

**Knorr**  
PROFESSIONAL

**Boost your residents' meals**  
with real, natural flavours only.



 **Unilever**  
Food  
Solutions

[ufs.com/boostyourmenu](https://ufs.com/boostyourmenu)



NEW Knorr Boosters only have

**real, natural flavour,  
no nasties.**



Scan to request a sample kit.



# Made with real and natural ingredients

## Closer to scratch colour and taste

(compared to old recipe)



Vegetable booster only

Variants: Chicken, Beef, Vegetable

Shelf life: 24 months

Pack sizes: 2.4kg & 8kg

Serves/unit: 2.4kg yields 96L

8kg yields 320L

## Short, nothing-to-hide ingredients list

**Chicken:** Salt, sugar, maltodextrin, yeast extract, chicken fat, onion powder, natural flavours, chicken powder, natural colour, burnt sugar.

**Vegetable:** Salt, sugar, maltodextrin, yeast extract, vegetable powders (onion, carrot, tomato, garlic), natural flavours, vegetable oil, natural colour, pepper, burnt sugar.

**Beef:** Salt, sugar, maltodextrin, yeast extract, natural flavour, beef fat, burnt sugar, onion powder, pepper.





# Boost the flavours on your menu with these delicious recipes

Bring real, natural flavour to all kinds of dishes - boost your soups, sprinkle in your sauces, add in your stews, casseroles and more...minus the nasties.

## Comfort Soups

Roast parsnip and sausage soup



Sweet potato and lentil soup



Mushroom and split pea soup



## Hearty Mains

Old style pork casserole with chive dumpling



Vegetable and egg Korma curry



Asparagus, pea, spinach & feta risotto



## Low n' Slow

Slow cooked lamb shoulder



Moroccan lamb tagine



Lentil and cauliflower dhal





# Roast parsnip and sausage soup

Pork sausage perfectly compliments the sweetness of roasted parsnip in this delicious creamy soup.





# Roast parsnip and sausage soup

**10** | SERVES

## Ingredients

- 1 kg Parsnips
- 10 g Fennel seeds
- 100 mls Olive oil
- 1 Garlic head
- 50 g **Knorr Chicken Booster**
- 450 g Lean pork sausages, sliced
- Crusty rye bread, to serve
- Garden salad, to serve

## Method

1. Toss parsnips in fennel seeds and oil. Season. Transfer to a baking tray with whole garlic head. Roast in combi oven 160°C until very soft. Cover if becoming too brown.
2. Combine **Knorr Chicken Booster** in a large pan with 10 cups boiling water over medium heat. Stir until dissolved, take off heat and cool slightly.
3. Remove garlic cloves from skins. Blend garlic and parsnips with chicken stock until smooth. Adjust seasoning. Keep warm.
4. Cook sausages until golden. Drain and slice.
5. To serve, transfer soup to serving bowls, top with sausage and serve with crusty bread.





# Sweet potato and lentil soup

Soups are served daily and can be repetitive for residents. This mild, yet full flavoured soup not only provides great nutrients but is also delicious.





## Sweet potato and lentil soup

10 SERVES

### Ingredients

- 20 ml Olive oil
- 100 g Red onion, minced
- 40 g Garlic puree
- 45 g **Knorr Patak's Mild Curry Paste**
- 250 g Carrots, diced
- 250 g Red capsicum, diced
- 1 kg Sweet potato, diced
- 150 g **Knorr Coconut Milk Powder**
- 850 ml Warm water
- 50 g **Knorr Vegetable Booster**
- 1.5 L Water
- 200 g Dried lentils, washed
- 100 g **Knorr Potato Flakes**
- 5 g **Knorr Lime Powder**
- 40 g Coriander, chopped
- Salt and pepper, to taste

### Method

1. In a large stock pot, sauté the red onion, garlic puree in the olive oil for 5 minutes, until the onions are translucent and soft.
2. Add the **Knorr Patak's Mild Curry Paste**, carrots, capsicum, and sweet potatoes. Sauté for 5 to 10 minutes, until the carrots and capsicum are tender.
3. Mix the **Knorr Coconut Milk Powder** and warm water together, to create a coconut milk. Set aside.
4. Add the coconut milk, **Knorr Vegetable Booster**, water and lentils and simmer, covered, until the lentils are done and the sweet potatoes are tender, about 45 minutes. Stir in Knorr Potato Flakes.
5. Add the **Knorr Lime Powder** and coriander, and stir to combine. Add salt and pepper to taste.
6. Take a stick blender and blitz until smooth. Adjust thickness by adding warm water (too thin if needed) and serve.





# Mushroom and split pea soup

Coupling split pea soup with the earthy flavour of sauteed mushrooms is a perfect match.





