

27

VEGAN  
RECIPES

WHEN VEGGIES BECOME HEROES

INTRODUCING

# MEATLESS MASTERS

ISSUE

NO.

1



RECIPE E-BOOK

whatsfordinner

KNORROX

Rajah

HELLMANN'S  
EST. 1919

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# MEATLESS MASTERS



Mighty, marvellous veggies are here to save the world!  
At **whatsfordinner**, we want to inspire you to eat more of  
the good stuff, and that's why we've created 21 fabulous  
new vegan recipes designed to make vegetables the new  
superheroes of your kitchen.

There are so many creative ways to celebrate the  
beauty and goodness of Mother Nature's bounty.  
Let us show you how to transform vitamin-packed veggies,  
pulses and grains into delicious meatless meals your family  
will love. It's easy to add more VOOMA to veggies by pairing  
them with your favourite **whatsfordinner** products!  
Get even more plant-based inspiration by visiting our  
wonderful [whatsfordinner website](#).





# RECIPES



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RECIPE E-BOOK

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# HONEY GARLIC CAULIFLOWER

time 20 minutes | serves 4 people

## INGREDIENTS

**1 head** of cauliflower, cut into florets  
**30ml** (2 Tbsp) olive oil, divided  
**15ml** (1 Tbsp) Robertsons Paprika  
**7.5ml** (1½ tsp) Robertsons Masterblends Rustic Garlic & Herb  
**2.5ml** (½ tsp) Robertsons Black Pepper  
**15g** (1 Tbsp) vegan butter  
**1 Tbsp** crushed garlic  
**80g** (1/3 cup) honey  
**80ml** (1/3 cup) water  
**15ml** (1 Tbsp) Knorr French Vinaigrette  
**15ml** (1 Tbsp) low sodium soy sauce  
**A handful** of fresh parsley, finely chopped  
**2.5ml** (½ tsp) Robertsons Crushed Chillies

## METHOD

1. Place the cauliflower florets in a bowl. Drizzle with 1 tablespoon of olive oil, season with Robertsons Paprika and Robertsons Masterblends Rustic Garlic & Herb seasoning then toss until florets are fully coated.
2. Heat remaining olive oil in a pan over high heat. Add the cauliflower florets and fry until browned on all sides, stirring frequently. Season with Robertsons Black Pepper.
3. Turn the heat down to medium and add the butter to the pan. Add garlic and stir to combine then cook for another 3 minutes.
4. In the meantime, whisk together honey, water, Knorr French Vinaigrette and soy sauce in a bowl then add mixture to the pan.
5. Turn the heat up and bring sauce to the boil then simmer for 5 minutes until sauce is thick.
6. Sprinkle over the parsley and crushed chillies then serve over cooked white rice.

## SERVE WITH

Cooked white rice







# SPICY MUSHROOM CURRY

## WITH NAAN BREAD & RICE

time 30 minutes | serves 4 people

### INGREDIENTS

**30ml** (2 Tbsp) vegetable oil  
**500g** button mushrooms, quartered  
**1** medium-sized onion, finely chopped  
**4** cloves garlic, finely chopped  
**1** thumb-sized piece ginger, finely grated  
**5ml** (1 tsp) Robertsons Turmeric  
**5ml** (1 tsp) Robertsons Cumin  
**5ml** (1 tsp) Robertsons Coriander  
**30ml** (2 Tbsp) tomato paste  
**700ml** water  
**50g** (1 sachet) Knorr Curry Vegetable Soup  
**10ml** lemon juice  
**2.5ml** (½ tsp) Robertsons Black Pepper

### METHOD

1. Heat the oil in a pan over a medium-high heat. Add the mushrooms and sauté until golden and caramelised, then remove from the pan and set aside.
2. Turn down the heat and add the onion, garlic and ginger to the pan. Sauté for five to seven minutes, or until soft. Add the Robertsons Turmeric, Robertsons Cumin, Robertsons Coriander and tomato paste and cook for a further one to two minutes, until fragrant.
3. Add the cooked mushrooms back to the pan along with the water and the contents of the sachet of Knorr Curry Vegetable Soup. Stir well and simmer until thickened.
4. Season to taste with the lemon juice and Robertsons Black Pepper.
5. Top the mushroom curry with fresh coriander and serve with naan breads and basmati rice.

