

#FREETHETHEFLAVOUR



INTRODUCING...

# KNORR INTENSE FLAVOURS



INSPIRED BY CHEFS FOR CHEFS



**CREATIVE INGREDIENTS,  
REDUCED, ROASTED  
& SMOKED TO DELIVER  
COMPLEX & EXCITING  
FLAVOURS WITH EVERY DROP.**

Each unique variant of Fresh, Umami, Earth and Smoke lets you create depth and balance to your dish quickly and easily.

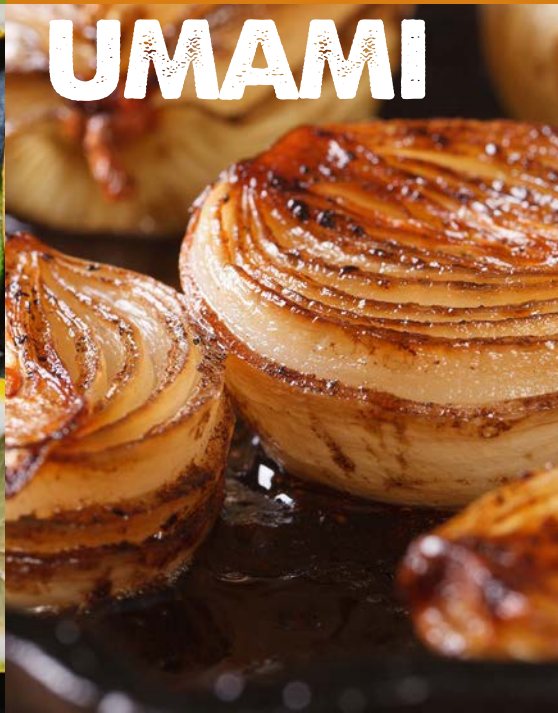
**CITRUS**

**FRESH**



**ROAST**

**UMAMI**



**WILD MUSHROOM**

**EARTH**



**DEEP**

**SMOKE**





## MARINATE OR INFUSE



Citrus Fresh is added during tuna prep stage to uplift a raw ceviche dish with an appetising citrus freshness.

## SEASON DURING COOKING



Wild Mushroom Earth is used to enhance flavour of mushroom assortment during stir-fry, for use as taco filling.

## USE FOR SAUCE OR GARNISH



Roast Umami, featured as a simple add-on to a sesame Tahini pour-over dressing... perfect with whole roasted cauliflower.

**THIS VERSATILE RANGE IS SUITABLE  
FOR ANY DIRECTION YOUR CREATIVITY TAKES YOU.  
WHAT'S MORE, THEY'RE 100% VEGAN WITH NO ADDED MSG.**

**#FREE THE FLAVOUR WITH KNORR INTENSE FLAVOURS RANGE**

# CREATING THE LATEST TRENDS EASY AS!

With the Knorr Intense Flavours range you can bring modern flavours into play in a snap! To make it even easier, we've showcased the range against the latest key trends shaping progressive kitchens:



## REINVENT YOUR CLASSICS

Classics never go out of date, but diners are expecting up-to-date takes on their signature favourites. That's why we're constantly coming up with new ingredient ideas that'll help you reinvent your game!



## INJECT WORLD FLAVOURS

Well-travelled diners are driving diverse International flavours into the mainstream. It's truly an art to infuse them while keepin' it real and we're always up to help inject some authenticity and creativity.



## IGNITE THE POWER OF PLANTS

More people are looking for delicious food with healthy twists, such as meat alternatives and plant-based options. Let's rethink the way we play with our veggies, grains, nuts & seeds for the next wave of change.

# THE TREND LENS



# KNORR INTENSE FLAVOURS



CLASSICS REINVENTED



WORLD FLAVOURS



PLANT POWER

CITRUS

**FRESH**

**OCEAN FRESH RISOTTO**

**TANGY TUNA CEVICHE**

**ZESTY BUDDHA BOWL**

ROAST

**UMAMI**

**SOUTHERN CHICK 'N' CHEESE**

**FLAMIN' HARISSA RACK**

**HEARTY ROASTED CAULI**

WILD MUSHROOM

**EARTH**

**CREAMY & CRISP BOSCAIOLA**

**KIMCHI CREAM EGGPLANT TACOS**

**WILD SHROOMS RAGU w POLENTA**

DEEP

**SMOKE**

**SMOKIN' BRISKET BURGER**

**PORKY TERIYAKI PIZZA**

**SMOKED TOFU BURNT ENDS**



**CITRUS**

**FRESH**





# CITRUS

# FRESH

Zesty freshness blended from Mandarin, Tahitian Lime and Yuzu juices, for a balanced citrus profile, without all the squeezing!



