

# *KNORR*

## Recipes





## Braai Bake

Serve this tasty bake as an accompaniment at braais and barbecues for something different to the usual bread selection.

**Serves 6** | Preparation Time: 10 mins | Cooking Time: 60 mins

### Ingredients

- 2,5 litres water
- 30 ml margarine
- 5 ml baking powder
- 250 ml cream
  
- 1 sachet Knorr Pap Mix Cheese Flavour
- 1000 ml maize meal
- 500 ml cheese, grated
- Chopped parsley for garnish

### Instructions

1. Fill a pot with 2 litres of water, add the contents of Knorr Pap Mix sachet, add the margarine and bring to the boil
2. In a bowl, mix the maize meal with the remaining water then stir into the pot and simmer until cooked
3. Scoop the maize into a casserole dish using an ice-cream scoop, sprinkle with grated cheese and pour over the cream
4. Bake at 180°C for 15–20 min or until cheese has melted and the cream has thickened
5. Sprinkle with chopped parsley



## Butternut & Basil Risotto

The fresh taste of basil combined with sweet butternut turns this rice dish into a scrumptious meal

**Serves 4** | Preparation Time: 10 mins | Cooking Time: 30 mins

### Ingredients

- 15 ml margarine
- 1 onion, chopped
- 125 g mushrooms, sliced
- 325 g arborio rice
- 1 litre boiling water
- Freshly ground black pepper
- 15 ml oil
- 2 garlic cloves, crushed
- 250 ml cubed butternut
- 1 sachet Knorr Fresh Ideas Basil Chicken Pan
- 125 ml grated Parmesan cheese
- 125 ml chopped fresh parsley

### Instructions

1. Heat margarine and oil together in a saucepan
2. Gently sauté the onion, garlic, mushrooms and butternut and add the rice, stirring until the rice is coated in the oil
3. Cook for 1 minute
4. In a large jug, mix the Knorr Fresh Ideas Basil Chicken Pan sachet contents and water together and add 250 ml of the liquid to the saucepan
5. Allow this to simmer gently
6. Cook, stirring often until the liquid is almost all absorbed
7. Continue stirring and adding the liquid 1 cup at a time, until all is absorbed and the rice is tender
8. (This should take about 20 min) Stir in the Parmesan cheese, pepper and parsley
9. Serve immediately



## Butternut & Sundried Tomato Potato Bake

A potato bake with a difference! Using butternut and sundried tomatoes is a sure way to impress your guests.

**Serves 4** | Preparation Time: 15 mins | Cooking Time: 40 mins

### Ingredients

- 370 g washed potatoes, peeled and thinly sliced
- 1 sachet Knorr Garlic & Herb Potato Bake
- 100 g sundried tomatoes
- 450 ml milk
  
- 1 small butternut, peeled and thinly sliced
- 250 ml grated Cheddar cheese
- 1 ml ground cumin

### Instructions

1. Preheat oven to 180°C
2. Layer half the potato slices over the base of a greased, ovenproof dish
3. Top with butternut slices and sun-dried tomatoes and sprinkle with cumin
4. Arrange the remaining potato slices on top
5. Mix the sachet contents with a little of the cold milk to make a smooth paste before adding the rest of the milk
6. Pour over the potatoes and sprinkle with grated cheese
7. Bake in a preheated oven for 30–40 min until cooked through



## Butternut Dip with Roasted Potato Wedges

If you're looking for something different as a snack when entertaining then try this delicious butternut dip with sweet potato wedges.

Serves 4 to 6 | Preparation Time: 5 mins | Cooking Time: 45 mins

### Ingredients

- 1 sachet Knorr Roasted Vegetables Veggie Bake
- 3 ml ground nutmeg
- 45 ml olive oil
- 500 g sweet potato or potatoes
- 300 g butternut
- 100 ml cream

### Instructions

1. Peel the butternut and cut into chunks
2. Place butternut into 150 ml water and add the nutmeg
3. Bring to the boil, cover and simmer for about 10 min until butternut is tender
4. Turn occasionally to ensure even cooking
5. Drain the squash well and allow to cool slightly
6. Purée for a few seconds until smooth
7. Stir in half the sachet contents and the cream
8. Cut the sweet potato into wedges; sprinkle the remaining half of the sachet contents over them
9. Arrange on a baking tray and drizzle with olive oil
10. Bake at 180°C for about 30–45 min until well roasted and soft in the centre
11. Serve the dip with roasted sweet potato wedges



## Cheese and Bacon Potato Wedges with an Avocado Dip

Potato wedges are a favourite with adults and kids, and roasted in cheese and bacon flavour are sure to tantalize the tastebuds.