### SERVE WITH

Fresh coriander  
Naan bread  
Cooked white rice





**OOH!**



# UMNQUSHO



time 3 hours 15 minutes | serves 20 people

## INGREDIENTS

**500ml** (2 cups) samp  
**750ml** (3 cups) sugar beans  
**2L** water  
**1** onion, roughly chopped  
**3** potatoes, diced  
**1** large tomato, diced  
**45ml** (3 Tbsp) canola oil  
**3** Knorrox Curry Vegetable stock cubes  
**15ml** (1 Tbsp) Rajah Medium Curry Powder

## METHOD



1. Mix the samp and beans together and wash well. Place in a large pot with two litres of water and cook over a low heat until they start softening. Check the pot every 30 minutes or so to see if the samp and beans need more water (don't wait until they are cooked through and too soft).
2. Once the samp and beans are slightly soft, add all the vegetables, the oil, the Knorrox cubes and the curry powder. Continue cooking for about 20 to 30 minutes, or until the beans are very soft.
3. Serve with chakalaka and a beetroot salad.





**MMM**



# GRILLED CHICKPEA BURGERS

time 30 minutes | serves 6 people

## INGREDIENTS

### For the Patties:

- 800g** (2 cans) chickpeas, drained, rinsed and mashed
- half** a red onion, finely diced
- 5ml** (1 tsp) crushed ginger
- 1** medium-sized baby marrow, grated
- A handful** of fresh coriander, finely chopped
- 60ml** (4 Tbsp) vegan mayonnaise
- 15ml** (1 Tbsp) hot sauce
- 15ml** (1 Tbsp) Knorr Aromat Naturally Tasty
- 7.5ml** (1½ tsp) Robertsons paprika
- 7.5ml** (1½ tsp) garlic powder
- 15ml** (1 Tbsp) Robertsons Black Pepper
- 125g** (½ cup) gluten free oats

### For the chilli mayo:

- 60ml** (4 Tbsp) vegan mayonnaise
- 30ml** (2 Tbsp) hot sauce

### For the slaw:

- half** red cabbage, shredded
- 1** carrot, grated
- 4** spring onions, thinly sliced
- 30ml** (2 Tbsp) Knorr Light French Salad Dressing

### To garnish:

- Cucumber ribbons

## METHOD

1. In a large bowl, combine all the patty ingredients, using your hands to combine everything well. Form into 6 patties then place on a plate, cover and allow to rest in the fridge while you prepare the other ingredients.
2. While the patties rest, whisk the chilli mayo ingredients together in a small bowl and set aside.
3. Combine slaw ingredients and set aside.
4. In a large grill pan (or non-stick pan) heat some olive oil over a high heat, and fry patties for 4 minutes on each side.
5. Assemble burgers by spreading chilli mayo on both sides of the bun, and place the grilled patty on the bottom half of the bun. Lay two cucumber ribbons on top of the patty then top with slaw.

## SERVE WITH

- 6** burger buns, toasted
- 1** cucumber, sliced into ribbons









# VEGAN OMELETTE

time 25 minutes | serves 1 person

## INGREDIENTS

### For the vegan ranch dressing:

- 125ml** (½ a cup) vegan mayonnaise
- 60ml** (¼ cup) Knorr Italian Vinaigrette
- 7.5ml** (1½ tsp) garlic powder
- 7.5ml** (1½ tsp) onion powder
- 30g** (3 Tbsp) fresh parsley, finely chopped
- 10g** (1 Tbsp) fresh dill, finely chopped
- 10g** (1 Tbsp) fresh chives, finely chopped
- 7.5ml** (1½ tsp) Robertsons Black Pepper

### For the omelette batter:

- ¼ cup** chickpea flour
- 15ml** (1 Tbsp) nutritional yeast
- 2ml** (¼ tsp) baking powder
- 7.5ml** (1½ tsp) Knorr Aromat Naturally Tasty
- 80ml** (1/3 cup) water, at room temperature
- 30ml** (2 Tbsp) olive oil, divided

### For the filling:

- ¼** red pepper, sliced into strips
- 5** portabellini mushrooms, sliced
- A handful** of baby spinach
- 7.5ml** (1½ tsp) Robertsons Masterblends Rustic Garlic & Herb

**half** an avocado, sliced

**1** spring onion, chopped

## METHOD

1. In a bowl, combine ranch dressing ingredients. Whisk together until smooth then cover in an airtight jar or container and refrigerate until needed.
2. In a large mixing bowl, whisk the chickpea flour, nutritional yeast, baking powder and Knorr Aromat Naturally Tasty until well combined. Whisk in the water until smooth. Set aside.
3. In a non-stick pan, heat one tablespoon of the olive oil over medium heat. Add the red pepper, mushrooms, spinach and the Robertsons Masterblends Rustic Garlic & Herb and sauté for 3-5 minutes until the vegetables are toasted and the spinach has wilted slightly. Remove from the pan and set aside.
4. In the same pan, heat the remaining olive oil. Pour in the omelette batter and spread it around the entire surface of the pan by gently tilting and swirling the pan. Cook for 2 minutes.
5. Flip the omelette then immediately cover half of the omelette with the sautéed veggies then fold the omelette in half over the fillings.
6. Serve immediately topped with sliced avocado, a drizzle of the ranch dressing and a sprinkling of spring onion.







