

# WHAT'S FOR DINNER MEAL PLAN

Week 47 2020

(Monday 16th November to Sunday 22nd November)

## RECIPES THIS WEEK



MONDAY 16TH  
Spinach and Corn Fritters

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TUESDAY 17TH  
Quiche Lorraine

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WEDNESDAY 18TH  
Mango Curry Chicken Salad

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THURSDAY 19TH  
CAPRESE PIZZAS

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FRIDAY 20TH  
Cheesy Potato and Tuna Bake

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SATURDAY 21ST  
Spicy Tomato Relish and Boerewors

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SUNDAY 22ND  
Spicy roasted drumsticks with cheesy cauliflower and broccoli bake



# Spinach and Corn Fritters

Monday 16th November

COOK TIME  
00:40:00

PREP TIME  
00:20:00

SERVES  
4

Home-made creamed spinach made with KNORR's Thick White Onion Soup powder gives these golden corn fritters great flavour and texture. Serve with dollops of sour cream, a shower of fresh chives and a sweet chilli dip. Add a salad, and you have a healthy meat-free midweek meal the whole family will adore! Spinach is good for you, AND for the planet.

## INGREDIENTS

1. For the Creamed Spinach:
2. 2 tbsp butter
3. 2 onion, finely diced
4. 3 cloves garlic, crushed
5. 10 cups (400g) baby spinach, washed and cut into strips
6. 1 cup cream
7. 45ml KNORR Thick White Onion Soup
8. For the Spinach & Corn Fritters:
9. 3 cups creamed spinach
10.  $\frac{3}{4}$  cup cheese, grated
11. 1 can sweetcorn kernels, drained
12. 1 cup self-rising flour, sifted
13. 2 eggs, separated
14. salt and pepper, to taste
15. 3-5 tbsp cooking oil, of choice

## METHOD

1. For the Creamed Spinach:
2. Melt the butter on a medium/low heat in a medium saucepan.
3. Add the onion & crushed garlic and sauté until soft, 5-7 minutes.
4. Cut the baby spinach into strips and stir through the onions, 1 cup at a time until wilted.
5. Drain any excess water from the wilted spinach mixture and discard.
6. Mix ¼ cup of cream with the Knorr Thick White Onion Soup to form a paste. Add the rest of the cream, mix well and add to the spinach.
7. Stir well & simmer until slightly reduced and thickened. Season to taste.
8. Allow to cool.
9. For the Spinach & Corn Fritters:
10. In a large bowl, combine the cooled creamed spinach, grated cheese, corn kernels, flour, egg yolks, salt & pepper together.
11. In another bowl, beat the egg whites until stiff.
12. Carefully fold the egg whites into the spinach batter, don't over mix.
13. In a large pan, heat the oil to medium.
14. Cook spoonful's of the mixture in the pan, 3-5 minutes a side until golden and cooked through. Drain on paper towel.
15. Plate up while warm, garnish with sour cream and chopped chives. Serve with a sweet chili dip and ENJOY!!



# Quiche Lorraine

Tuesday 17th November

COOK TIME  
01:30:00

PREP TIME  
00:10:00

SERVES  
8

For a real showstopper, try our great tasting Quiche Lorraine recipe. Knorr Vegetable Stock Pot combined with streaky bacon, eggs and cheese makes this a delicious hot or cold dish that's full of the flavours of home cooking.

## INGREDIENTS

1. 500g roll short crust pastry
2. 6 rashers streaky bacon, finely chopped
3. 1 clove garlic, finely chopped
4. 1 KNORR Vegetable Stock Pot
5. 4 medium eggs
6. 200ml low fat cream
7. 100ml crème fraiche
8. 1ml Robertsons Freshly Ground Black Pepper
9. 80g cheddar cheese, grated
10. 15ml tarragon, chopped

## METHOD

1. Heat oven to 200°C.
2. Meanwhile, leave pastry out at room temperature for 15-20 minutes so it doesn't crack when it's rolled.
3. Brush a 26 cm flan or quiche dish with oil.