**Serves 4** | Preparation Time: 20 mins | Cooking Time: 40 mins

### Ingredients

- 700 g potatoes, peeled and cut into wedges
- 1 red chilli, seeded and finely chopped
- 1 small red onion, finely chopped
- 10 ml lemon juice
- 3 ripe avocados
- 1 sachet Knorr Cheese & Bacon Potato Bake
- 15 ml fresh coriander, finely chopped
- Salt and black pepper to taste
- 45 ml sour cream
- 50 ml oil

### Instructions

1. Preheat oven to 180°C
2. Place potato wedges in a suitable roasting dish and sprinkle sachet contents over the potato wedges
3. Drizzle with olive oil and bake for 30–40 min until golden brown and crispy
4. Place avocado flesh into a bowl and mash lightly with a fork together with the lemon juice
5. Add onion, chilli, coriander and sour cream and season with salt and pepper
6. Serve chilled as a dip for the crispy potato wedges



## Cheesy Mixed Vegetable Bake

Delicious and nutritious, this bake is packed with a variety of vegetables from mushrooms to broccoli.

**Serves 4 to 6** | Preparation Time: 15 mins | Cooking Time: 40 mins

### Ingredients

- 1 sachet Knorr Garlic & Herb Potato Bake
- 300 g potatoes, cut into eighths
- Salt and pepper to taste
- 100 g mushrooms, halved
- 50 g cherry tomatoes
- 1 tsp paprika
- 100 g carrots, cut into 2 cm chunks
- 250 ml grated Cheddar cheese
- 2 cloves garlic, crushed
- 200 g broccoli florets
- 1 tsp fresh thyme
- 450 ml milk

### Instructions

1. Preheat oven to 180°C
2. Arrange prepared vegetables in a large, ovenproof dish and sprinkle with paprika, garlic and thyme
3. Season with salt and pepper
4. Prepare the potato bake with 450 ml milk and mix until smooth
5. Pour over the vegetables and sprinkle with Cheddar cheese
6. Bake for 30–40 min until the vegetables are tender
7. Serve with a delicious roast leg of lamb



## Corn on the Cob

These cheese-flavoured corn on the cobs are a treat for family and friends and taste delicious cooked on an open braai.

**Serves 4** | Preparation Time: 40 mins | Cooking Time: 30 mins

### Ingredients

- 4 ears of corn with husks still attached
- 1 packet Knorr Creamy Three Cheeses Sauce
- 3 piquant peppers, chopped
  
- 115 g margarine, softened
- 5 olives, pips removed and chopped
- 2 sprigs rosemary, chopped

### Instructions

1. Soak the corn whole in plenty of water for 30 min
2. Remove and shake to get rid of excess water, gently peel back husks without tearing the cob, then remove and discard the silk
3. Mix the margarine with the Knorr sachet contents, olives, piquant peppers and rosemary, smear all over the cobs then tie the husks with cotton thread at the top to secure
4. Braai or bake the corn for 20–30 min until tender



## Corn, Garlic and Herb Potato Bake

Fried corn and chillies mixed with garlic and herb cubed potatoes make this dish an ideal meal accompaniment.

