

SINCE 1838
Knorr

Eat For Good

Recipe Book

A Taste of Ramadan





The Future 50 Foods.

The Future 50 Foods are ingredients we should eat more of, because they have a high nutritional value and a relatively lower impact on the environment.

Algae

1. Laver seaweed
2. Wakame seaweed



Beans & Sprouts

3. Adzuki beans
4. Black turtle beans
5. Broad beans (fava beans)
6. Bambara groundnut
7. Cowpeas
8. Lentils
9. Marama beans
10. Mung beans
11. Soy beans



Cacti

12. Nopales



Cereals & Grains

13. Amaranth
14. Buckwheat
15. Finger millet
16. Fonio
17. Khorasan wheat
18. Quinoa
19. Spelt
20. Teff
21. Wild rice



Fruit vegetables

22. Pumpkin flowers
23. Okra
24. Orange tomato



Leafy Greens

25. Beet greens
26. Broccoli rabe
27. Kale
28. Moringa
29. Pak-choi (Chinese Cabbage)
30. Pumpkin leaves
31. Red cabbage
32. Spinach
33. Watercress



Mushrooms

34. Enoki mushroom
35. Maitake mushroom
36. Saffron milk cap mushroom



Nuts & Seeds

37. Flax seeds
38. Hemp seeds
39. Sesame seeds
40. Walnuts



Root vegetables

41. Black salsify
42. Parsley root
43. White icicle radish



Sprouts

44. Alfalfa sprouts
45. Sprouted kidney beans
46. Sprouted chickpeas



Tubers

47. Lotus root
48. Ube (purple yam)
49. Yam bean root (jicama)
50. Red Indonesian (cilembu) sweet potato





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Recipes

As you take the month of Ramadan to connect deeply with your faith, family and practice generosity towards others.

Knorr wants to help ease the burden of thinking about what to prepare for iftar and Suhoor. We have curated a list of recipes that are tasty and provide nourishment you need to pace yourself through the month.

Enjoy A Taste of Ramadan.

Moi-Moi

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Suhoor

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Moi-Moi

Prep Time: 25 minutes
Cook Time: 1 hour
Cooks For: 4
Difficulty: Easy



Ingredients:

- 1 1/2 cup black eyed beans
- 1 small smoked titus, small shreds
- 2 eggs, hard boiled
- 3 pieces rodo
- 2 cloves of garlic
- 1 small onion
- 4 tbsp crayfish
- 6 tablespoon olive oil
- 1 Knorr Beef Seasoning cube
- 5 red chillies, sliced

Method:

- Wash and remove the beans skin
- In a blender, add rodo, onions, garlic, rodo, red chili, beans and blend
- Season the beans paste with salt, crayfish, Knorr beef seasoning cubes and salt
- Brush 4 ramekins with olive oil
- Pour the beans paste into each ramekin
- Boil eggs until done and slice each into two
- Place the one slice of egg inside each ramekin
- Add the smoked titus
- Preheat the oven to 160°F
- Bake the moi-moi for about 45 minutes
- Top with red chillies

Suhoor

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Pancake Rolls with Vegetables





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Pancake Rolls with Vegetables

Prep Time: 10 minutes
Cook Time: 20 minutes
Cooks For: 4 people
Difficulty: Easy

Ingredients:

- 1 1/2 cup of all-purpose flour
- 2 small eggs
- 2 tbsp sugar
- 1 1/2 cup almond milk
- 2 tbsp unsalted butter
-  1 bunch of kale, shredded
-  1/4 red cabbage, shredded
- 1 cucumber, shredded
- 2 carrots, shredded
- 1/2 red bell peppers, shredded
- 1/2 yellow bell peppers, shredded
- 1 clove garlic, minced roll
- 1/2 cup of greek yoghurt
- 1/2 Knorr chicken seasoning cube
- 1/4 tsp salt

Method:

- Mix the flour, eggs, salt, milk, unsalted butter, Knorr chicken seasoning cube to a smooth batter
- Grease a non-stick pan
- Pour the batter into the pan
- Flip after 2 minutes
- Mix the greek yoghurt with garlic and a pinch of salt
- Arrange the shredded vegetables on the pancake
- Drizzle with the greek yoghurt mix and roll
- Leave on pan for 1 minute
- Take out, slice and serve



Suhoor

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Scrambled Eggs




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Scrambled Eggs

Prep Time: 10 minutes
Cook Time: 20 minutes
Cooks For: 2 people
Difficulty: Easy



Ingredients:

- 3 eggs, cracked and whisked
- A small portion of spring onions, diced
- 1/2 yellow pepper, diced
- 2 tomatoes, diced
- 2 tbsp olive oil
- 1 tsp black pepper
- 1/3 cup red kidney beans
- 2 tbsp margarine
-  A handful of spinach
- 1 small onion bulb

