



KNORR CHALLENGES GLUTEN-FREE BLOGGERS TO GET COOKING

To show how versatile gluten-free cooking can be, Knorr set a challenge for 17 foodie bloggers. They were tasked with creating a delicious gluten-free recipe using the ingredients from a gluten-free hamper supplied by Knorr, complete with pasta, flour, pastry, soy sauce, fresh vegetables and a variety of Knorr Stock Pots.

The bloggers certainly didn't disappoint, and after much deliberation from the judges, the top spot went to Katie (AKA Miss Enchanting), who was so inspired that she created not one, but four fantastic recipes. These include a chicken stir fry, risotto, a beef casserole, and the judges' favourite, a hearty meat pie.

Here are Katie's thoughts on the Knorr Gluten-Free Blogger Challenge:



Taking part in this challenge not only broadened my cooking confidence, but it was a perfect example of how gluten-free food is evolving for us Coeliacs. Gone are the days when we miss out on tasty foods, or feel like the odd one out with an entirely different meal from the rest of the family.

Using products like the Knorr Stock Pots demonstrates that gluten free food can be exciting, experimental and most importantly enjoyed by everyone.



To discover Katie's gluten-free recipes and [read the full blog post](#).

See her winning recipe and try it for yourself...

MEAT PIE – USING A KNORR BEEF STOCK POT

INGREDIENTS:

- 450g Diced Beef
- 3 x Carrots
- 2 x Leeks
- 2 x Parsnips
- 1 x Swede
- Helen's Gluten Free Pastry Mix
- 1 x Egg (to be added to pastry mix)
- 1 x Knorr Beef Stock Pot
- 2 x Pints Boiling Water
- Roast Potatoes and Steamed Vegetables to serve



N.B You will need slow cooker for this recipe.

METHOD

- 1 Brown the beef in a frying pan- no oil required
- 2 Make stock using boiling water and the Stock Pot
- 3 Using a slow cooker, pour in the vegetables, the beef and then pour over the stock ensuring everything is covered. Add more hot water if necessary and then cook on high for around 6 hours or longer (switch to low after this time until ready to make the pie)
- 4 Roll out or make the pastry mix
- 5 Fill a pie dish with the meat then layer over the pastry. Decorate as you choose. Then baste with a beaten egg or milk
- 6 Cook in a pre-heated oven for about 30 – 45 minutes until the pie is golden brown
- 7 Serve with roasted potatoes and steamed vegetables. Bon appetite!

NOTES TO EDITORS:

- Knorr is owned by Unilever UK, one of the country's leading FMCG players, with a turnover of £2.5 billion. Unilever owns 40 brands spanning 11 categories and has a household penetration of 98% in the UK
- Knorr's Beef Stock Pots, Rich Beef Stock Pots, Chicken Stock Pots and Vegetable Stock Pots are all gluten free