

FUTURE
50
FOODS



INGREDIENTS THAT WILL HELP CHANGE THE FATE OF OUR FOOD SYSTEM



Get more varied and sustainable ingredients on your menu with this short guide.

Add ingredients or swap them for more sustainable alternative to help boost the biodiversity and nutritional credentials of your dishes, whilst delivering varied and powerful flavours.

CURRENT INGREDIENT	SWAP FOR	
Beef mince		<p>Green lentils</p> <p>Lentils have a carbon footprint 43 times lower than beef*. Swap out or reduce the amount of mince used in cottage pie for green lentils. Lentils are also low in calories and rich in iron and protein.</p>
Potatoes		<p>Sweet potatoes</p> <p>Not only are they higher on fibre than white potatoes, sweet potatoes are also a valuable source of several essential nutrients, including vitamins A, C, E and manganese. Switch regular fries with sweet potato fries.</p>
Flour		<p>Buckwheat</p> <p>One of the most biodiversity-friendly crops available, ground buckwheat can be used as a replacement for regular flour – and, despite its name, is naturally gluten free too. Buckwheat grains can also be used in salads as a source of fibre or to give a flavour boost to broths and stocks.</p>
Green Cabbage		<p>Red Cabbage</p> <p>Red cabbage contains ten times more vitamin A and double the amount of iron than green cabbage. Can be used either raw, cooked or pickled in salads, stir fries and burgers.</p>
Broccoli		<p>Tenderstem Broccoli (Broccoli Rabe)</p> <p>Tenderstem broccoli (sometimes called broccoli rabe or rapini) grows in half the time of regular broccoli, making it much more sustainable to cultivate on a large scale. It's also hugely versatile across cuisines.</p>
Oats		<p>Spelt</p> <p>A great alternative to oats, use spelt flakes to create breakfast dishes such as porridge. With a high resistance to pests and fungi, spelt contains more fibre than other types of wheat.</p>

*Source: Future 50 Foods, WWF & Knorr, February 2019.

ADDITIONS

Packed with flavour and sustainable to cultivate, try adding these ingredients to your existing dishes for a biodiversity boost.



Spinach

Perhaps considered the original 'superfood', spinach is not only packed with vitamins and minerals but it's also a biodiverse and sustainable crop. A relative of beets, chard and quinoa, spinach is fast growing and suited to cooler climates where it can be cultivated all year round.



Beet Greens

Beet (beetroot) greens have grown in popularity in recent years and are associated with a variety of health benefits. However, the leafy green part of the beetroot is the most nutritious part of the plant and is often cut off and discarded. Beet greens are rich in vitamins K and A with a subtle taste similar to chard.

Parsley Root

Similar to parsnips in look although with a flavour profile somewhere between celeriac, carrot and, inevitably, parsley. Both the taproot and leaves are edible and high in vitamin C. Grate raw into a salad, puree with cream or use in place of parsnips in a Sunday roast.



Watercress

A hugely diverse ingredient, British-grown watercress is easy to cultivate and therefore very sustainable – as well as being nutrient-dense. Use at its seasonal best from April to October.



Wild Rice

This so-called 'rice' isn't a rice at all – it's actually the seed of a semi-aquatic grass. Best used as a partial replacement to brown or white rice to help boost the protein, zinc and iron content of a dish.



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