**Serves 4 to 6** | Preparation Time: 5 mins | Cooking Time: 65 mins

### Ingredients

- 1 x 410 g tin whole kernel corn or 375 ml fresh cooked corn
- 4 large potatoes, washed, peeled and cubed
- 250 ml grated Cheddar cheese
- 1 onion, finely sliced
  
- 1 chilli, seeded and finely chopped (optional)
- 1 sachet Knorr Garlic & Herb Potato Bake
- 15 ml (1 Tbsp) margarine
- 450 ml milk

### Instructions

1. Preheat oven to 180°C
2. Heat margarine in a frying pan and fry onion until it is soft
3. Add corn and chillies and continue frying for another 2 min
4. Arrange the cubed potatoes in a greased, ovenproof dish and spoon over the corn and chilli mixture
5. Mix the sachet contents with a little milk to make a paste and stir in the remaining milk
6. Pour over the potatoes, sprinkle with grated cheese and bake for 1 hour until the potatoes are cooked and the cheese is golden brown



## Creamy Mixed Squash

Use an assortment of interesting squashes to create this tasty vegetable dish which can be used as a meal on its own or served with meat of your choice.

**Serves 4** | Preparation Time: 5 mins | Cooking Time: 45 mins

### Ingredients

- 1.5 kg assorted squash (e.g. baby pumpkins, baby marrows, pattypan, cubed butternut etc.)
- 20 ml fresh thyme, chopped
- 250 ml cream
- 50 g Parmesan cheese
  
- Black pepper
- 3 garlic cloves, crushed
- 1 packet Knorr Cottage Chicken Bake Cook-in-Sauce
- 30 ml parsley, chopped

### Instructions

1. Preheat oven to 180°C
2. Place mixed squash in an ovenproof dish and season with black pepper
3. Mix the remaining ingredients together in a jug and pour over the assorted squash
4. Bake for 40–45 min or until the squash are tender and the sauce has thickened



# Creamy Spinach & Feta Loaded Potatoes

Spinach and feta taste great together as a filling for jacket potatoes

**Serves 4** | Preparation Time: 10 mins | Cooking Time: 40 mins

## Ingredients

- 1 packet Knorr Classic White Sauce
- 200 ml grated Cheddar cheese
- 1 clove garlic, crushed
- 200 g feta cheese
- 4 potatoes
- Paprika
- Salt and black pepper to taste
- 500 g baby spinach leaves
- ¼ onion, chopped
- Pinch nutmeg
- 15 ml oil

## Instructions

1. Boil potatoes in boiling, salted water until cooked though
2. Cut in half and scoop out the tender flesh of the potato and set aside, leaving a cavity to stuff
3. To make the filling: Heat oil in a frying pan and sauté the garlic and onion
4. Add spinach and a pinch of nutmeg and continue to fry until heated through
5. Empty sachet contents into a jug and fill up to 250 ml mark with boiling milk
6. Stir with a fork for a minute until thick and smooth
7. Add sauce to the spinach mix a little at a time until a nice consistency is reached
8. Add potato flesh, crumbled feta cheese, salt and black pepper
9. Fill the potatoes and top with grated cheese and a sprinkling of paprika
10. Place under the grill for 10 min until the cheese is bubbling and golden brown



## Curried Vegetable Stew

Use a variety of vegetables to make this wholesome curry served with basmati rice

**Serves 4** | Preparation Time: 10 mins | Cooking Time: 45 mins

### Ingredients

- 15 ml oil
- 50 g celery sticks, chopped
- 5 ml turmeric
- 50 g carrots, cut into chunks
- 400 ml water
- 200 g baby marrows, cut into chunks
- 200 g canned red kidney beans, drained
- 300 g basmati rice, cooked in unsalted water
- 1 red onion, coarsely chopped
- 5 ml crushed garlic
- 200 g butternut chunks
- 300 g new potatoes, halved
- 1 sachet Knorr Fresh Ideas Mild Durban Curry
- 200 g canned butterbeans, drained
- ¼ bunch coriander

### Instructions

1. In a large saucepan, fry onion and celery for 3 min
2. Add garlic and turmeric and lightly fry for 1 min
3. Add butternut, carrots and potatoes and fry for 3 min
4. Add 400 ml cold water to the pan, stir in the Knorr Fresh Ideas Mild Durban Curry sachet contents and bring to the boil while stirring
5. Add baby marrows and simmer uncovered for 20 min, stirring occasionally
6. Add the beans and simmer for a further 10 min
7. Stir in coriander
8. Serve hot with basmati rice



## Healthy Veggie Fritters

Using corn, marrows and carrots, create these tasty vegetable fritters and for extra flavour serve with a home-made salsa.