Made with 750g of Citrus Juice including Mandarin, Tahitian Lime & Yuzu



Water, glucose syrup, mandarin juice concentrate (14%), lime juice concentrate (10%), spirit vinegar, cane sugar, corn starch, yuzu juice (2.7%), natural lemon flavour.

- Try it with grilled seafood, ceviche or desserts.
- Dosage: 10mL/serve or to taste.
- Yield: 40 serves/bottle.
- Packaging: 400mL bottle x 6/case.
- Shelf Life: 12 months. Keep refrigerated up to 3 months after opening.
- Country of Origin: Sweden.



# TANGY TUNA CEVICHE





# TANGY TUNA CEVICHE

An Asian inspired celebration of all things fresh and summer-y.



WORLD FLAVOURS

**10** SERVES

#citrusfresh #worldflavours  
#tunaceviche #tangy #asian

## Ingredients

- 100 g **Knorr Coconut Milk Powder**
- 200 ml Water
- 2 x Red onions, thinly sliced
- 6 x Small red chillies, thinly sliced
- 50 g Ginger, grated
- 80 g **Knorr Intense Flavours Citrus Fresh**
- 1 Bunch Coriander, washed, chopped (incl. stems)
- 1 kg Sashimi grade tuna, cut into cubes

1. Combine **Knorr Coconut Milk Powder** and water and whisk until smooth. Add onions, chilli, ginger and **Knorr Intense Flavours Citrus Fresh**, add tuna and place in fridge for 25 minutes.

## Salad

- 5 x Cucumbers, seeds removed, thinly sliced
- 300 g Radish, thinly sliced
- 300 g Tomato, seeds removed, finely diced

1. Combine all ingredients together.
2. Add tuna to salad and toss to combine.

## To Serve

- Extra virgin olive oil
- Coriander leaves
- Tortilla crisps
- Limes, thinly sliced

1. Place on serving plate and drizzle with oil, top with coriander and serve with tortilla crisps and limes.



# OCEAN FRESH RISOTTO

Modern and fresh, this zesty seafood shake-up creates delight.

**10** SERVES

## Risotto

40	g	<b>Knorr Concentrated Liquid Chicken Stock</b>
1	ltr	Water
20	ml	Olive oil
35	g	Eschallots, chopped
15	g	<b>Knorr Garlic Puree</b>
400	g	Arborio rice
60	g	<b>Knorr Intense Flavours Citrus Fresh</b>
60	g	Parmesan cheese, finely grated

## Prawns

20	ml	Oil
12	x	Whole large green king prawns

## Garnish

200	g	Sugar snaps
150	g	<b>Broad beans*</b>
200	g	Peas
		Salt & black pepper

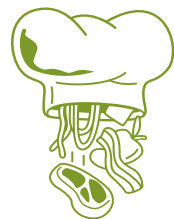
## To Serve

1. Add **Knorr Concentrated Liquid Chicken Stock** to 1 litre of boiling water.
2. Heat some olive oil and sauté the shallot and garlic without browning. Add the rice and cook until translucent. Add the chicken stock, one ladle at a time, stirring regularly until all liquid is used and rice is al dente.
3. Let the risotto rest for a minute, then stir in the **Knorr Intense Flavours Citrus Fresh** and cheese.

1. Fry prawns until crispy and almost cooked through.

1. Clean the sugar snaps and pod the broad beans. Blanch all the vegetables and season with salt and black pepper.

1. Divide the risotto over the plates and arrange the prawns and vegetables on top.



CLASSICS REINVENTED

#citrusfresh #classicsreinvented  
#prawn #risotto #broadbeans







# ZESTY BUDDHA BOWL

Bright, colourful and healthy, this veggie dish jumps off the plate.

