



# Boost your menu.

Tick more boxes with real, natural flavour and less nasties.



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





# Diners rule.

Diners want more transparency than ever when it comes to what's in their food.

So, how do you get your menu right without compromising on taste?



Tick more boxes with the NEW Knorr Boosters

with real,  
natural flavour.



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

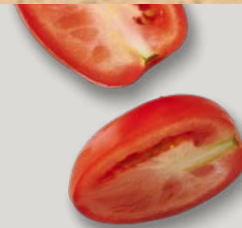
8kg yields 320L

## 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 your menu with these on-trend recipes for dine in, takeaway or delivery.

Bring real, natural flavour to all sorts of dishes – boost your soups, sprinkle in your sauces, add in your stews, casseroles and more. And boost your business with simple tweaks that make your recipes takeaway ready ...minus the nasties.

## The Trend Lens



## Comfort Soups

Roast parsnip and sausage soup



## Hearty Faves

Old style pork casserole with chive dumpling



## Low n' Slow

Braised lamb shank pie



Asian style beef broth



Asian braised osso buco



Moroccan vegetable stew



Mushroom and split pea soup



Asparagus, pea, spinach & feta risotto



Greek spinach, rice and feta pie





# 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.





# Asian style beef broth

This fragrant Vietnamese broth is full of rich colours and flavours whilst being nutritious at the same time.







## Asian style beef broth

**10** SERVES

### Ingredients

- 50 g **Knorr Beef Booster**
- 750 g Thick rice noodles
- 4 Star anise
- 4 Cinnamon sticks
- 75 mls Lime juice
- 20 mls Fish Sauce
- 750 g Asian greens, trimmed
- 500 g Broccolini, trimmed
- 750 g Rump steak, trimmed
- 150 g Bean sprouts, trimmed
- 1 Bunch mint
- 1 Bunch coriander

### Method

1. Combine **Knorr Beef Booster** in a large pan with 10 cups boiling water over medium heat. Stir until dissolved.
2. Add spices, lime juice and fish sauce to broth and simmer for 15 minutes.
3. Meanwhile simmer noodles until soft, drain and set aside. Blanch vegetables and drain.
4. Thinly slice steak. Cook strips until browned then remove and keep warm.
5. To serve, strain broth, pour into serving bowls, add noodles, vegetables, beef, sprouts and herbs.



Pack soup in a tight fitting container, wrapped in glad wrap to stop any spillages. Wrap noodles and other ingredients separately so they can be added fresh when ready to consume.





# 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.





# 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.



Make your dishes look presentable in takeaway containers by putting garnishes last so it still looks fresh and appetizing to the customer.





# 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.



Cook risottos and pastas al dente so it doesn't become overcooked even when reheated.





# Moroccan vegetable stew

A gently spiced dish, rich in North African flavours, with a generous mix of colourful vegetables.





## Moroccan vegetable stew

**10** SERVES

### Ingredients

- 50 mls Olive oil
- 500 g Onion, roughly chopped
- 350 g Carrot, roughly chopped
- 500 g Pumpkin, chopped
- 15 g Garlic, sliced
- 500 g Red capsicum, seeded and chopped
- 400 g Zucchini, roughly chopped
- 800 g Canned chickpeas, rinsed
- 20 g Ground cumin
- 10 g Ground coriander
- 10 g Ground cinnamon
- 5 g Ground cardamom
- 20 g **Knorr Vegetable Booster**
- 500 g **Pronto Napoli**
- 250 g Greek yoghurt
- 10 g Sweet paprika
- 25 g Flat leaf parsley, chopped
- Cous cous, to serve

### Method

1. Heat oil in a large pan over medium heat. Add onion, carrot and pumpkin and cook for 10 minutes then add garlic, red capsicum, zucchini and spices, toss to coat. Cook until tender.
2. Combine **Knorr Vegetable Booster** with 2 cups boiling water. Stir to dissolve then add to stew with **Pronto Napoli** and chickpeas. Simmer 10 minutes. Season.
3. Mix together yoghurt and paprika.
4. Serve stew with yoghurt and parsley along with cous cous.



Stews and casseroles can dry over time absorbing more liquid, so make sure you adjust your dishes for delivery and takeaway.