Method:

- Heat oil in a pan over medium high heat
- Add onions, tomatoes, yellow pepper, spring onions, red kidney beans, tomato and season with salt and black pepper
- Add the spinach and the eggs and cook
- Fold eggs over in large curds occasionally until cooked through about 2-4 minutes



Suhoor

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Omelette Roll



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Omelette Roll

Prep Time: 10 minutes
Cook Time: 15 minutes
Cooks For: 2 people
Difficulty: Easy



Ingredients:

- 3 eggs, cracked & whisked
- 1/2 green bell pepper, minced
- 1/2 red bell pepper, minced
- 1 tsp salt
- 1 tsp black pepper
- 1/2 tsp Knorr chicken seasoning powder
- A handful of purple spinach
- 1 small onion bulb, minced
- ^{F50} 1/4 red cabbage, shredded
- 1 small carrot, minced
- 2 tbsp olive oil
- Toasted bread (serving tip)

Method:

- Season eggs with salt, black pepper and Knorr chicken seasoning powder
- Combine with the green bell pepper, red bell pepper, onions and carrots
- Grease the non-stick pan with olive oil
- Pour the egg mixture into the pan and place on low heat
- Once the egg starts to cook, roll the omelette with a spatula
- Serve on a bed of blanched spinach and red cabbage with toasted bread (serving tip)



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Akara

Iftar

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Akara

Prep time: 10 mins
Cooking time: 20 mins
Feeds: 4 people
Difficulty: easy

Ingredients:

- 1 Cup of peeled beans (brown or white)
- 1 small onion (chopped)
- 1 small onion (to be blended with the beans)
- 1 ata rodo (chopped)
- Salt
- Vegetable oil

Method:

- Blend the beans with the small onions and $\frac{1}{4}$ cup of water. Puree this mix to a smooth paste
- Pour the mix into a bowl and mix with a whisk or mixer for 5 min (This is to incorporate air into the it to make the akara fluffy)
- Add the chopped onions, ata rodo and salt, stir.
- Set up a pan on medium heat and add the vegetable oil or any oil of choice using a small cooking spoon, scoop the mix a spoon at a time into the oil (ensure that each spoon of the mix is poured really close to the oil so it doesn't splatter)
- Fry on each side until golden brown.
- Remove the akara balls and place on a kitchen paper towel to drain off excess oil.
- Serve with ogi, akamu or pap. Or you could try akara with bread or yam fries.



Iftar

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Buckwheat Yamarita & Pumpkin Leaves Egg Sauce

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Iftar

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Buckwheat Yamarita & Pumpkin Leaves Egg Sauce

Prep Time: 15 minutes
Cook Time: 20 minutes
Cooks For: 5 people
Difficulty: Easy




Ingredients:

BUCKWHEAT YAMARITA CHIPS

- 1 cup of buckwheat flour
- 3 eggs, cracked and whisked
- 1tsp Knorr classic seasoning powder
- 1 tsp salt
- 1 small onion bulb, diced
- 1/2 red bell pepper, diced
- 1/2 green bell pepper, diced
- 1/2 yellow bell pepper, diced
- 2 tbsp almond milk
- 1 tbsp mixed dry herbs
- 3 cups of olive oil
- Yam

PUMPKIN LEAVES EGG SAUCE

-  1 bunch of pumpkin leaves
- 2 Knorr chicken seasoning cubes
- 4 big tomatoes
- 1 red bell pepper
- 3 pieces of rodo
- 2 garlic cloves
- 3 eggs
- 1 tsp of salt