**10** SERVES

## Ingredients

400 g	Quinoa*
100 g	Dried lentils*
300 g	White rice
5 x	Avocados, sliced
1 kg	Baby heirloom tomatoes*
300 g	Red cabbage, thinly sliced and pickled*
1 kg	Roasted beetroot
500 g	Roasted pumpkin
250 g	Snow peas sprouts, thinly sliced
80 g	Alfalfa sprouts*

## Dressing

100 ml	<b>Knorr Intense Flavours Citrus Fresh</b>
200 ml	Water
	Salt & Pepper

## To Serve



**PLANT  
POWER**

#citrusfresh #plantpower  
#buddhabowl  
#vegan #healthy

1. Cook quinoa, lentils and rice until tender, drain and rinse.

1. Combine **Knorr Intense Flavours Citrus Fresh**, water and salt and pepper.

1. Arrange all ingredients in a bowl and pour over dressing.



**ROAST**

**UMAMI**



# ROAST

# UMAMI

Rich, caramelised flavours from slow, oven-roasted onion and garlic for an aromatic, umami sweetness, saving hours of prep.



Made with Onion & Garlic, Oven Roasted for up to 1 hour



Water, roast onion puree (14%) (onion, cane sugar, sea salt), glucose syrup, salt (salt, anticaking agent (535)), roast garlic puree (7.5%) (garlic, cane sugar), fried onion concentrate (7.5%) (onion, glucose syrup, sunflower oil), cane sugar, spirit vinegar, fried onion concentrate, corn starch, natural flavour.

- Try it with braised beef or lamb, meaty stew or risotto.
- Dosage: 10mL/serve or to taste.
- Yield: 40 serves/bottle.
- Packaging: 400mL bottle x 6/case.
- Shelf Life: 12 months. Keep refrigerated up to 3 months after opening.
- Country of Origin: Sweden.





**HEARTY  
ROASTED  
CAULI**



# HEARTY ROASTED CAULI

A hearty, meaty roast dinner without the meat, but all the flavour!

**10** SERVES

## Cauliflower

300 g Eschallots, thinly sliced  
200 g **Knorr Intense Flavours Roast Umami**  
5 x Whole baby cauliflower

1. Combine eschallot and **Knorr Intense Flavours Roast Umami**. Pour over cauliflower and marinate for 2-3 hours.

2. Roast in oven at 160C for 1 hour covered. Remove cover and roast for a further 20 minutes.

## Dressing

300 g **Hellmann's Real Mayonnaise**  
20 g **Knorr Intense Flavours Roast Umami**  
20 g Chilli puree

1. Combine **Hellmann's Real Mayonnaise**, **Knorr Intense Flavours Roast Umami** and chilli puree.

## To Serve

Micro herbs, to garnish  
**Sesame seeds, to garnish\***

1. Arrange cauliflower on a serving platter, slice and serve with dressing and garnish.



PLANT  
POWER

#roastumami #plantpower  
#cauliflower #meatfree  
#sesameseeds







# SOUTHERN CHICK 'N' CHEESE

Crunchy, tasty wings and cheesy sauce. Ultimate pleasure achieved.

**10** SERVES

## Chicken

4	kg	Chicken wings
2	ltr	Buttermilk
120	g	<b>Knorr Intense Flavours Roast Umami</b>
40	g	Sugar
300	g	Flour
50	g	Smoked paprika
15	g	Salt

## Blue Cheese Dressing

300	ml	<b>Hellmann's Ranch Dressing</b>
60	g	Blue cheese

## Slaw/Side

150	g	Red cabbage, shredded*
150	g	White cabbage, shredded
250	g	Broad beans, blanched and peeled*
50	g	Red onions, sliced
80	g	<b>Hellmann's Real Mayonnaise</b>
400	g	Pickles, sliced



CLASSICS  
REINVENTED

#roastumami #classicsreinvented  
#friedchicken #wings #cheesysauce

1. Combine the chicken, buttermilk, **Knorr Intense Flavours Roast Umami** and sugar together and marinate overnight.
2. Mix flour, smoked paprika and salt together, divide into two. Strain the buttermilk marinade off the chicken and mix with one of the divided flour mixes to form a light batter.
3. Dip the marinated chicken into the other divided flour mix then into the batter mix. Shake off excess batter and fry in 160C hot oil for 10 minutes. Transfer to a plate, lined with paper towel.

1. Combine **Hellmann's Ranch Dressing** with the blue cheese and blend until smooth.

1. Mix remaining ingredients and serve with the chicken wings, blue cheese dressing and pickles on the side.



# FLAMIN' HARISSA RACK

An exotic African flavour infusion to mum's classic lamb roast and veggies.