**OOH!**





# SAVOURY POTATO WAFFLES

time 1 hour | serves 6-8 people

## INGREDIENTS

### For the herbed vegan yoghurt sauce:

**90ml** (6 Tbsp) vegan yoghurt

**30ml** (2 Tbsp) Knorr Light Greek

Salad Dressing

**2.5ml** (½ tsp) salt

**7.5ml** (1 ½ tsp) Robertsons Black Pepper

**A handful** of fresh chives, finely chopped

**A handful** of fresh parsley, finely chopped

### For the potato waffle batter:

**6** medium-sized potatoes, peeled and cubed

**30g** (2 Tbsp) vegan butter

**30ml** (2 Tbsp) Knorr Aromat Naturally Tasty

**7.5ml** (1½ tsp) Robertsons Ground

White Pepper

**250g** (1 cup) grated vegan cheese

### For the roasted tomato topping:

**250g** (1 cup) cherry tomatoes, halved

**15ml** (1 Tbsp) olive oil

**15ml** (1 Tbsp) Robertsons Masterblends

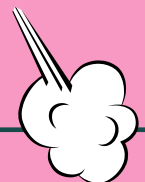
Rustic Garlic & Herb

## FOR SERVING

**1** avocado, sliced

## METHOD

1. Whisk together herbed vegan yoghurt sauce ingredients in a small bowl then refrigerate until needed.
2. Bring a large pot of water to the boil with a pinch of salt. Add potatoes and boil until soft. Drain water and transfer potatoes to a large bowl. Mash potatoes with vegan butter, Knorr Aromat Naturally Tasty, Robertsons Ground White Pepper and vegan cheese.
3. Cook waffle batter in a pre-heated waffle iron in batches until golden and crispy. Set on a wire rack to cool.
4. While cooking the waffles, preheat the oven to 180°C. Place tomatoes on an oven sheet, drizzle with olive oil and season with Robertsons Masterblends Rustic Garlic & Herb. Roast in the oven for 20 minutes.
5. Assemble by topping the waffles with roasted tomatoes, avocado slices and a dollop of herbed yoghurt sauce.







**DELICIOUS!**





# HEARTY LENTIL & POTATO **HOT POT**

time 1 hour | serves 4 people

## INGREDIENTS

**15ml** (1 Tbsp) sunflower oil  
**1** onion, diced  
**2** carrots, grated  
**1 Tbsp** (2 garlic cloves) crushed garlic  
**4** large tomatoes, finely chopped  
**1** Knorrox vegetable stock cube  
**750ml** boiling water  
**3** large potatoes, peeled and cut into quarters  
**250 ml** (1 cup) of lentils  
(canned lentils may be used)  
chopped fresh parsley, to garnish

## METHOD

1. Heat oil in a medium-sized pot, over a medium heat.
2. Sauté onions for 5-7 minutes or until translucent.
3. Add carrots, garlic and tomatoes, and simmer on a low to medium heat for about 5 more minutes. Season to taste with salt and pepper.
4. Add potatoes and lentils, then close the pot.
5. Add the Knorrox vegetable stock cube to the boiling water and whisk until the cube has completely dissolved. Pour the stock mixture into the pot, stir well, and allow to simmer over a medium heat for 25-30 minutes.
6. Once the potatoes and lentils are soft, garnish with fresh parsley and serve hot with naan breads.





