and crispy.
4. Mix the **Knorr Professional Tartare Sauce** with the mint, season with salt and pepper. Serve the broad bean pancakes with the mint Tartare Sauce.



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**CHEF'S TIP:**  
To enhance taste, add a splash of chilli.

# VEGAN "RIBS"

WITH HOISIN, BROCCOLI RAAB, SPRING ONION AND SESAME SEEDS



SERVES  
4 PEOPLE



PREP TIME  
+/- 15 MIN



COOKING TIME  
35 MIN

## INGREDIENTS

### "Ribs":

150 g	Wheat flour
1 tsp	<b>Knorr Professional Vegetable Stock Granules</b>
1	Garlic clove (minced)
½ tbsp	Five spice
200 ml	Water
1 tbsp	<b>50 Foods</b> Tahini (sesame paste)
35 g	Hoisin sauce
1 tbsp	<b>Robertsons Smoked Paprika</b>

### Sauce:

125 g	Hoisin sauce
50 g	<b>Knorr Professional Honey &amp; Soy Sauce</b>
½ tbsp	Five spice
1	Garlic clove (minced)
500 g	<b>50 Foods</b> Broccoli raab (blanched)
30 g	Spring onions stalks (chopped)
5 g	Coriander leaves, picked
15 g	<b>50 Foods</b> Sesame seeds

## METHOD

1. Pre-heat a barbecue and/or oven, make sure it's about 150-170 °C.
2. Add all the ingredients of the ribs to the mixing bowl of a Kitchen Aid standing mixer or something similar.
3. Get the dough hook and really knead it into a firm dough, add some water if it's too dry.
4. Press it into a 1½-2 cm thick rectangle.
5. Bake it on the barbecue for about 20-25 min, but keep a keen eye on it along the way and flip it over every 5 min or so.
6. Meanwhile, make the sauce by adding all the sauce ingredients into a small cooking pan, bring to a boil and keep stirring until everything is dissolved.
7. Spread the sauce on top of the "ribs" and bake for another 5 min, flip and repeat until nicely coated and glazed.
8. Slice and serve it on top of the blanched broccoli raab, sprinkle some coriander, spring onion and sesame seeds on top.



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### CHEF'S TIP:

Substitute wheat flour with spelt flour, almond flour, coconut flour, oat bran flour or oat flour, amaranth flour, barley flour, and white rice flour or brown rice flour.

# MEXICAN LASAGNE



SERVES  
6 PEOPLE



PREP TIME  
60 MIN



COOKING TIME  
35 MIN

## INGREDIENTS

### Lasagne Base:

100 g	<b>Knorr Professional White Sauce Base</b>
1 L	Full cream milk
60 ml	Oil, Sunflower
530 g	Onions (peeled and diced)
1.20 kg	Brown lentils
11 g	Red chilli (fresh, finely chopped)
500 g	<b>Knorr Professional Tomato Pronto</b>
435 g	<b>Knorr Professional Mexican Salsa Sauce</b>
500 g	Red kidney beans (drained and rinsed)
360 g	Lasagne sheets Boiling Water (as needed)
240 g	Cheddar cheese (optional)
240 g	Mozzarella cheese (grated)

### Salsa:

100 g	Tomatoes (finely diced)
40 g	Onions (peeled and diced)
5 g	Coriander (finely chopped)
60 ml	Sour cream
12 g	Taco chips
1 whole	Avocado (cubed)

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## METHOD

### Lasagne Base:

1. Pre-heat oven to 160 °C.
2. Make up 1 L of **Knorr Professional White Sauce Base** as per pack instructions: 100 g powder to 1 L milk, simmer for 3 min and set aside for later.
3. Heat oil in a pot, add 530 g diced onions, and cook until soft.
4. Add brown lentils and cook until browned. Stir in chilli, **Knorr Professional Tomato Pronto**, **Knorr Professional Mexican Salsa Sauce**, drained and rinsed tinned red kidney beans and cook for 5 min while stirring.
5. Dip raw lasagne sheets into boiling water for 4 min to soften and remove.
6. Mix cheeses together.
7. Place 1 ½ cups of white sauce on the bottom of half bain-marie insert and layer with lasagne sheets, followed by ½ the beef mince mixture, ½ the white sauce and ½ the cheese mix.
8. Repeat layering up until cheese mix.
9. Bake in an oven at 160 °C for 15-20 min.
10. Sprinkle with the remaining cheese mixture and bake for a further 10 min.

### Salsa:

11. Combine chopped tomatoes, diced onions and chopped coriander.
12. Top the lasagne with sour cream, salsa and taco chips.
13. Garnish with cubed avocado and serve.



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### CHEF'S TIP:

Ensure that the lentil mixture is not too runny.

