Knorr PROFESSIONAL

Boost your residents' meals

with real, natural flavours only.



Unilever Food Solutions

ufs.com/boostyourmenu

Knorr Professional Boosters only have

real, natural flavour, no nasties.



Made with real and natural ingredients

Closer to scratch colour and taste

(compared to old recipe)

GLUTEN FREE

NO ADDED PRESERVATIVES

NO ARTIFICIAL FLAVOURS

NO ARTIFICIAL COLOURS

NO ADDED FLAVOUR ENHANCERS

NO ADDED MSG

HALAL CERTIFIED

MADE IN AUSTRALIA

Vegan AUSTRALIA CERTIFIED

Vegetable Booster only

Variants:	Chicken, Beef, Vegetable	**Pack sizes:**	2.4kg (All) & 8kg (Chicken & Beef)
Shelf life:	24 months	**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







Hearty Mains







Low n' Slow







Roast Parsnip and Sausage Soup

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





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Roast Parsnip and Sausage Soup

SERVES 10

Ingredients

1kg	Parsnips
10g	Fennel seeds
100ml	Olive oil
1	Garlic head
50g	**Knorr Professional Chicken Booster Gluten Free**
450g	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

If you're serving soups daily, it can get repetitive for your residents. Keep things interesting with this mild yet full-flavoured soup that is both nutritious and delicious.





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Sweet Potato and Lentil Soup

SERVES 10

Ingredients

100g	Red onions, minced
40g	Garlic puree
45g	**Knorr Professional Patak's Mild Curry Paste**
250g	Carrots, diced
250g	Red capscium, diced
1kg	Sweet potato, diced
150g	**Knorr Professional Thai Coconut Milk Powder**
850ml	Warm water
50g	**Knorr Professional Vegetable Booster Gluten Free**
1.5L	Water
200g	Lentils, dried, washed
100g	**Knorr Professional Potato Flakes Gluten Free**
5g	**Knorr Professional Thai Lime Powder**
40g	Coriander, chopped

Method

1. In a large stock pot, sauté the onions and garlic in some olive oil for 5 minutes.
2. Once the onions are softened and translucent, add the **Knorr Patak's Mild Curry Paste** together with the carrots, capsicum and sweet potatoes.
3. Sauté for 5–10 minutes until the carrots and capsicum are tender.
4. Combine **Knorr Thai Coconut Milk Powder** and warm water to create coconut milk.
5. Add the coconut milk, **Knorr Vegetable Booster**, water, and lentils to the stock pot.
6. Simmer covered until the lentils are cooked and the sweet potatoes tender, about 45 minutes.
7. Stir in **Knorr Potato Flakes**, then add the **Knorr Thai Lime Powder** and chopped coriander.
8. Stir to combine everything. Season to taste.
9. Use a stick blender and blitz until smooth. If the soup is too thick, add some warm water to thin it out. Serve.



Mushroom and Split Pea Soup

Get residents to cosy up with a bowl of this hearty, veggie-packed split pea soup. We're topping it off with sautéed mushrooms for added earthy, meaty flavours.





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Mushroom and Split Pea Soup

SERVES 10

Ingredients

50ml	Olive oil
400g	Onion, finely chopped
350g	Carrots, finely chopped
300g	Celery, finely chopped
15g	Garlic
5g	Fresh thyme leaves
850g	Split peas
1L	Water
25g	**Knorr Professional Vegetable Booster Gluten Free**
1kg	Field mushrooms, sliced
	Garden salad or steamed vegetables, to serve

Method

1. Heat oil in a large pan over medium heat. Cook onions, carrots, and celery until tender.
2. Add garlic, thyme, and split peas, stirring to combine.
3. Add 1L boiling water and **Knorr Vegetable Booster**. Stir to dissolve, then gently simmer for 30–40 minutes or until split peas soften.
4. Remove half the soup, blend, and return to pan.
5. Heat extra oil in another pan.
6. Sauté mushrooms until golden brown. Set aside.
7. Transfer soup to serving bowls and top with sautéed mushrooms. Serve with a side of 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.