# ROASTED BUTTERNUT

## STUFFED WITH SOYA MINCE

time 30 minutes | serves 4 people

### INGREDIENTS

**2** butternuts, cut lengthways and seeds removed

**45ml** (3 Tbsp) vegetable oil

**1** onion, finely chopped

**half** a red pepper, diced

**half** a yellow pepper, diced

**30ml** (2 Tbsp) Rajah Mild Curry Powder

**15ml** (1 Tbsp) crushed garlic

**5ml** (1 tsp) crushed ginger

**10ml** (2 tsp) tomato paste

**60ml** (4 Tbsp) Knorrox Soya Mince, mutton flavour (or another flavour of your choice)

**250ml** (1 cup) water

**250ml** (1 cup) chopped spinach

**1ml** Robertsons Black Pepper, to taste

### METHOD

1. Preheat oven to 190°C.
2. Drizzle the butternuts with half the oil and season with pepper.
3. Roast in the oven for 40-45 minutes, or until they're really soft and can be pierced with a fork.
4. In a saucepan, heat the remaining oil. Add onion, peppers, Rajah Mild Curry Powder, garlic and ginger. Sauté until onions are soft.
5. Stir in the tomato paste and Knorrox Soya Mince.
6. Add the water and the chopped spinach.
7. Cover and leave to simmer for about 10 minutes or until thickened.
8. Pile the soya mince into the butternut hollows (scoop out a little of the flesh if necessary). Return to the oven and bake for a further 10 minutes.







# BROWN LENTIL & PUMPKIN CURRY WITH STEAMED RICE

time 55 minutes | serves 4 people

## INGREDIENTS

**30ml** (2 Tbsp) vegetable oil  
**1** onion, finely chopped  
**2** cloves of garlic, minced  
**1** thumb-sized piece ginger, finely grated  
**1** tomato, diced  
**5ml** (1 tsp) Robertsons Crushed Chillies  
**5ml** (1 tsp) Robertsons Turmeric  
**15ml** (1 Tbsp) Rajah Mild & Spicy Curry Powder  
**500g** pumpkin cubes  
**800ml** water  
**50g** (1 sachet) Knorr Curry Vegetable Soup  
**2 x 400g** tins brown lentils, drained and rinsed  
**10ml** (2 tsp) lemon juice  
**2.5ml** Robertsons Black Pepper

## SERVE WITH

fresh coriander, to garnish  
**2 cups** steamed rice, to serve

## METHOD

1. Heat the oil in a pot over a medium heat.
2. Add the onions and sauté for five to seven minutes, or until soft.
3. Add the garlic, ginger and tomato, and sauté for a further three to four minutes.
4. Add the Robertsons Crushed Chillies, Robertsons Turmeric and Rajah Mild & Spicy Curry Powder.
5. Sauté for about a minute, until fragrant, then add the pumpkin cubes.
6. Turn down the heat and simmer with lid the on for 30 to 40 minutes, stirring occasionally, until the pumpkin is just cooked.
7. Add the lentils and cook for a further 10 minutes.
8. Season to taste with lemon juice and Robertsons Black Pepper.
9. Garnish with fresh coriander and serve with steamed rice.







**OOH!**





# SPICED ROAST CARROT & COCONUT SOUP

time 45 minutes | serves 4 people

## INGREDIENTS

**1kg** carrots, peeled and chopped into chunks

**45ml** (3 Tbsp) olive oil

**2.5ml** (½ tsp) Robertsons Black Pepper  
to taste

**1** onion, sliced

**1** thumb-sized piece ginger, finely chopped

**2** cloves of garlic, finely chopped

**5ml** (1 tsp) Robertsons Crushed Chillies

**5ml** (1 tsp) Robertsons Cayenne Pepper

**400ml** (1 tin) coconut milk

**600ml** vegetable stock

**50g** (1 x sachet) Knorr Minestrone Soup

**10ml** (2 tsp) lemon juice

## METHOD

1. Preheat the oven to 200 °C.
2. Place the carrots on a baking tray and drizzle with 30ml of the olive oil. Season to taste with Robertsons Black Pepper. Roast in the oven for about 20 minutes, or until caramelised.
3. Heat the remaining 15ml olive oil in a pot over a medium heat. Add the onion, ginger and garlic and sauté for 5-7 minutes, or until soft.
4. Add the roasted carrots, Robertsons Crushed Chillies, Robertsons Cayenne Pepper, coconut milk, vegetable stock, and the contents of the sachet of Knorr Minestrone Soup. Stir well, bring to the boil and then turn down the heat. Simmer for 10 minutes.
5. Blend the soup until smooth, then season to taste with lemon juice and Robertsons Black Pepper.
6. Serve hot, with crusty bread on the side.