4. Lightly flour rolling pin and work surface, and roll out the pastry to 1 cm thick. Place pastry into flan case. Smooth the pastry over the base of the flan case to remove any air pockets. Push gently into the sides of the flan case. Leave pastry overhang to accommodate for any shrinkage during cooking.
5. Line the pastry with parchment paper and fill with small dried beans (or rice). Press down firmly to push the beans to the sides. Bake for 8-10 minutes until the pastry starts to firm. Remove beans and parchment paper and return to oven for 5 minutes until pastry is crisp and brown.
6. Reduce oven to 150°C.
7. Gently cook the bacon and garlic in a small frying pan. Add the Knorr Vegetable Stock Pot and stir well for 2 minutes on medium heat until stock pot has melted. Leave to cool for 10 minutes.
8. In a separate bowl, beat the eggs with the cream, crème fraiche and Robertsons Freshly Ground Black Pepper. Add the chopped bacon and melted Knorr Vegetable Stock Pot. Stir in cheese and mix thoroughly.
9. Pour egg mixture into the pastry case. Sprinkle with chopped tarragon. Cover the pastry edges loosely with foil and bake for 30-35 minutes or until a knife inserted near the centre comes out clean. Let the quiche stand for 5 minutes before cutting.
10. For a lighter low carb option bake the quiche without the pastry case making it a crustless quiche Lorraine
11. BETTER FOR YOU TIPS: For a lighter low carb option bake the quiche without the pastry case making it a crustless quiche Lorraine



# Mango Curry Chicken Salad

Wednesday 18th November

COOK TIME  
00:25:00

PREP TIME  
00:10:00

SERVES  
4

Knorr's Mild Durban Curry Dry-Cook-In-Sauce adds a bite to this fresh, fruity and simply delicious chicken salad dish. Serve your salad ingredients, curried chicken and mango pieces on a bed of lettuce and garnish with a sprinkling of raisins.

## INGREDIENTS

1. 4 boneless, skinless chicken breasts
2. 10ml sunflower oil
3. 1 KNORR Mild Durban Curry Dry Cook-in-Sauce
4. 150ml Hellmann's Mayonnaise
5. 2 cloves of garlic, crushed
6. 1 ripe mango, cubed
7. 30ml mango chutney
8. 200g cherry tomatoes, halved
9. 1 lime juice (zest and juice)
10. 500g assorted lettuce leaves
11. ½ red onion, finely chopped
12. 30g raisins
13. 60ml sesame seeds, lightly toasted

## METHOD

1. Preheat oven to 220°C.
2. Place the chicken breasts in a large bowl, add the sunflower oil and mix well. Sprinkle the chicken breasts with half of the Knorr Mild Durban Curry Dry Cook-in Sauce.
3. Place on a baking tray and cook in oven for around 20-25 minutes until chicken is thoroughly cooked. Remove and shred with a knife and fork before cooled.
4. Place the mayonnaise in a large bowl. Add the remaining Knorr Mild Durban Curry Dry Cook-in Sauce and garlic and stir really well. Mix in the cooked chicken, mango, mango chutney, tomatoes, lime juice and lime zest.
5. Place the lettuce leaves on a large serving plate, top with the curry chicken and sprinkle with the red onions, raisins and toasted sesame seeds.



# CAPRESE PIZZAS

Thursday 19th November

COOK TIME  
00:20:00

PREP TIME  
00:10:00

SERVES  
4

Inspired by classic Italian Caprese salads, these quick vegetarian pizzas have a deliciously rich, herby tomato sauce and are topped with mozzarella, sliced tomatoes and fresh basil. You can use fresh tomatoes in the sauce instead of tinned ones, but you'll need to cook it for a little longer so it's thick enough to coat the pizza bases. - Lisa Raleigh

## INGREDIENTS

1. 10ml olive oil
2. 1 clove garlic, crushed
3. 5ml dried origanum
4. 5ml balsamic vinegar
5. 1 small handful fresh parsley, chopped
6. 1 small handful fresh basil, chopped
7. 1 x 400g tin chopped tomatoes
8. 2.5ml brown sugar
9. salt
- 10.1 Knorr Tomato Base Dry Cook-In Sauce
- 11.4 ready-made pizza bases
- 12.mozzarella slices, to top
- 13.sliced rosa tomatoes, to top
- 14.75ml ready-made basil pesto
- 15.extra fresh basil leaves, to garnish

## METHOD

1. Preheat the oven to 180 °C .
2. To make the tomato sauce, heat the olive oil in a medium-sized saucepan and add the crushed garlic and origanum. Fry gently for a minute, then add the balsamic vinegar, parsley and chopped basil.
3. Cook for another minute or two then add the tin of tomatoes, the sugar, a pinch of salt and half the contents of the sachet of KNORR Tomato Base Dry Cook-in-Sauce. If the sauce seems too thick, add a little water.
4. Mix everything together and simmer, stirring occasionally, for 7-8 minutes, or until the mixture has thickened and reduced. (Note: if the sauce is too runny, it will make the pizza bases soggy. ) Turn off the heat, check the seasoning and set aside to cool slightly.
5. Use the back of a spoon to cover each pizza base with a layer of sauce. Top with slices of mozzarella, then add the sliced rosa tomatoes and a few dollops of basil pesto.
6. Bake the pizzas at 180 °C for 7-10 minutes, or until the bases are crisp and the cheese has fully melted.
7. Garnish with extra fresh basil leaves and serve immediately.