**Serves 4 - 6** | Preparation Time: 15 mins | Cooking Time: 20 mins

### Ingredients

- 2 medium marrows, grated
- 2 small carrots, peeled and grated
- 2 cups frozen corn, thawed
- 1 small red pepper, diced
- ½cup grated parmesan cheese ½
- 40g cheddar cheese, grated
- 225ml flour, sifted
- 1 sachet KNORR Cheese & Peppercorn Sauce
- 2 eggs
- ½cup buttermilk
- 1 ½cup oil, for frying
- Avocado and tomato salsa
- 1 avocado, finely diced
- 2 tomatoes, finely chopped
- ½ red onion, finely chopped
- 2 tablespoons parsley, finely chopped
- ½ lime, juiced

### Instructions

1. Mix all the salsa ingredients together in a bowl, cover and refrigerate
2. Preheat oven to 160°C
3. Using your hands, squeeze out excess moisture from baby marrow
4. Place in a large bowl
5. Add carrot, corn, red pepper, parmesan and cheddar
6. Mix until well combined and stir in the flour
7. Whisk eggs, buttermilk and salt and pepper together in a jug
8. Add to vegetable mixture and mix until well combined
9. Heat half the oil in a large, non-stick frying pan over medium heat
10. Use ¼ cup as a measuring guide for the fritters when pouring the mixture into the pan
11. Cook for 4 minutes each side or until golden and firm Transfer to a wire rack and keep warm in oven while cooking remaining fritters



## Hot Vegetable Breyani

A quick way to make a great tasting breyani that can be enjoyed any time of the day.

**Serves 4** | Preparation Time: 10 mins | Cooking Time: 20 mins

### Ingredients

- 1 x 293 g box Knorr Rice Mate Mildly Breyani
- 3 ml dried chilli flakes
- 3 tomatoes, cubed
- 200 g frozen peas
- 1 onion, chopped
  
- 50 ml fresh coriander, chopped
- 410 g tin chickpeas
- 3 carrots, sliced
- 800 ml hot water
- 15 ml oil

### Instructions

1. In a large saucepan, fry the onions and carrots in oil for 4 min
2. Add the sachet of seasoning mix, 800 ml hot water, and the uncooked rice and bring to the boil
3. Stir in the peas, chickpeas and cubed tomato
4. Reduce the heat and simmer for 15 min, stirring occasionally
5. Stir in the chilli flakes and simmer for a further 5 min
6. Top with chopped coriander



## Out-of-this World Stuffed Butternut

Butternut is a firm favourite as it's readily available all year round. So make sure you treat your family to this decadent, stuffed butternut dish.

**Serves 4** | Preparation Time: 20 mins | Cooking Time: 40 mins

### Ingredients

- 1 sachet Knorr Roasted Vegetables Veggie Bake
- ¼ yellow pepper, finely diced
- 125 ml grated Cheddar cheese
- 1 butternut, halved
  
- 250 ml rice or couscous, cooked
- 2 ml Robertsons Mixed Herbs
- ¼ red pepper, finely diced
- ¼ onion, chopped

### Instructions

1. Preheat oven to 180°C
2. Mix the dry sachet contents with rice (or couscous), onion, peppers and mixed herbs
3. Spoon the filling into the cavities of the butternut halves
4. Sprinkle with cheese, wrap lightly in foil and bake for 30–40 min



## Roasted Butternut & Sweet Potato Risotto

This rice dish is popular with adults and kids and uses the goodness of the earth for nutrition and flavour with butternut and sweet potato.