## SERVE WITH

Crusty bread







# EASY ONE POT VEGGIE STEW

time 55 minutes | serves 4 people

## INGREDIENTS

**45ml** (3 Tbsp) sunflower oil  
**1** medium-sized onion, finely chopped  
**3** carrots, sliced  
**30ml** (2 Tbsp) Robertsons Chicken Spice  
**2** medium-sized tomatoes, finely chopped  
**2 cups** mixed lentils, parboiled  
**3 cups** spinach, chopped  
**250ml** (1 cup) hot water  
**15ml** (1 tbsp) flour (dissolved in  $\frac{1}{4}$  cup of water)

## METHOD

1. Heat sunflower oil in a pot over a medium-high heat, add onion, and carrots, and fry until golden brown in colour. Add 1 Tbsp Robertsons Chicken Spice and fry for 30 seconds. Add tomatoes, lentils and spinach and continue frying until tomatoes are soft, about 10 minutes.
2. Add water. Cover the pot and cook on medium heat for 15-20 minutes, stirring frequently.
3. Add the remaining tablespoon of Robertsons Chicken Spice. Stir in the flour/water mixture and cook for 7 minutes, or until the stew has thickened to your liking.







**NUM!**





# VEGAN COTTAGE PIE

time 1 hour | serves 6 people

## INGREDIENTS

### For the mushroom stew:

**30ml** (2 Tbsp) oil

**1** onion, diced

**15ml** (1 Tbsp) Rajah Medium Curry Powder

**15ml** (1 Tbsp) Robertsons Paprika

**15ml** (1 Tbsp) crushed garlic

**2** carrots, cut into thick rounds

**250g** portabellini mushrooms, halved

**250g** white button mushrooms, halved

**15ml** (1 Tbsp) Robertsons Masterblends  
Rosemary & Garlic

**1 sachet** (50g) tomato paste

**1** Knorr Vegetable Stock Pot

**500ml** (2 cups) boiling water

**3** bay leaves

**250ml** (1 cup) peas (fresh or frozen)

**15ml** (1 Tbsp) Robertsons Thyme

**7.5ml** (1½ tsp) Robertsons Black Pepper

**a handful** of fresh parsley, chopped

### For the roasted garlic mash:

**1** whole head of garlic

**30ml** (2 Tbsp) olive oil

**7.5ml** (1½ tsp) salt

## INGREDIENTS CONTINUED

**45g (3 Tbsp)** vegan butter

**60ml (¼ cup)** coconut cream

**4** cloves roasted garlic

**7.5ml (1½ tsp)** Robertsons Ground White Pepper

## METHOD

### For the Mushroom Stew

1. Heat oil in a large pot over medium heat. Add the onion and sauté for 7-8 minutes until soft, stirring frequently. Add the Rajah Medium Curry Powder, Robertsons Paprika and garlic, and continue to sauté, stirring, for another 3 minutes.
2. Add carrots, mushrooms and Robertsons Masterblends Rosemary & Garlic then sauté until mushrooms have browned, about 6 minutes. Stir in tomato paste and add the Knorr Vegetable Stock Pot, water and bay leaves. Cover pot and simmer over medium-low heat for 35 minutes until carrots are soft and gravy is thick.
3. Add peas, Robertsons Thyme and Robertsons Black Pepper, cover pot and simmer for another 15 minutes. Then stir in fresh parsley, take off the heat and set aside.

**TO BE CONTINUED...**

## METHOD CONTINUED

### For the mash

1. Preheat the oven to 200°C.
2. Turn the entire head of garlic on its side and slice the top off, just enough to expose the cloves. Drizzle with olive oil and season with salt and pepper. Wrap in foil and roast for 30-35 minutes or until golden and tender.
3. In the meantime, add potatoes to a large pot of boiling water salted with 1 teaspoon of salt. Boil until tender, about 20 minutes.
4. Drain water from potatoes and mash well. Stir in vegan butter, coconut cream, salt, Robertsons Ground White Pepper and 4 roasted garlic cloves. Mash until smooth and well combined.
5. Pour the mushroom stew into an oven proof dish and level out with a spoon. Spoon mashed potatoes over the stew, level with a spoon, then use a fork to create grooves on top of the mash (this helps with browning).
6. Bake in the oven at 180°C for 20 minutes or until mash is golden brown. Serve hot.



**DELICIOUS!**





# MUNG BEAN, QUINOA & KALE WRAPS

time 1 hour | serves 4 people

## INGREDIENTS

- 2 Knorr Vegetable Stock Pots (dissolved in 2.2litres water)
- 100g dried mung beans
- 100g mixed quinoa
- 80ml Knorr Creamy Honey & Mustard Salad Dressing (or vegan alternative)
- 80g kale leaves
- 1 orange, cut into segments (discard the pith)
- 1 avocado, halved and peeled
- 4 large wholewheat wraps
- 50g mixed seeds, toasted
- 1ml Robertsons Black Pepper, to taste

## METHOD

1. Put 2 litres of the Knorr vegetable stock mixture into a pot. Rinse the mung beans under water and add them to the pot of stock. Bring to the boil, then reduce the heat and simmer. Allow to cook until tender, about 20-30 minutes. Drain and allow to cool.