WORLD  
FLAVOURS

## 10 SERVES

#roastumami #worldflavours  
#lambrack #harissa #mash

### Lamb

10 x Lamb racks, trimmed  
50 g Harissa paste  
80 g **Knorr Intense Flavours  
Roast Umami**

1. Marinate lamb rack with harissa paste and **Knorr Intense Flavours Roast Umami**.
2. Season lamb and seal in a pan and finish in oven until medium rare.

### Roast Vegetables

1.5 kg Cherry tomatoes, on the vine  
800 g Zucchini flowers

1. Roast cherry tomatoes and zucchini flowers in oven until tender.

### Mash

550 ml Water  
4 g Salt  
250 ml Milk  
130 g **Knorr Potato Flakes**

1. Bring water and salt to the boil. Add cold milk and whisk in **Knorr Potato Flakes**. Stand for 2 minutes and whisk again.

### Gravy

75 g **Knorr Jus**  
500 ml Water  
30 g **Knorr Intense Flavours  
Roast Umami**

1. Whisk **Knorr Jus** and water together and bring to the boil, simmer for 2 minutes. Add **Knorr Intense Flavours Roast Umami**.

### To Serve

1. Place mash on plate, top with lamb, vegetables and gravy.





A close-up photograph of a hand pouring a dark, thick liquid from a bottle into a stainless steel bowl. The bowl contains a light-colored, creamy mixture. The bottle has a green label with the word 'WILD' visible. The background is a dark, reflective surface.

**WILD**

**MUSHROOM**

**EARTH**

# WILD MUSHROOM EARTH

A balanced mix of mushrooms, including Boletus and Porcini, for a complex, earthy richness without needing a shroom load.



Made with 450g of Mushroom including Boletus & Porcini



Water, mushroom powder (12%) (boletus luteus (8%), porcini (4%)), salt (salt, anticaking agent (535)), glucose syrup, roast onion puree (onion, cane sugar, sea salt), spirit vinegar, maltodextrin, mushroom extract.

- Try it with risotto, stews, goulash or pasta.
- Dosage: 10mL/serve or to taste.
- Yield: 40 serves/bottle.
- Packaging: 400mL bottle x 6/case.
- Shelf Life: 12 months. Keep refrigerated up to 3 months after opening.
- Country of Origin: Sweden.





# KIMCHI CREAM EGGPLANT TACOS





# KIMCHI CREAM EGGPLANT TACOS



WORLD  
FLAVOURS

The street food classic gets a plant-based, thoroughly modern twist.

**10** SERVES

#wildmushroomearth  
#worldflavours #eggplant  
#tacos #streetfood

## Eggplant

- 40 ml Olive oil
- 2 kg Large eggplant, thinly sliced or corn tortillas
- 80 g Gochujang
- 20 g Rice wine vinegar
- 30 g Soy sauce
- 30 g Caster sugar
- 15 g **Knorr Garlic Puree**
- 1 kg Japanese eggplants, cut into strips
- 600 g Swiss brown mushrooms, sliced
- 80 g **Knorr Intense Flavours Wild Mushroom Earth**

1. Brush 20ml oil over eggplant and grill until soft.
2. Combine Gochujang, rice wine vinegar, soy sauce, caster sugar and **Knorr Garlic Puree**.
3. Add remaining oil to large pan, add eggplant and mushrooms and cook for 4-6 minutes over high heat, add gochujang mixture and toss to combine. Add **Knorr Intense Flavours Wild Mushroom Earth**.

## Kimchi Cream

- 100 g Kimchi
- 150 g **Hellmann's Real Mayonnaise**
- 50 g Greek yoghurt

1. Combine Kimchi, yoghurt and **Hellmann's Real Mayonnaise** and blend until smooth.

## To Serve

- Kimchi
- Coriander
- Cucumber, thinly peeled

1. To assemble tacos, divide vegetable mixture into eggplant 'tacos'. Add toppings and spoon over kimchi cream.



# WILD SHROOMS RAGU w POLENTA



PLANT POWER

Rich, creamy and earthy, for a comforting and satisfying veggie dish.