**Serves 4** | Preparation Time: 10 mins | Cooking Time: 50 mins

### Ingredients

- 1 box Knorr Rice Mate - Chicken à la King
- 250 g butternut, peeled and cubed
- 200 g feta cheese, cubed
- 5 ml chopped origanum
- 3 ml curry powder
- 200 ml cream
- 250 g sweet potato, peeled and cubed
- 100 ml grated Parmesan cheese
- Black pepper to taste
- 700 ml warm water
- 2 ml paprika
- 45 ml oil

### Instructions

1. Place butternut and sweet potato in a roasting pan and drizzle with 30 ml oil
2. Roast at 180°C for 30 min and remove from the oven
3. Heat remaining oil in a saucepan, add curry powder and paprika and fry lightly for 1 minute
4. Add roasted butternut, sweet potato and the sachet of uncooked rice
5. Combine the seasoning mix with water and cream and pour the mixture over the rice. Bring to the boil, stirring occasionally
6. Reduce heat and allow to simmer covered on low to medium heat for 20 min, stirring occasionally until the rice is cooked
7. Stir in the Parmesan cheese, black pepper and feta cheese



## Roasted Vegetables with Pumpkin Seeds

Roasted pumpkin seeds add extra flavour to this veggie, couscous and cheese delight.  
**Serves 4** | Preparation Time: 5 mins | Cooking Time: 40 mins

### Ingredients

- 125 ml roasted pumpkin seeds (or sunflower seeds)
- 4 cups assorted vegetables
- 30 ml olive oil
  
- 1 sachet Knorr Roasted Vegetables Veggie Bake
- 200 g feta cheese
- 1 cup couscous

### Instructions

1. Place the vegetables into a roasting dish
2. Drizzle with olive oil and sprinkle the sachet contents over
3. Toss together well and bake at 180°C for 30–40 min until cooked
4. As a serving option, toss the veggies with cooked couscous
5. Add cubed feta cheese and roasted pumpkin or sunflower seeds for some crunch



## Secret Giant Mushrooms

The flavours of black pepper, breadcrumbs, feta and spinach combine to make these mushrooms magical.

**Serves 4** | Preparation Time: 10 mins | Cooking Time: 30 mins

### Ingredients

- 1 sachet Knorr Cheese & Mustard Veggie Bake
- 250 g chopped spinach
- Black pepper
- Breadcrumbs
  
- 6 large brown mushrooms
- 2 wheels feta cheese
- 350 ml milk
- Margarine

### Instructions

1. Pour sachet contents into a saucepan and add milk
2. Place onto a medium heat and stir until it thickens (or use the microwave)
3. Add spinach and crumbled feta to the sauce
4. In a large pan, fry mushrooms in margarine until cooked
5. Place onto a baking sheet
6. Pour spinach sauce over each mushroom and season with black pepper
7. Top with breadcrumbs and place under the grill until golden brown



## Baby Mexican Pumpkins

These baby pumpkins are scooped out and stuffed with a spicy Mexican bean filling – ideal for outdoor entertaining or as an accompaniment to meat.

**Serves 4** | Preparation Time: 10 mins | Cooking Time: 40 mins

### Ingredients

- 1 tbs olive oil
- 1 red onion, halved, chopped
- KNORR Tomato & Herb Pasta Sauce
- 400g can red kidney beans, rinsed, drained
- Sour cream, to serve
- 2 medium (about 250g) baby marrow, finely chopped
- 2 garlic cloves, crushed
- 400g can diced Italian tomatoes
- 6 -12 mini pumpkins
- ½ cup fresh coriander leaves

### Instructions

1. Preheat oven to 200°C. Heat half of the oil in a frying pan over medium heat
2. Add the baby marrow, onion and garlic and cook, stirring, for 5-8 minutes or until soft.
3. Add the sachet KNORR Tomato and Herb Pasta Sauce and cook, stirring, for 30 seconds or until thickened
4. Add the tomato and kidney beans and cook, stirring, for 2-3 minutes or until the sauce thickens slightly.
5. Use a sharp knife to remove the top of each mini pumpkin. Scoop out the seeds and discard. Spoon the bean mixture evenly into the pumpkins
6. Place the mini pumpkin and their lids (not on top) in a roasting pan. Drizzle over the remaining oil and bake in oven for 25-30 minutes or until tender
7. Remove and place onto a serving platter, top with a dollop of sour cream and garnish with coriander, top with their lids and serve



## Baked Sweet Potatoes with Garlic & Chilli Sauce

Use sweet potatoes as an alternative for traditional baked potatoes and top them with a garlic and chilli margarine.