## METHOD CONTINUED

2. In a separate pot, add the remaining 200ml stock and quinoa. Bring to the boil then turn the heat down to a simmer. Allow to cook until the stock has been absorbed and the quinoa is cooked, about 10-15 minutes. Allow to cool.
3. Once both the mung beans and quinoa have cooled, mix them together in a bowl. Add the Knorr Creamy Honey & Mustard Dressing and allow it to sit in the fridge until time to assemble.
4. Prep the kale by trimming and discarding the large stalks. Wash the leaves well and dry.
5. Slice the orange into segments, removing all white pith. Keep the juice that has been released.
6. Slice the avocado in half. Discard the pip and skin. Slice each half into 4 wedges. Then sprinkle the wedges with the reserved orange juice.
7. Place the 4 wraps on a clean surface. Place kale leaves in the centre of each. Top with the mung bean and quinoa mix. Divide the orange slices between the 4 wraps, then add 2 slices of avocado to each. Sprinkle the mixed seeds on top.
8. Add a pinch of Robertsons Black Pepper to each, and more dressing if necessary.
9. Roll up the wraps by bringing the top and bottom of each together. Fold the right side over, followed by the left.
10. Heat a griddle pan on high. Gently grill each wrap on both sides. Serve warm.







# PUMPKIN & CHICKPEA CURRY

## WITH FRESH PUMPKIN LEAVES

time 1 hour | serves 4 people

### INGREDIENTS

**30ml** (2 Tbsp) vegetable oil

**1** onion, sliced

**4** cloves garlic, finely chopped

**4cm** piece ginger, peeled & finely chopped

**2** red chillies, deseeded & finely chopped

**1 x 48g sachet** Knorr Mild Durban Curry Dry Cook-in-Sauce

**800g** pumpkin, chopped into +/- 3 cm chunks

**50g** pumpkin leaves, roughly chopped

**1 x 400g** tin chopped tomatoes

**1** Knorr Vegetable Stock Pot (dissolved in 800ml hot water)

**1 x 400g** tin chickpeas, drained

**1** lemon

Robertsons Atlantic Sea Salt, to season

**1ml** Robertsons Black Pepper, to taste

### METHOD

1. Heat the oil over a medium heat in a pot. Add the onion, garlic, ginger and chillies and sauté until soft and just starting to colour.
2. Add the Knorr Mild Durban Curry Dry Cook-in-Sauce,, pumpkin and pumpkin leaves, then stir to mix everything together.
3. Add the tin of chopped tomatoes and the prepared vegetable stock, and bring to the boil. Turn the heat down to a simmer. Allow to cook for about 45 minutes, until the pumpkin is cooked and the sauce has reduced. Fifteen minutes before finishing, add the chickpeas.
4. Season to taste with lemon juice. Robertsons Atlantic Sea Salt and Robertsons Black Pepper.







**OOH!**





# VEGAN MUSHROOM & LENTIL BOLOGNAISE WITH BABY MARROW NOODLES

time 30 minutes | serves 6 people

## INGREDIENTS

**20ml** (4 tsp) olive oil  
**1** onion, grated  
**2** carrots, grated  
**2** cloves garlic, grated  
**10ml** (2 tsp) thyme leaves  
**1ml** Robertsons Black Pepper, to taste  
**250g** button mushrooms, roughly chopped  
**15ml** (1 Tbsp) tomato paste  
**1 x 400g** tin chopped tomatoes  
**1 x 48g sachet** Knorr Spaghetti Bolognaise Dry Cook-in-Sauce  
**1** Knorr Vegetable Stock Pot (dissolved in 400ml hot water)  
**1 x 400g** tin brown lentils, drained  
**280g** baby marrow noodles (store bought)  
**10** basil leaves

## METHOD

1. Heat the olive oil in a pot over a medium heat. Add the onion, carrot, garlic, thyme and Robertsons Black Pepper. Allow to cook until soft, stirring occasionally.
2. Add the mushrooms, and continue to cook until they are soft.
3. Add the tomato paste and stir through. Then add the tin of tomatoes, the contents of the sachet of Knorr Spaghetti Bolognaise Dry Cook-in-Sauce, and the Knorr Vegetable Stock Pot.
4. Stir everything together and bring to the boil. Turn down the heat and allow to simmer for 30 minutes, until the sauce has reduced. In the last 10 minutes of cooking, add the lentils.
5. Season to taste with extra Robertsons Black Pepper if necessary.
6. Serve the bolognaise with baby marrow noodles, topped with fresh basil.