## 10 SERVES

### Polenta

- 400 ml Water
- 400 ml **Knorr Hollandaise Sauce**
- 150 g Instant polenta

### Sauce

- 20 ml Olive oil
- 200 g Brown onions, chopped
- 20 g **Knorr Garlic Puree**
- 1.5 kg Mixed gourmet mushrooms (**enoki\***, shitake and swiss brown)
- 800 g **Knorr Pronto Napoli**
- 100 g **Knorr Intense Flavours Wild Mushroom Earth**

### To Serve

- ½ bunch Thyme, to garnish
- 20 g Parsley, chopped, to garnish

#wildmushroomearth  
#plantpower #ragu #enoki  
#polenta

1. Bring water and **Knorr Hollandaise Sauce** to the boil, rain in polenta, whisking over low heat until cooked.

1. Add oil and onion to a frypan, add **Knorr Garlic Puree** and cook over low heat until softened. Add mushrooms and cook until softened. Add **Knorr Pronto Napoli** and **Knorr Intense Flavours Wild Mushroom Earth**.

1. Add polenta to bowl, top with mushroom ragu and garnish with thyme and parsley.







# CREAMY & CRISP BOSCAIOLA

An earthy mushroom, yet delicate and refined take on a classic.

**10** SERVES

## Pasta

400 g Fettuccine

1. Cook pasta following packet directions until al dente.

## Sauce

30 ml Oil  
250 g Brown onions, chopped  
300 g Bacon, sliced  
1 kg Mixed gourmet mushrooms (shitake, swiss brown)  
1 ltr Cream  
100 g **Knorr Intense Flavours Wild Mushroom Earth**

1. Add oil and onions to a frypan. Add bacon and cook until almost crispy. Add mushrooms and cook until softened and browned. Add cream and **Knorr Intense Flavours Wild Mushroom Earth** and reduce.

## To Serve

**Fried enoki mushrooms\***  
Fried prosciutto  
Chopped parsley, to garnish

1. Add pasta to sauce and toss to combine. Garnish with fried mushrooms, prosciutto and parsley.



CLASSICS  
REINVENTED

#wildmushroomearth  
#classicsreinvented #enoki  
#crunchybacon #boscaiola



DEEP

SMOKE



# DEEP

# SMOKE

Warm BBQ profile of roasted onion and sugar, smoked over hardwood for a natural, charred smokiness that can easily be infused.



Made with Roast Onion & Natural Sugar Smoked over Hard Wood



Water, glucose syrup, roast onion puree (13%) (onion, cane sugar, sea salt), fried onion concentrate (12%) (onion, glucose syrup, sunflower oil), salt (salt, anticaking agent (535)), spirit vinegar, corn starch, smoked sugar (1.2%), smoke flavour.

- Try it with pan fried steak, burger or grilled salmon.
- Dosage: 10mL/serve or to taste.
- Yield: 40 serves/bottle.
- Packaging: 400mL bottle x 6/case.
- Shelf Life: 12 months. Keep refrigerated up to 3 months after opening.
- Country of Origin: Sweden.



# SMOKIN' BRISKET BURGER





# SMOKIN' BRISKET BURGER

Everything you could ask for in a burger. Meaty, smoky and delicious.

**10** SERVES

## Ingredients

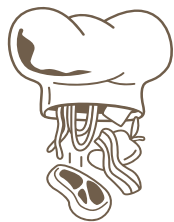
3 kg Beef short rib  
20 ml Olive oil  
4 x Red onions, chopped  
25 g **Knorr Garlic Puree**  
6 x Medium carrots, thickly sliced  
4 x Celery sticks, thickly sliced  
800 g **Knorr Pronto Napoli**  
25 g **Knorr Concentrated Liquid Chicken Stock**  
500 ml Water  
200 g **Knorr Intense Flavours Deep Smoke**

## Patty

1.5 kg Beef mince {80% fat}

## Burger

10 x Milk buns, halved and toasted  
200 g **Hellmann's Real Mayonnaise**, plus extra to spread  
200 g **Knorr American Chipotle BBQ Sauce**  
50g **Knorr Intense Flavours Deep Smoke**  
200 g Pickled red cabbage  
10 x American cheese slices



CLASSICS  
REINVENTED

#deepsmoke #classicsreinvented  
#brisket #burger #meaty

1. Heat oil and sear seasoned beef short rib. Transfer to full gastronome tray. Add onions, garlic, carrots and celery to pan. Cook, stirring for 3-5 minutes or until vegetables start to brown, then add to short ribs.