Serves 3-4 | Preparation Time: 20 mins | Cooking Time: 30 mins

### Ingredients

- 3 small sweet potatoes
- 2 tbs olive oil
- 2 onions, halved, thinly sliced
  
- Herb & chilli log:
  - 1 small red chilli, seeds removed, finely chopped
  - 1 tbs finely chopped flat-leaf parsley
  - 125 g margarine, softened
  - 1 sachet KNORR Creamy Garlic Sauce

### Instructions

1. Preheat oven to 200°C
2. For garlic & chilli log, mix chilli, parsley, margarine and Knorr Creamy Garlic Sauce until smooth and form into a long log shape, wrap in plastic wrap and refrigerate
3. Wrap each potato in foil and bake for 30 minutes, then open foil and bake for a further 10 minutes until cooked through
4. To serve, slice garlic & chilli log into 1cm rounds
5. Halve each potato lengthways and top with a round of garlic & chilli



## Nuts About Butternut Couscous

Butternut, honey, pecan nuts, coriander, feta and couscous make up a great tasting dish that can be served as a salad at barbecues or on its own for Sunday lunch.

**Serves 4 - 6** | Preparation Time: 5 mins | Cooking Time: 40 mins

### Ingredients

- 500 g butternut
- 4 ½ cups KNORR Garlic & Herb Stock
- 50 g pecan nuts
- 15 ml linseeds
- 250 ml feta cheese, crumbled
  
- 50 ml honey
- 500 g couscous
- 20 g pumpkin seeds
- 1/2 cup coriander leaves

### Instructions

1. Place butternut onto a baking tray and drizzle with honey
2. Bake at 200°C for 40 mins or until cooked and starting to char on the edges
3. Place the KNORR Garlic & Herb Stock in a large saucepan over high heat and bring to the boil
4. Remove from heat and add couscous. Use a fork to combine
5. Cover and set aside for 5 mins or until the liquid is absorbed
6. Use a fork to separate the grains
7. Add the nuts and seeds, butternut and coriander to the couscous and toss to combine



## Wholewheat Vegetable Bake

This dish made with chickpeas, tomatoes, marrows, carrots, broccoli and cauliflower topped with wholewheat breadcrumbs and cheese, is ideal for veggie lovers.

Serves 4-6 | Preparation Time: 5 mins | Cooking Time: 30 mins

### Ingredients

- 1 tbs olive oil
- 1 garlic clove, crushed
- 400 g can Italian tomatoes
- 1 x KNORR Veg Stock Cube
- 2 L marrows cut into 2cm pieces
- 2 ½ cup wholewheat breadcrumbs
- ¼ cup chopped fresh parsley
- 1 red onion, coarsely chopped
- 420 g can chickpeas, rinsed, drained
- 125ml (1/2 cup) water
- 650g packs microwavable vegs
- 2 tbs water
- 1 ½ cups coarsely grated cheddar

### Instructions

1. Heat the oil in a large saucepan over medium heat
2. Add the onion and cook, stirring, for 3 minutes, or until the onion softens
3. Add garlic and cook, stirring, for 30 seconds. Add the chickpeas, tomato, water and KNORR Vegetable Stock, and bring to the boil
4. Cook, stirring occasionally, for 15 minutes.
5. Place the vegetable packets in the microwave and cook on 100% for 2-3 minutes or until the vegetables are tender
6. Place the marrow in a shallow microwave-safe dish. Add water
7. Cover with plastic wrap and cook on 100% for 2-3 minutes or until just tender
8. Drain. Combine the breadcrumbs and cheese in a medium bowl
9. Preheat grill on medium-high
10. Add the vegetables and parsley to the tomato mixture and toss to combine
11. Season with salt and pepper
12. Divide the vegetable mixture among four 500ml capacity ovenproof dishes
13. Sprinkle the breadcrumb mixture over the vegetable mixture
14. Cook under the grill for 2-3 minutes or until golden brown