# Cheesy Potato and Tuna Bake

Friday 20th November

COOK TIME  
00:20:00

PREP TIME  
00:10:00

SERVES  
6

Looking for easy recipes for dinner? Why not try something different with this tasty Cheesy Potato and Tuna Bake.

## INGREDIENTS

1. 450ml low fat milk
2. 1 KNORR Creamy Garlic and Herb Potato Bake
3. 2 tomatoes, sliced
4. 4 potatoes, unpeeled - thinly sliced
5. 2 cans tuna, drained
6. 60g cheese, grated
7. Knorr Aromat

## METHOD

1. Preheat oven to 180°C.
2. Arrange half the sliced potatoes in a greased, ovenproof dish.
3. Open the tins of tuna and drain the liquid.
4. Spread evenly over the first layer of potatoes and top with layers of sliced tomatoes and the remaining potato.
5. Season with KNORR Aromat and pepper.
6. Mix the KNORR Creamy Garlic and Herb Potato Bake sachet contents with a little milk to make a paste and stir in the remaining milk.

7. Pour over the potatoes, sprinkle with cheese and bake at 180°C for 1 hour until the potatoes are soft and the cheese is golden brown.



# Spicy Tomato Relish and Boerewors

Saturday 21st November

COOK TIME  
00:35:00

PREP TIME  
00:20:00

SERVES  
6

## Spicy Tomato Relish and Boerewors

### INGREDIENTS

1. 400g boerewors, grilled
2. 1 tbsp cooking oil
3. 2 onions, finely chopped
4. 1 rajah mild and spicy curry powder
5. 1 tsp Robertsons Paprika
6. 8 tomatoes, finely chopped
7. 1 cup water
8. 1 Knorrox Beef Stock Cube
9. 1 tbsp KNORR Cream of Tomato Soup

### METHOD

1. In a pot, brown the onions in oil until soft
2. Add the Rajah Mild & Spicy Curry Powder and Robertsons Paprika to the pot
3. Fry it for 2 minutes, stirring constantly
4. Add the tomatoes and water, bring it to the boil
5. Add the Knorrox Beef Stock Cube, reduce the heat and let it simmer for 15 minutes
6. Just before the dish is done, mix the Knorr Cream of Tomato Soup with 2 tablespoons of water to make a smooth paste, then add it to the pot

7. Allow it to simmer for 5 minutes, stirring continuously until thickened
8. Serve the spicy tomato relish with grilled boerewors



# Spicy roasted drumsticks with cheesy cauliflower and broccoli bake

Sunday 22nd November

COOK TIME  
00:50:00

PREP TIME  
00:15:00

SERVES  
4

Two simple dishes using minimal ingredients that together make the perfect mid-week dinner!

## INGREDIENTS

1. 1kg chicken drumsticks
2. 1 KNORR Cook-In-Bag Spicy Roast Chicken
3. 1 head broccoli, cut into florets
4. 1 head cauliflower, cut into florets
5. 2 sachets KNORR Three Cheese Pasta Sauce
6. 500ml milk
7. 60ml breadcrumbs

## METHOD

1. No need to preheat oven.
2. Place chicken drumsticks into the roasting bag and season with dry KNORR mixture. Close bag at end with blue tie supplied.
3. Very gently massage KNORR mixture into the chicken on a stable surface. Ensure dry mixture is spread evenly.
4. Place bag sideways in a cool oven dish, ensuring pieces are evenly spaced.
5. Bake at 180°C for 50 minutes on the lowest shelf in the oven. Ensure that the grill is off at all times. Keep enough room for the bag to expand (bag must not touch the sides of the oven).

6. In the meantime place the broccoli and cauliflower into a pot of boiling, salted water and cook until tender then drain and place into an oven proof dish
7. Bring the milk to the boil in a small saucepan, then remove from the heat and whisk in the contents of the two sachets of KNORR Three Cheese Pasta Sauce
8. Pour the cheese sauce over the broccoli and cauliflower, top with the breadcrumbs then bake in a preheated oven at 180 C for 15 minutes
9. Remove the chicken from the oven cut the bag open, coat the pieces in any remaining juices and serve with the cauliflower and broccoli bake.
10. For a nutritious twist on this recipe replace the chicken drumsticks with skinless chicken breasts and use low fat milk instead
11. BETTER FOR YOU TIPS: For a nutritious twist on this recipe replace the chicken drumsticks with skinless chicken breasts and use low fat milk instead