2. Pour over **Knorr Pronto Napoli**, **Knorr Concentrated Liquid Chicken Stock**, water and **Knorr Intense Flavours Deep Smoke**. Braise in a combi oven for 3 hours at 140C dry heat or until tender. Pull beef off bone and combine with a little of cooking liquid.

1. Season beef mince with salt and pepper. Form into 10 even patties and cook over char grill until medium well.

2. Add cheese for last minute of cooking to melt slightly.

1. Combine **Hellmann's Mayonnaise**, **Knorr American Chipotle BBQ Sauce** and **Knorr Intense Flavours Deep Smoke**.

2. Spread base of burger bun with extra **Hellmann's Real Mayonnaise**, then top with cabbage, beef patty, beef short rib and finally **Knorr American Chipotle BBQ Sauce**.







# PORKY TERIYAKI PIZZA

Worlds collide for a smoky, porky pizza that's simply oishi!

10 SERVES

## Pizza

600 g	<b>Knorr Japanese Teriyaki Sauce</b>
100 g	<b>Knorr Intense Flavours Deep Smoke</b>
10 x	Pizza bases
400 g	Pulled pork
600 g	Mozzarella cheese
300 g	<b>Kale, fried*</b>
700 g	Cherry tomatoes

## To Serve

200 g	Fetta cheese, to garnish
30 g	Coriander, chopped, to garnish



WORLD FLAVOURS

#deepsmoke #kale  
#worldflavours  
#porkpizza #teriyaki

1. Combine **Knorr Japanese Teriyaki Sauce** and **Knorr Intense Flavours Deep Smoke**.
  2. Spread sauce over pizza bases. Sprinkle over cheese. Evenly spread remaining ingredients apart from fetta and coriander.
  3. Cook for 10-12 minutes in very hot oven around 240C.
1. Garnish with fetta and coriander.



# SMOKED TOFU BURNT ENDS

Meet the new not-meat. Light and delicate, yet bursting with flavour.

10 SERVES

## Tofu

1.5 kg Hard tofu  
100 g **Knorr Intense Flavours Deep Smoke**

1. Combine tofu and **Knorr Intense Flavours Deep Smoke** and marinate overnight or for a few hours.

2. Char grill tofu until grilled.

## Dressing

50 g **Knorr Intense Flavours Deep Smoke**  
90 ml Water  
80 ml Olive oil

1. Combine all ingredients in a bowl and season.

## Salad

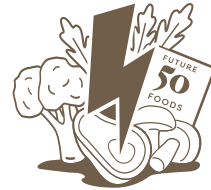
250 g Mixed leaf lettuce  
4 x Avocados, sliced  
300 g **Kale, fried\***  
300 g Carrot, julienne  
20 g Red onions, thinly sliced  
500 g Cherry tomatoes, halved

1. Combine all ingredients in a bowl, add dressing and toss to combine.

## To Serve

Micro herbs, to garnish

1. Place salad in bowl, top with tofu. Garnish with micro herbs.



PLANT POWER

#deepsmoke  
#plantpower #tofu  
#kale #vegan





# FUTURE 50 FOODS



## FUTURE 50 FOODS FOR HEALTHIER PEOPLE & A HEALTHIER PLANET.

To provide chefs with more food choices to empower positive change, we have identified 50 foods we should eat more of because they are nutritious, have a lower impact on our planet, are affordable, accessible and taste good.

These are the F50 ingredients  
that are featured in our recipes:

OCEAN FRESH RISOTTO  
**Broad beans**

ZESTY BUDDHA BOWL  
**Quinoa**  
**Lentils**  
**Orange tomatoes**  
**Red cabbage**  
**Alfalfa sprouts**

HEARTY ROASTED CAULI  
**Sesame seeds**

SOUTHERN CHICK 'N' CHEESE  
**Red cabbage**  
**Broad beans**

WILD SHROOMS RAGU w POLENTA  
CREAMY & CRISP BOSCAIOLA  
**Enoki mushrooms**

PORKY TERIYAKI PIZZA  
SMOKED TOFU BURNT ENDS  
**Kale**

**FIND OUT MORE AT [UFS.COM/F50](https://www.knorr.com/US/F50)**