## Mushroom and split pea soup

10 SERVES

### Ingredients

- 50 mls Olive oil
- 400 g Onion, finely chopped
- 350 g Carrots, finely chopped
- 300 g Celery, finely chopped
- 15 g Garlic
- 5 g Fresh thyme leaves
- 850 g Split peas
- 25 g **Knorr Vegetable Booster**
- 75 mls Olive oil, extra
- 1 kg Field mushrooms, sliced
- Garden salad or steamed vegetables, to serve

### Method

1. Heat oil in a large pan over medium heat. Cook vegetables until tender.
2. Add garlic, thyme, herbs and split peas and stir to combine.
3. Add 1L boiling water and **Knorr Vegetable Booster** to the pan. Stir to dissolve then simmer gently for 30-40 minutes or until split peas are softened. Blend half the soup and return to pan.
4. Meanwhile heat extra oil in pan. Cook mushrooms until golden brown. Drain.
5. To serve, transfer soup to serving bowls and top with sauteed mushrooms. Serve with salad or steamed vegetables.





# Old style pork casserole with chive dumplings

A familiar style casserole to many diners, full of comfort, topped with scone like dumplings.





## Old style pork casserole with chive dumplings

**10** SERVES

### Ingredients

- 75 mls Olive oil
- 1 kg Pork neck, diced
- 400 g Onions, chopped
- 400 g Carrots, chopped
- 300 g Celery, chopped
- 10 g Garlic, finely chopped
- 30 g **Knorr Chicken Booster**
- 250 g Frozen peas
- 750 g Silverbeet leaves, trimmed and chopped
- 15 g Flat leaf parsley, chopped
- Garden salad or roast vegetables, to serve

### Chive dumplings

- 80 g Chilled butter, cubed
- 300 g Wholemeal self raising flour
- 160 mls Milk
- 15 g Chives, chopped

### Method

1. Heat oil in a large pan over medium heat. Brown pork. Add onion, carrot, celery and garlic and cook for 5 minutes.
2. Combine **Knorr Chicken Booster** with 6 cups boiling water and stir to dissolve. Add to pan. Transfer mixture to a large gastronome, cover tightly.
3. Cook in combi oven for 3-4 hours at 160°C until pork is very tender.
4. Meanwhile, blanch peas and silverbeet. Add to the casserole in last 15 minutes of cooking with parsley.
5. To make chive dumplings rub butter through flour until it resembles rough breadcrumbs. Add milk, cutting through the mix with a flat bladed knife until it starts coming together. Stir through chives. Transfer to a lightly floured surface, knead lightly and form into a disc about 2cm thick. Use a small round cutter to cut out rounds of dough.
6. Arrange dumplings on top of casserole. Brush with a little milk. Cook in combi oven for 10-15 minutes until golden. Serve with salad or roast vegetables.





# Vegetable and egg Korma curry

The mild creamy flavour of this curry will suit all palates. With plenty of tender vegetables and eggs instead of meat as a protein alternative, this curry provides a well-rounded nutritious meal for residents and plenty of compliments for the kitchen.





## Vegetable and egg Korma curry

**10** SERVES

### Ingredients

- 50 ml Oil
- 125 g **Knorr Patak's Korma Paste**
- 500 ml Water
- 13 g **Knorr Vegetable Booster**
- 350 g Butternut pumpkin, diced
- 250 g Cauliflower, trimmed, cut into florets
- 250 g Broccoli, trimmed, cut into florets
- 200 g Zucchini, chopped
- 300 ml Cream
- 10 x Hard-boiled eggs, quartered
- Steamed coriander rice, to serve
- Garden salad, to serve

### Method

1. Heat oil in a large saucepan over medium heat. Add **Knorr Patak's Korma Paste** and cook for 3 minutes, then add water and **Knorr Vegetable Booster**. Bring to the boil.
2. Add pumpkin and cook for 10 minutes before adding cauliflower, broccoli and zucchini. Cook for further 10 minutes until all the vegetables are tender.
3. Stir through cream and eggs and simmer for another 2-3 minutes.
4. Serve Korma curry accompanied with coriander rice and garden salad.





# Asparagus, pea, spinach and feta risotto

Enjoy the variety of green vegetables in this classic Italian rice dish. An easy to eat risotto is always popular on the menu.





# Asparagus, pea, spinach and feta risotto

**10** SERVES

## Ingredients

- 150 mls Olive oil
- 400 g Onions, chopped
- 10 g Garlic, crushed
- 1 kg Arborio rice
- 50 g **Knorr Vegetable Booster**
- 500 g Asparagus, cut into 3cm lengths
- 300 g Frozen peas
- 250 g Frozen chopped spinach
- 100 mls Lemon juice
- 25 g Chopped basil
- 80 g Grated parmesan cheese
- 300 g Low fat feta, crumbled
- 75 g Almonds, toasted and chopped
- Garden salad or steamed vegetables, to serve

## Method

1. Heat oil in a large pan over medium heat. Add onion and garlic, cook until onion is just tender. Add rice and stir to coat.
2. Combine **Knorr Vegetable Booster** with 10 cups boiling water. Stir to dissolve.
3. Gradually add liquid to rice, stirring between each addition.
4. Meanwhile blanch asparagus and peas.
5. When rice is al dente and nearly all the liquid absorbed, add green vegetables to risotto along with lemon juice, basil and parmesan. Season.
6. To serve, transfer risotto to serving bowls and top with feta and almonds. Serve with salad or vegetables.