# VEGGIE CURRY

WITH ROTI

time 40 minutes | serves 4 people

## INGREDIENTS

**15ml** (1 Tbsp) vegetable oil  
**1** onion, finely chopped  
**3** garlic cloves, crushed  
**1** large carrot, chopped  
**1** tbsp Rajah Flavourful & Mild Curry Powder  
**1** red chilli, seeds removed and chopped  
**400g** tinned tomatoes  
**200g** yellow lentil or red lentils  
**400g** tinned coconut milk  
**300g** cauliflower florets  
**1ml** sea salt, to taste  
**1ml** black pepper, to taste

## SERVE WITH

**4 x** rotis

## METHOD

1. Heat the oil in a pan and fry the onion until soft.
2. Add the garlic, carrot, Rajah Flavourful & Mild Curry Powder and chopped chilli, and sauté for 2 minutes. Then add the tomatoes, lentils, coconut milk and cauliflower and simmer for 30 minutes.
3. Season to taste and serve with roti on the side.











CREAMY ROASTED

# RED PEPPER PASTA



time 50 minutes | serves 4 people

## INGREDIENTS

**4** large red peppers, seeded and chopped into large chunks

**1** large red onion, chopped into large chunks

**6** cloves of garlic, peeled

**30ml** (2 Tbsp) olive oil

**15ml** (1 Tbsp) Robertsons Masterblends Rustic Garlic & Herb

**250g** penne pasta

**250ml** (½ cup) coconut cream

**30g** (¼ cup) basil leaves, plus extra for garnish

**7.5ml** (1½ tsp) of Robertsons Black Pepper

## METHOD

1. Preheat oven to 180°C.
2. Place red peppers, onions and garlic on a baking sheet. Drizzle with olive oil and season with Robertsons Masterblends Rustic Garlic and Herb. Then roast in the oven for 30 minutes or until golden brown with crispy edges.
3. In the meantime, cook pasta according to package instructions. Drain the pasta and immediately return it to the pot.
4. Place roasted veggies in the blender with the coconut cream and basil. Season with Robertsons Black Pepper then blend until smooth.
5. Stir sauce into cooked pasta. Serve hot, garnished with fresh basil leaves.







**OOH!**





# BUFFALO CAULIFLOWER TACOS

time 30 minutes | serves 6 people

## INGREDIENTS

### For the vegan ranch dressing:

- 125ml** (½ cup) vegan mayo
- 60ml** (¼ cup) Knorr Italian Vinaigrette
- 7.5ml** (1½ tsp) garlic powder
- 7.5ml** (1½ tsp) onion powder
- 30g** (3 Tbsp) fresh parsley, finely chopped
- 10g** (1 Tbsp) fresh dill, finely chopped
- 10g** (1 Tbsp) fresh chives, finely chopped
- 7.5ml** (1½ tsp) Robertsons Black Pepper

### For the vegan buffalo sauce:

- 45g** (3 Tbsp) vegan butter
- 45ml** (3 Tbsp) hot sauce

### For the tacos:

- 1** head cauliflower, cut into florets
- 30ml** (2 Tbsp) olive oil
- 15ml** (1 Tbsp) Robertsons Masterblends Zesty Lemon & Herb
- 8** small tortilla wraps
- half** a red cabbage, shredded
- 1 cup** cherry tomatoes, halved
- 1** avocado, pitted and sliced
- a handful** of fresh coriander leaves, chopped
- 2** limes, cut into wedges

## METHOD

1. In a bowl, combine ranch dressing ingredients. Whisk together until smooth then cover in an airtight jar or container and refrigerate until needed.
2. Preheat oven to 180°C. In a microwave-safe bowl, melt vegan butter at 30-second intervals until completely melted. Whisk the hot sauce into the melted butter until combined then set aside.
3. Place cauliflower florets on a baking sheet. Drizzle with olive oil and season with Robertsons Masterblends Zesty & Herb.  
Toss the florets in half of the buffalo sauce then roast for 20 minutes.
4. Once the cauliflower is roasted, toss again in a bowl with the remaining buffalo sauce.
5. Assemble the tacos by heating or toasting the tortillas then layering with the cabbage, cauliflower, tomatoes and sliced avocado.
6. Drizzle with ranch dressing and sprinkle with chopped coriander.
7. Serve with fresh lime wedges.







