

IF YOU THOUGHT QUINOA WAS FREEK-EH, HERE'S WHAT WE'LL BE EATING FOR DINNER IN THE FUTURE

- *Teff, kiwicha and fonio are predicted to be among the new superfoods*
- *Predictions sourced from an Oxford University climate scientist and top food futurologist*
- *HelloFresh has imagined five new sustainable recipes that could be gracing British dinner tables soon*



LONDON – A staple food of the Andes, ten years ago quinoa was virtually unheard of outside South America. Now, it's found everywhere from the local supermarket to your favourite meal kit.

With tastes evolving, a changing climate and an increasing focus on sustainability, what foods can we expect to see as the next big thing? HelloFresh has teamed up with Dr Morgaine Gaye, Food Futurologist, and Dr Joseph Poore, Climate Scientist at Oxford University to predict which foods will grace our dinner tables in the next 10+ years.

The top “new” foods include:

- **Native UK crops:** a return to heritage crops that were once part of a traditional diet but have fallen off the menu over the last 50 years or so. In the UK, we can expect to see salad leaves and flowers such as **sorrell**, **ribwort** and **fat hen**, alongside **grains** and seeds like **buckwheat**, **rye** and **camelina**.
- **Ingredients which absorb greenhouse gases:** Tree crops such as **nuts**, **citrus fruits** and **olives** remove greenhouse gases from the air, as do **mussels** and **oysters**, which absorb carbon in their shells. Other carbon absorbing ingredients that will become more common in our diets include **seaweed**, a staple in many Asian cuisines, and **edible cacti**, which can be used in everything from tacos to jam.

- **Andean & African crops**: Many Andean and African crops are ideally suited to an unpredictable climate and will become regulars on our dinnerplates in the years ahead. **Kiwicha** and **kañihua**, two Andean relatives of quinoa, and **teff** and **fonio**, both African “millet” grains, are likely to become the new “supergrains”. Meanwhile the **bambara** and **marama bean** could soon compete with lentils, chickpeas, and common beans.
- **“Exotic” foods grown locally**: Even in optimistic scenarios, global warming will result in crop shifts as growing conditions change. The UK will become more suitable for growing our beloved **avocado**, along with **durum wheat** (used for pasta), **soya beans**, **chickpeas**, **okra** and **citrus fruits**.

Over a third of Brits (37%) are worried foods of the future will taste bland, so to help combat the fear and inspire people to make sustainable changes to their diets today, chefs from HelloFresh have imagined a series of delicious recipes, based on the expert predictions.

1. **Tempeh Buckwheat-Sorghum Ramen with Crunchy Mushrooms**: Tempeh ramen with hearty buckwheat-sorghum noodles, crispy oyster mushrooms, toasted seeds and umami-packed sauce
2. **No Waste Mushroom ‘Meatball’ Sorghum Bowl with Salsa**: Mushroom ‘meatballs’ sorghum bowl, with (grow-your-own) spring onion and carrot top salsa and garlicky ‘no bin’ leaves
3. **Quick and Local Kelp Noodle Stir-Fry with Vegan ‘Chicken’**: Instant kelp noodle stir-fry with vegan “chicken” protein and locally-grown veggies
4. **Carrot Top ‘Pesto’ Pasta with Aubergine and Chickpeas**: Vibrant carrot top and spinach pesto pasta with soybean protein spaghetti, basil marinated aubergine and chickpea crisp
5. **Savory Teff Galette with Dandelion Salad**: Savory teff galette with plant-based ham, freeze-dried blue cheese and crunchy popped quinoa sprinkle served with a flowery herb salad of dandelions and purslanes and French pecans

View all full recipes [here](#).

"Our diets will probably look different in 2050, but perhaps not in the way that people might think. Climate change will mean that a broader range of drought and heat-resistant crops will need to be cultivated, some of which our ancestors would have grown. We'll also need to eat a diet lower in animal products to avert severe global warming; these foods will be good for our health and the planet", said Dr Joseph Poore, Climate Scientist at the University of Oxford.

"We can expect numerous changes in the way we live and eat in the future", said Dr Morgaine Gaye, Food Futurologist. "Despite all the changes in how and what we eat, the experience of cooking and eating together will remain an important way to connect with our senses, our friends and family, and the natural world. AI will not be able to replace the joy of a home-cooked meal with the people we love."

Philip Doran, CEO at HelloFresh, UK said: *"At HelloFresh, we understand that the food we eat has a real impact on the environment. That's why we offer a meal model designed to support a more thoughtful, less wasteful way of eating. Our Life Cycle Assessment showed that HelloFresh meals produce 25% fewer carbon emissions compared to similar meals made with supermarket ingredients. So, simply by switching to HelloFresh for midweek dinners, our customers know they can make a positive impact."*

Read our full list of [Dinner of the Future trends](#) – from what we eat to how we prepare it and where it is produced – [here](#), highlights below:

- **The end of the weekly shop:** with AI managing all household inventory and ordering meal kits personalised to meet our nutritional needs, supermarkets will redefine their purpose.
- **Food as preventative healthcare:** from automated portion control based on metabolic data and activity levels to customised food formulations addressing specific health conditions - health, wellbeing and food will be highly integrated.
- **Communal eating:** when much of our life is spent online or outsourced to AI and automation, preparing and sharing food will be a way to create value and forge social and community ties.
- **The rise of urban agriculture:** food production will become a visible feature in our cities and homes – and even on our clothes - driven by a desire for self-sufficiency at a state, community and individual level.
- **Packaging and labelling:** a universal system of reusable packaging and blockchain-enabled climate labelling will guarantee sustainability of both product and packaging.

ENDS

Notes to Editors:

- List of the Expert's Predictions for 2050 (One Pager) - [Link](#)
- HelloFresh Dinner from the Future Recipes/Recipe Cards - [Link](#)
- HelloFresh Dinner from the Future Images - [Link](#)
- Life Cycle Assessment - [Link](#)
- Valentina Caldart, Data Lead, HESTIA Project, supported Dr Joseph Poore, Climate Scientist, in pulling predictions together.

About HelloFresh

The HelloFresh Group is a global food solutions group and the world's leading meal kit provider. The HelloFresh Group consists of eight brands that provide customers with high quality food and recipes for different meal occasions. The Company was founded in Berlin in November 2011 and operates in the USA, the UK, Germany, the Netherlands, Belgium, Luxembourg, Australia, Austria, Switzerland, Canada, New Zealand, Sweden, France, Denmark, Norway, Italy, Ireland and Spain. In 2024 the HelloFresh Group delivered close to

1 billion meals globally. HelloFresh SE went public on the Frankfurt Stock Exchange in November 2017 and is currently traded on the MDAX (Mid-Cap German Stock Market Index). The HelloFresh Group has offices in Berlin, Saarbrücken, New York, Chicago, Boulder, London, Amsterdam, Sydney, Toronto, Auckland, Paris, Copenhagen, Milan, Dublin and Barcelona.

Research

The research was conducted by Censuswide, among a sample of 2000 UK nat rep. The data was collected between 22.05.2025 and 24.04.2025. Censuswide abides by and employs members of the Market Research Society and follows the MRS code of conduct and ESOMAR principles. Censuswide is also a member of the British Polling Council.