# Slow cooked lamb shoulder

Tender, slow-cooked meat, served flaked with simple roasted or steamed vegetables is a classic dish that's everyone's favourite.





## Slow cooked lamb shoulder

 SERVES

### Ingredients

- 50 ml Oil
- Salt and cracked black pepper
- 2 kg Lamb shoulder
- 3 x Onions, roughly chopped
- 3 x Carrots, roughly chopped
- 3 x Celery stalks, roughly chopped
- 2 x Bay leaves, dried
- 10 g Rosemary, dried
- 10 g Rosemary, dried
- 25 g **Knorr Beef Booster**
- 1 L Water
- 500 ml Water
- 30 g **Knorr Demi Glace**
- 1 kg Roasted vegetables, to serve
- 500 g Wilted silverbeet, to serve

### Method

1. Heat oil on stovetop in a large baking dish over high heat. Season lamb with salt and pepper and cook in baking tray for 10 minutes, or until well browned all over. Remove and set aside.
2. Return baking dish to stovetop. Add vegetables and cook for 5 minutes until browned.
3. Return lamb to baking dish and add bay leaves, dried rosemary and **Knorr Beef Booster** and water, cover and cook in a combi oven at 90°C for 10 hours. When the lamb is falling off the bone, remove from oven and shred the meat roughly.
4. Heat 500ml water in a saucepan and add **Knorr Demi Glace**, whisk and bring to boil, simmer for 2 minutes or until thickened.
5. Transfer to serving plates, spoon over **Knorr Demi Glace**.
6. Serve with roasted vegetables and sautéed silverbeet or spinach.





# Moroccan lamb tagine

Delightfully fragrant with its variety of herbs and spices, this authentic meaty stew makes an amazingly tasty slow cooked meal.







## Moroccan lamb tagine

**10** SERVES

### Ingredients

- 20 ml Oil
- 300 g Onion, chopped
- 20 g Garlic, chopped
- 12 g Ginger, finely grated
- 10 g Cayenne pepper
- 15 g Turmeric
- 10 g Cinnamon
- 15 g Ground cumin
- 15 g Ground coriander
- 1.5 kg Lamb shoulder, trimmed, cut into 3cm dice
- 100 g **Knorr Tomato Powder**
- 1 L Boiling water
- 20 g **Knorr Beef Booster**
- 150 g Dried apricot
- 400 g Chickpeas, drained
- Steamed cous cous, to serve
- Coriander leaves, to serve

### Method

1. Heat oil in a large pot over medium heat. Add onions, garlic and ginger and cook until onions are starting to soften.
2. Add spices, cook for another 2 minutes then add lamb, tossing well to coat in the spices. Cook until brown.
3. Stir in **Knorr Tomato Powder** and boiling water along with **Knorr Beef Booster**. Stir until combined and bring to a simmer.
4. Reduce heat, cover with a lid and simmer gently over low heat for 3-4 hours or until lamb is tender.
5. 30 minutes before lamb is done, stir in apricots and chickpeas.
6. Serve tagine accompanied by cous cous and garnish with coriander.





# Lentil and cauliflower dhal

This substantial, lightly spiced lentil soup is very versatile. Try serving with a variety of different vegetables. Sweet potato, spinach, pumpkin, peas or broccoli make excellent substitutes for cauliflower. As an alternative to a vegetarian option, try adding some diced roast meat like lamb or beef.





# Lentil and cauliflower dhal

 SERVES

## Ingredients

- 50 ml Oil
- 300 g Red onions, chopped
- 200 g **Knorr Patak's Mild Curry Paste**
- 1 L Water
- 25 g **Knorr Vegetable Booster**
- 300 g **Knorr Pronto Napoli**
- 500 g Red lentils, dried
- 1 kg Cauliflower, trimmed, cut into florets
- Mango chutney, to serve
- Naan bread, to serve

## Method

1. Heat oil in a large saucepan over medium heat. Cook onions and **Knorr Patak's Mild Curry Paste** for 5 minutes, then add water, **Knorr Vegetable Booster**, **Knorr Pronto Napoli** and red lentils, stirring until combined. Simmer for 15 minutes.
2. Add cauliflower and continue cooking for 10-15 minutes until cauliflower is tender.
3. Serve dhal with a dollop of yoghurt and accompany with naan bread and mango chutney.