**DELICIOUS!**





# THREE BEAN PASTA SALAD

time 30 minutes | serves 8 people

## INGREDIENTS

**250g** wholewheat pasta  
**1** small red onion, finely sliced  
**30ml** (2 Tbsp) Dijon mustard  
**45ml** (3 Tbsp) fresh coriander  
**400g** tin red kidney beans, rinsed and drained  
**400g** tin butter beans, rinsed and drained  
**400g** tin green beans, rinsed and drained  
**1** red pepper, finely chopped  
**250ml** Knorr Light French Salad Dressing

## METHOD

1. Prepare pasta according to packet instructions, drain and rinse.
2. In a large bowl mix together the pasta and remaining ingredients.
3. Toss together well and serve.









# QUINOA & RICE 'MEATBALLS' IN TOMATO SAUCE

time 1 hour 15 minutes | serves 4 people

## INGREDIENTS

**45ml** (3 Tbsp) olive oil  
**1** onion, finely chopped  
**275g** (1 packet) Knorr Mild Breyani Rice Mate  
**600ml** water  
**250ml** (1 cup) cooked quinoa  
**60ml** (4 Tbsp) flour  
**125ml** (½ cup) breadcrumbs  
**2 x 400g** tins chopped tomatoes  
**15ml** (1 Tbsp) tomato paste  
**1** clove garlic, chopped  
**15ml** (1 Tbsp) Robertsons Sweet Basil  
**2.5ml** (½ tsp) Robertsons Black Pepper

## SERVE WITH

cooked spaghetti, to serve  
fresh basil leaves, to garnish

## METHOD

1. Heat 15ml of the olive oil in a pan over a medium heat. Add the onions and sauté for 5-7 minutes, or until soft. Add the contents of the box of Knorr Mild Breyani Rice Mate and the water. Stir well and simmer until the rice has cooked and the liquid has reduced (refer to the instructions on the packet).
2. When the rice is ready, stir in the quinoa, flour and breadcrumbs. Allow the mixture to cool slightly, then roll it into even-sized balls, each about the size of a golf ball. Chill the balls in the fridge for 30 minutes.
3. In a pot, combine the chopped tomatoes, tomato paste, garlic, Robertsons Sweet Basil and Robertsons Black Pepper. Simmer the sauce for 10 minutes, stirring occasionally.
4. Heat the remaining 30ml olive oil in a pan over a medium-high heat. Add the rice and quinoa balls and fry them all over until golden. Pour in the tomato sauce, put a lid on, turn down the heat and simmer for five minutes.
5. Serve hot with spaghetti and a garnish of fresh basil leaves.







# TOFU AND VEGETABLE STIR FRY

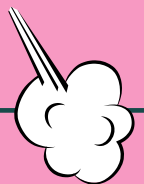
time 45 minutes | serves 4 people

## INGREDIENTS

**30ml** (2 Tbsp) canola oil  
**1kg** firm tofu, cut into 2x1x1 cm rectangles  
**2** red onions, thinly sliced  
**4** carrots, julienned  
**2** red peppers, cut into strips  
**200g** mange tout, trimmed  
**200g** baby corn, halved  
**2cm** piece ginger, peeled and grated  
**1** garlic clove, peeled and grated  
**125ml** gluten-free tamari soya sauce  
**50g** packet Knorr Curry Vegetable Soup  
**45ml** (3 Tbsp) brown sugar  
**45ml** (3 Tbsp) syrup / honey  
**30ml** (2 Tbsp) sesame seeds, toasted  
**20g** peanuts, toasted  
**fresh coriander, to garnish**

## METHOD

1. Add the oil to a wok or large pan over a medium-high heat.
2. Once hot, add the tofu and allow to colour on all sides.
3. Add the onions, carrots, red pepper, mange tout and baby corn and toss through.
4. Cook for about 5 minutes, stirring occasionally, until the vegetables start to soften slightly - you still want some crunch.
5. In a bowl, whisk together the ginger, garlic, soya sauce, Knorr Curry Vegetable Soup, brown sugar and syrup/honey.
6. Add this mixture to the vegetables and toss to coat. Allow to cook for a further 5 minutes.
7. Serve the stir fry by itself or with a starch of your choice, such as noodles or rice, and top with sesame seeds, peanuts and fresh coriander.







**OOH!**





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