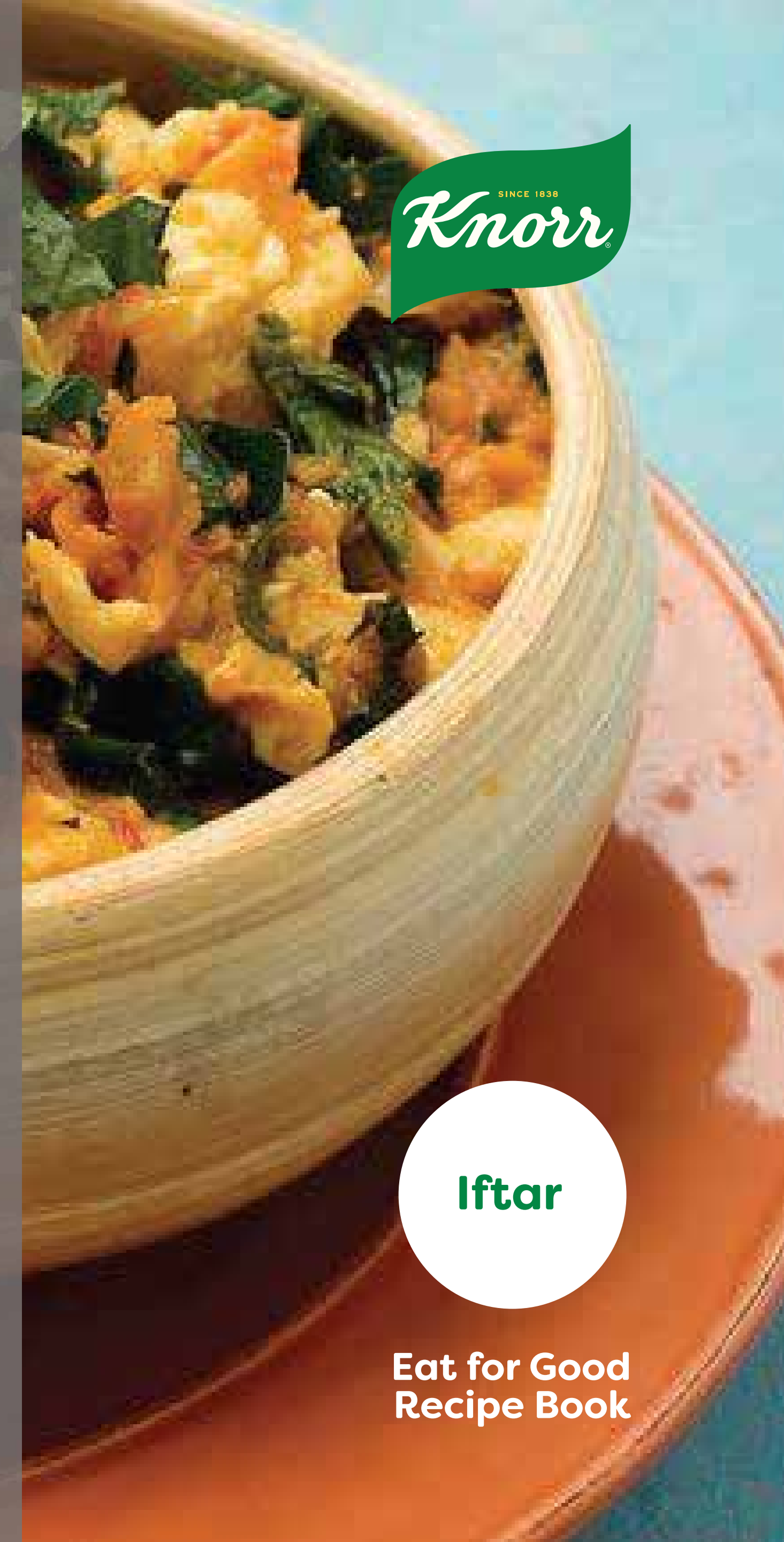
Method:

BUCKWHEAT YAMARITA CHIPS

- Cut yam in rectangular shapes like chips and sprinkle a pinch of salt over it
- Boil till almost soft and pat dry with a paper towel
- In a bowl, season the egg with Knorr classic seasoning powder and add in the mixed vegetables
- Deep the yam in the egg mixture then in the buckwheat flour
- Heat up the olive oil in a deep pan
- Add in the battered yam and fry until golden brown

PUMPKIN LEAVES EGG SAUCE

- Blend the tomatoes with garlic and onions
- Put a saucepan on fire and heat up the oil
- Add in the tomato blend
- Add in salt and Knorr chicken seasoning cubes
- Allow to simmer for about 10 minutes
- Add in the eggs and allow for about 2 minutes
- Stir and then leave to cook for about 5 minutes



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Beef Suya Taco



Iftar



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Beef Suya Taco

Prep Time: 10 minutes
Cook Time: 20 minutes
Cooks For: 3 people
Difficulty: Easy



Ingredients:

- 150g beef steak, diced
- 1 tbsp yaji spice
- 1 small red onion bulb, diced
- 2 garlic cloves, minced
- 3 orange cherry tomatoes, halved
- 1 small beetroot, chopped
-  1/4 red cabbage, shredded
-  A small portion of kale
- 1 small ripe avocado, diced
- 1/2 cup kidney beans, cooked
- 1 small red bell pepper, shredded
- 3 small tortilla breads
- 1 Knorr beef seasoning cube
- 1 small lemon

Method:

- Season the diced beef with yaji spice, salt, Knorr beef seasoning cube and garlic
- Grill in the pan and set aside
- Toast the tortilla bread in the oven for about 1 minute
- Place all the vegetables, kidney beans and beef suya on the tortilla
- In a small bowl, put in avocado and mash with a fork
- Drizzle mash with a dash of lemon, salt and black pepper
- Serve tacos with mash

