

Mexican fried Rice with Crispy NoChicken, Sweetcorn Salsa & Nopales

Portions: 10

Ingredients:

800g Rice & Wild rice mix – F50 | 1.5ltr Water | 30g Knorr Professional Vegetable Powder Bouillon | 50ml Rapeseed oil | 200g Onion | 100g Celery | 300g Peppers | 50g Knorr Garlic Puree | 20g Cajun spice

For the Cajun NoChicken

600g The Vegetarian Butcher NoChicken Chunks | 15g Cajun spice | 50g Rapeseed oil

For the Salsa

400g Sweetcorn | 100g Jalapenos | 20g Coriander | 250g Red onion | 100g Nopales – F50

For the Rice:

Pour the water into a saucepan and add the Knorr bouillon and rice.

Bring to the boil then reduce the heat and simmer for 12-14 minutes or until the rice has absorbed the liquid.

Remove from the heat, cover, and allow to cool.

Peel and dice the onion and dice the celery & peppers.

Once the rice is cooled, heat the oil and sauté the vegetables for 5 minutes without colour then add the garlic puree.

Add the rice and fry over a medium high heat for 5-6 minutes adding the Cajun spice halfway through.

For the NoChicken:

Defrost the NoChicken Chunks in the fridge.

Once defrosted, toss the NoChicken chunks in the half oil and Cajun spice

Pan fry for 6 minutes on a medium-high heat turning halfway through.

Once crispy, remove from the heat and roughly chop ready to sprinkle on to the rice.

For the salsa:

Peel and dice the onion and drain the sweetcorn.

Chop the coriander, jalapenos and Nopales then mix everything together.

Serve along side the rice & crispy NoChicken.





Black bean & Quinoa Meatballs or Burgers!

Portions: 10

Ingredients:

200g Quinoa – F50 | 600ml Water | 20g Knorr Professional Vegetable Powder Bouillon | 400g Tinned Black beans (drained) – F50 | 100g Red Onion | 50g Gluten Free Oats | 45g Knorr Professional Gluten free Gravy Granules | 20g Knorr Professional Garlic Puree | 100g Vegan Mozzarella | 1.2ltr Knorr Professional Tomato & Basil Sauce (not required for the burger)

To serve: Polenta, Spaghetti or Mash potato

For the Black bean and Quinoa Mix:

Pour the water into a saucepan and add the Knorr bouillon and quinoa.

Bring to the boil then reduce the heat and simmer for 8-10 minutes or until the quinoa has absorbed the liquid.

Remove from the heat, cover, and allow to cool.

Peel and dice the onion and add to a blender along with the black beans, cooked quinoa, Knorr garlic puree and Knorr gravy granules.

Blitz the mix for a minute then add the oats and blitz again until the mix comes together.

For the meatballs:

Roll the mix into walnut size balls and place on to a grease oven tray.

Bake for 15 minutes at 170c then remove from the oven and pour over the sauce and sprinkle with the mozzarella and return to bake for a further 10-12 minutes.

For the Burger:

Place a pan on the heat add some oil.

Then using a portion scoop, take the raw mix and scoop into the frying pan. Using the back of a spatula crush down to form a patty.

Repeat until you have ten. Pan fry for 3-4 minutes on each side.