# Asian braised osso buco

Served as a spin on the traditional osso buco, this dish is versatile enough to work well with other secondary cuts of beef or pork.







## Asian braised osso buco

**10** SERVES

### Ingredients

- 75 mls Olive oil
- 1.8 kg Beef osso buco
- 50 g **Knorr Beef Booster**
- 400g Onions, roughly chopped
- 4 Star anise
- 10 g Five spice powder
- 100 mls Salt reduced soy
- 200 mls Chinese cooking wine
- 15 g Garlic, chopped
- 25 g Finely grated ginger
- 25 g Brown sugar
- Steamed brown rice, to serve
- Steamed vegetables, to serve
- 20 g Green onion, sliced

### Method

1. Heat oil in a large pan over high heat. Brown osso buco pieces well.
2. Combine **Knorr Beef Booster** with 10 cups boiling water and stir to dissolve.
3. Transfer osso buco pieces to a large gastronome along with onion, spices, soy, cooking wine, garlic, ginger and brown sugar. Cover tightly.
4. Cook in combi oven for 3-4 hours at 160°C turning occasionally until beef is very tender.
5. Serve osso buco and braising liquid with steamed rice and vegetables. Garnish with green onion.



Tamper safety seals help reinforce the message that your establishment's high priority on safety. Seals can also include other details such as information on the inspector, temperature, storing after delivery & expiration.





# Braised lamb shank pie

What could be heartier than a lamb shank baked in a pie, the flavour and presentation captures the attention of the fussiest diner.







## Braised lamb shank pie

**10** SERVES

### Ingredients

- 100 mls Olive oil
  - 10 Lamb shanks, frenched
  - 250 g Onions, chopped
  - 300 g Carrots, chopped
  - 250 g Leek, chopped
  - 25 g Garlic, sliced
  - 25 g Rosemary, chopped
  - 150 mls Red wine
  - 50 g **Knorr Beef Booster**
  - 300 g **Pronto Napoli**
  - 10 Sheets low fat ready rolled puff pastry
- Mashed potato or garden salad, to serve

### Method

1. Heat half the oil in a large pan over high heat. Brown lamb shanks in batches and set aside.
2. Heat remaining oil in pan and cook the vegetables until golden. Add garlic and rosemary then deglaze the pan with red wine.
3. Combine **Knorr Beef Booster** with 8 cups boiling water. Stir to dissolve then add to pan with **Pronto Napoli**. Simmer for 15 minutes then transfer vegetable mixture and shanks to a large gastronome, cover tightly.
4. Cook in combi oven for 3-4 hours at 160°C, turning occasionally until shanks are very tender. Cool slightly.
5. Transfer mixture to pie bowls and place a lamb shank in the middle of each bowl. Top each pie with pastry with a hole in the middle for the shank. Trim and brush pastry with milk.
6. Cook in combi oven for 10-15 minutes or until golden brown on top.
7. Serve with mash or garden salad.





# Greek spinach, rice and feta pie

A different take on Spanakopita, still with the same savoury goodness of spinach and silverbeets.





## Greek spinach, rice and feta pie

10 SERVES

### Ingredients

- 100 mls Olive oil
- 600 g Brown rice
- 250 g Onion, chopped
- 5 g Garlic, finely chopped
- 50 g **Knorr Vegetable Booster**
- 750 g Spinach/silverbeet, chopped
- 50 g Currants
- 2 g Ground cinnamon
- 15 g Dill, chopped
- 400 g Feta, roughly crumbled
- 240 g Filo pastry sheets
- Mint yoghurt, to serve
- Garden salad, to serve

### Method

1. Heat oil a large pan over medium heat. Add brown rice and onion and cook for 4-5 minutes. Stir through garlic.
2. Combine **Knorr Vegetable Booster** with 5 cups boiling water, stirring to dissolve.
3. Meanwhile blanch spinach and set aside.
4. Add liquid to rice, cover and reduce heat to low. Cook for 30 minutes or until all the stock is absorbed.
5. Stir through spinach, currants, dill and feta. Season. Transfer to baking dish.
6. Layer sheets of filo pastry, brushing with a little olive oil between each layer.
7. Bake for 20-25 minutes at 180°C or until golden. Serve with mint yoghurt and garden salad.