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White Rice, Beans and Stew with Vegetables



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White Rice, Beans and Stew with Vegetables

Prep Time: 15 minutes
Cook Time: 25 minutes
Cooks For: 2 people
Difficulty: Easy

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Ingredients:



WHITE RICE AND BEANS

- 1/2 cup rice, parboiled
- 1 cup of brown beans

STEW

- 6 large tomatoes
- 3 tbsp tomato paste
- 2 chicken drumsticks
- 1 tsp curry powder
- 2 pieces of bay leaves
- 5 tbsp of olive oil
- 2 small onion bulbs
- 2 cloves of garlic
- 1 clove of garlic
- 2 pieces of rodo
- 4 pieces of tatashe
- Knorr Chicken Powder Seasoning

VEGETABLE

-  1/4 red cabbage, shredded
-  1 small bunch of spinach, shredded

Method:

WHITE RICE AND BEANS

- Cook rice
- Cook beans
- Mix together

STEW

- Blend the tomato, garlic, onions, rodo and tatashe together
- Heat up a pot on fire and add olive oil
- Fry minced onions till translucent
- Add tomato paste and tomato blend
- Season with Knorr chicken powder seasoning and cover until stew is cooked
- Season the chicken with Knorr chicken powder seasoning and cook
- Fry the chicken in some oil
- Place chicken in sauce

VEGETABLE

- Toss red cabbage and spinach together

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Seafood Okra & Buckwheat Swallow



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Seafood Okra & Buckwheat Swallow

Prep Time: 20 minutes
Cook Time: 30-40 minutes
Feeds: 5 people
Difficulty: Easy

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Ingredients:

SEAFOOD OKRA:

- ⓕ50 3 cups chopped okra
- 2 tbsp red oil
- 2 crabs
- 1 croaker fish
- 5 medium sized prawns
- 1 cup crayfish, ground
- 200g calamari
- 150g mussels
- 3 snails, cooked
- 1 red scotch bonnet pepper, diced
- 1 yellow scotch bonnet pepper, diced
- 4 tatashes
- 1 Knorr beef seasoning cube
- Salt

BUCKWHEAT SWALLOW

- ⓕ50 12 cups of buckwheat flour
- 6 cups of water

Method:

SEAFOOD OKRA:

- Place crabs, croaker fish (cut into 5 pieces), prawns, calamari & mussels
- Season with salt, Knorr beef seasoning cubes and red scotch bonnet pepper
- Add a little water
- Cook for about 5 minutes
- Remove the seafood from the stock and set aside
- Blend tatashes and yellow scotch bonnet pepper together
- Add pepper blend to stock and stir
- Add red oil and stir
- Cook for 5 minutes
- Add crayfish
- Add okra
- Cook for 5 minutes
- Add seafood back in the pot and mix
- Cook for 1 minute

BUCKWHEAT SWALLOW

- Boil water in a pot
- Add buckwheat powder
- Stir away lumps and mold

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Yam Pottage with Sauteed Broccoli, Red Cabbage & Red Peppers



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Yam Pottage with Sauteed Broccoli, Red Cabbage & Red Peppers

Prep Time: 15 minutes
Cook Time: 40 minutes
Cooks For: 4 people
Difficulty: Easy

Ingredients:

YAM POTTAGE

- 1 small yam, cut in chunks
- 4 pieces of red rodo/scotch bonnet
- 2 cloves of garlic
- 1 small onion bulb
- 4 small tatashe
- 2 handfuls of African spinach, chopped
- 1/2 cup of red oil/palm oil
- 1/4 cup of crayfish, ground
- 1 smoked titus
- 1 tbsp of Knorr classic seasoning powder
- A pinch of salt

SAUTEED BROCCOLI, RED CABBAGE AND RED CABBAGE:

- 2 tbsp olive oil
- 0.36kg broccoli, diced
- ^{F50} 0.20kg red cabbage, diced
- 1 red bell pepper, diced
- 1 tsp salt
- 2 tsp black pepper

Method:

YAM POTTAGE

- Grind the rodo, tatashe, garlic and onions into a paste
- Place the yams in a pot on fire
- Put the smoked titus in the pot
- Add in the ground paste and red oil/palm oil
- Season with salt & Knorr classic seasoning powder
- Add in the crayfish
- Allow to cook until the yam is cooked through. Stir.
- Add the African spinach and serve

SAUTEED BROCCOLI, RED CABBAGE AND RED CABBAGE:

- Heat up olive oil on a pan
- Add in the vegetables
- Sautee for about 3 minutes
- Season with salt and black pepper to taste



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