# GAZPACHO



SERVES  
2 PEOPLE



PREP TIME  
15 MIN + 1 WEEK  
SEASONING OIL  
INFUSION




COOKING TIME  
5 MIN

## INGREDIENTS

### Seasoning Oil:

- 2 Sprigs of rosemary
- 3 Sprigs of thyme
- 2 Garlic cloves
- ½ Lemon zest, organic lemon
- 2 tbsp **Knorr Professional Peri-Peri Sauce**
- 500 ml Olive oil

### Gazpacho:

- 30 g **Knorr Tomato Soup**
- 500 ml Water
- 50 g Red pepper (diced)
- 50 g  Orange cherry tomatoes (diced)
- 50 g Cucumber (diced)
- 50 g Cream

## METHOD

### Seasoning Oil:

1. Wash herbs and let them dry. Peel garlic. Wash the lemon with hot water, rub dry and cut the peel thinly (without the pith) with a peeler.
2. Put the herbs, garlic, lemon zest and **Knorr Professional Peri-Peri Sauce** into a cleaned (sterilised) empty soup bottle. Add the olive oil and close with the lid. Leave flavours to develop for 1 week in a dark and cool place before consuming.

### Gazpacho:

3. Make up soup using **Knorr Tomato Soup** and water, and refrigerate.
4. Prepare the vegetables.
5. Add the cream to the cooled tomato soup. Divide the soup into 2 bowls and garnish with the diced vegetables. Drizzle with seasoning oil.



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**CHEF'S TIP:**  
The seasoning oil is also delicious with thyme and oregano.

# THAI-STYLE VEGGIE STIR FRY



SERVES  
10 PEOPLE



PREP TIME  
10 MIN



COOKING TIME  
20 MIN

## INGREDIENTS

### To Prep:

100 g	Onions
10 g	Ginger
6 g	Garlic
3 g	Red chilli
250 g	Portobellini mushrooms
180 g	Whole baby mushrooms
250 g	White mushrooms
300 g	Broccoli
100 g	Spring onions
400 g	Noodles (egg or Pad Thai)

### To Cook:

50 ml	Oil, Sunflower
50 g	Basil pesto
100 g	<b>Knorr Professional Soya Sauce</b>
30 g	Brown sugar
10 ml	Fish sauce (Chinese)
10 ml	Fresh lemon juice
200 g	Bok Choy

## METHOD

### To Prep:

1. Slice the onions half-moon style.
2. Clean and thinly slice the ginger.
3. Clean and slice the garlic.
4. Deseed and slice the red chillies.
5. Cut the portobellini mushrooms, baby mushrooms, white mushrooms and broccoli in half.
6. Cut the spring onion diagonally.
7. Cook the noodles as per the packaging instructions.

### To Cook:

8. Heat some of the oil, and fry off the onions, ginger, garlic and red chillies for 1 minute. Remove from the pan.
9. Add some more oil to the pan, fry the mushrooms in batches, and then add to the onion mixture.
10. To make the sauce, mix together the basil pesto, **Knorr Professional Soya Sauce**, brown sugar, fish sauce and lemon juice.
11. Add some more oil to the pan, fry the broccoli and bok choy, then add a little of the sauce at a time.
12. Add all the vegetables back into the pan and mix together.



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### CHEF'S TIP:

Add the remaining sauce and toss through the Pad Thai noodles or egg noodles.



# NOODLE SALAD TO GO

 SERVES  
3 PEOPLE

 PREP TIME  
15 MIN

 COOKING TIME  
5 MIN

## INGREDIENTS

- 150 g  Red lentil pasta noodles
- 1 Red pepper (diced)
- 150 g  Orange cherry tomatoes (halved)
- ½ Cucumber (diced)
- 140 g Sweetcorn (drained)
- 125 g Mozzarella light (for example, mini mozzarella balls)
- 30 ml **Hellmann's Tangy Mayonnaise**
- 30 ml **Knorr Professional Sweet & Sour Sauce**
- To season Pepper

## METHOD

1. Cook the pasta according to the instructions on the packet. Drain into a sieve and refresh with cold water.
2. Wash the peppers, tomatoes and cucumber. Dice the pepper and cucumber. Halve tomatoes. Drain sweetcorn and mozzarella.
3. Mix the noodles, corn and cucumber in a bowl with the **Hellmann's Tangy Mayonnaise** and **Knorr Professional Sweet & Sour Sauce** and season with pepper. Put into glass jars, place tomatoes and mozzarella on top and seal with the lid.



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### CHEF'S TIP:

Sprinkle with fresh basil. For a vegan option, remove the mozzarella balls and add in vegan cheese or tinned chickpeas drained. Hellmann's Tangy Mayonnaise is suitable for vegans.

# VEGGIE BARBECUE –


## SWEET POTATO WITH DIP

 SERVES  
4 PEOPLE

 PREP TIME  
15 MIN

 COOKING TIME  
12 MIN

### INGREDIENTS

600 g  Orange sweet potatoes  
30 ml Olive oil  
1 Lime  
45 ml **Knorr Professional Sweet Chilli Sauce**  
250 g Low-fat cottage cheese  
150 g Low-fat yoghurt  
15 g Chopped herbs (such as chives, parsley, mint, basil)  
To taste Salt & pepper

### METHOD

1. Peel sweet potatoes and cut into slices of ½-1 cm. Mix with 1 tbsp of olive oil.
2. Grate the zest and squeeze out the lime. Mix 15 ml olive oil with the **Knorr Professional Sweet Chilli Sauce**.
3. Mix the cottage cheese with yoghurt, herbs, lime zest and a little lime juice. Season with salt and pepper.
4. Grill the sweet potato on the hot grill on each side for 5-6 min on indirect heat. Brush with the marinade, turn briefly again and serve with the herb dip.



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**CHEF'S TIP:**  
Sprinkle with cress.





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