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Old Style Pork Casserole
with Chive Dumplings

SERVES 10

Ingredients

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

Chive Dumplings

80g	Chilled butter, cubed
300g	Wholemeal self raising flour
160ml	Milk
15g	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.





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Vegetable and Egg Korma Curry

SERVES

Ingredients

50ml	Oil
125g	**Knorr Professional Patak's Korma Paste**
500ml	Water
13g	**Knorr Professional Vegetable Booster Gluten Free**
350g	Butternut pumpkin, diced
250g	Cauliflower, trimmed, cut into florets
250g	Broccoli, trimmed, cut into florets
200g	Zucchini, chopped
300ml	Cream
10	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

An easy-to-eat spring green risotto that residents can enjoy for lunch or as a light dinner option. This classic Italian recipe lets you pack the dish with a variety of vegetables while the feta adds a tangy, creamy balancing touch.





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Asparagus, Pea, Spinach and Feta Risotto

SERVES 10

Ingredients

150ml	Olive oil
400g	Onions, chopped
10g	Garlic, crushed
1kg	Arborio rice
50g	**Knorr Professional Vegetable Booster Gluten Free**
500g	Asparagus, cut into 3cm lengths
300g	Frozen peas
250g	Frozen chopped spinach
100ml	Lemon juice
25g	Chopped basil
80g	Grated parmesan cheese
300g	Low fat feta, crumbled
75g	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 Booste**r 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.





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Slow Cooked Lamb Shoulder

SERVES 10

Ingredients

50ml	Oil
	Salt and cracked black pepper
2kg	Lamb shoulder
3	Onions, roughly chopped
3	Carrots, roughly chopped
3	Celery stalks, roughly chopped
2	Bay leaves, dried
10g	Rosemary, dried
25g	**Knorr Professional Beef Booster Gluten Free**
1.5L	Water
500ml	Water
30g	**Knorr Professional Demi Glace Gluten Free**
1kg	Roasted vegetables, to serve
500g	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

Boasting authentic and beautiful Moroccan flavours, this classic recipe features amazingly tender lamb that is slow-cooked to perfection in a rich, spiced sauce.





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Moroccan Lamb Tagine

10 SERVES

Ingredients

100ml	Olive oil
300g	Onion, chopped
20g	Garlic, chopped
12 g	Ginger, finely grated
10 g	Cayenne pepper
15 g	Turmeric, ground
10 g	Cinnamon, ground
15 g	Cumin, ground
15 g	Coriander, ground
1.5kg	Lamb shoulder, trimmed, cut into 3cm dice
1L	**Knorr Professional Italiana Pronto Napoli Gluten Free**
20g	**Knorr Professional Beef Booster Gluten Free**
150g	Apricots, dried
400g	Chickpeas, drained
	Coriander leaves
	Couscous, steamed

Method

1. Heat olive oil in a large pot over medium heat.
2. Add the onions, garlic and ginger. Cook until the onions start to soften.
3. Add the cayenne pepper, turmeric, cinnamon, cumin and coriander.
4. Cook for another 2 minutes, then add the diced lamb.
5. Toss well to coat the lamb in spices. Cook until browned.
6. Add **Knorr Italiana Pronto Napoli** and **Knorr Beef Booster**, stirring to combine. Bring to a simmer, reduce heat and cover with a lid. Allow to gently simmer over low heat for 3–4 hours or until lamb is tender.
7. About 30 minutes before the lamb is done, stir in apricots and chickpeas.
8. Garnish with fresh coriander and serve with couscous on the side.



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.





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Lentil and Cauliflower Dhal

10 SERVES

Ingredients

50ml	Oil
300g	Red onions, chopped
200g	**Knorr Professional Patak's Mild Curry Paste**
1L	Water
25g	**Knorr Professional Vegetable Booster Gluten Free**
300g	**Knorr Professional Italiana Pronto Napoli Gluten Free**
500g	Red lentils, dried
1kg	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.

