EVERYDAY RECIPE COLLECTION

VOLUME 01 / 07

Everyday Meal Prep

40 recipes to bring variety to lunch and dinner

40 detailed recipe variations

ORIGINAL AUTHORED EDITION IN ENGLISH • 2026

Created for this project. Does not reproduce the original Tasty Shreds books.

Before you start cooking

How this collection was created

This volume belongs to an original authored collection of seven PDFs. The six recipe books contain 240 recipe variations built from 60 base methods, with four detailed variations of each. These recipes are editorial developments and have not been kitchen-tested. They are not the original Tasty Shreds books.

Using the quantities

Every recipe serves four. Meat weights refer to raw meat unless stated as already cooked. Rice, beans and other grains explicitly labelled cooked should be weighed after cooking and draining. One tablespoon is 15 ml and one teaspoon is 5 ml. Use a scale whenever possible.

Time and servings

Times are approximate and depend on equipment and the size of the pieces. Chilling or freezing time for cold recipes appears in the method. Adjust serving sizes to your routine. This collection makes no promise of weight loss, physical results or suitability for individual nutritional needs.

Ingredients and allergens

Different recipes use eggs, milk, wheat, oats, soy, fish and peanuts. Check every ingredient list and product label, including cross-contact information. Assess every ingredient before making substitutions for allergies. This edition does not include validated calorie or macronutrient calculations.

Choose your next recipe

Chicken and Rice

Recipes 01–04 · pages 6–9

Creamy Chicken Penne

Recipes 05–08 · pages 10–13

Beef and Cassava Stew

Recipes 09–12 · pages 14–17

Baked Fish with Rice

Recipes 13–16 · pages 18–21

Lentils and Eggs

Recipes 17–20 · pages 22–25

Chicken Couscous

Recipes 21–24 · pages 26–29

Quinoa with Tofu

Recipes 25–28 · pages 30–33

Skillet Rice and Eggs

Recipes 29–32 · pages 34–37

Tuna and White Bean Salad

Recipes 33–36 · pages 38–41

Pork Loin and Potatoes

Recipes 37–40 · pages 42–45

Cook and store food safely

Temperature, time and storage

Use a food thermometer: poultry must reach 74 °C, ground beef 71 °C, and fish 63 °C. Whole cuts of beef and pork must reach 63 °C followed by a 3-minute rest. Egg dishes must be set; baked egg dishes in this collection use a centre temperature of 74 °C.

After cooking

Divide cooked food into shallow containers and refrigerate within 2 hours, or within 1 hour if the room is above 32 °C. Keep the refrigerator at 4 °C or below and the freezer at -18 °C. The recipes give conservative storage periods. Reheat leftovers to 74 °C and thaw in the refrigerator.

Slow cookers

Thaw meat before putting it in a slow cooker. Follow the manufacturer’s capacity and liquid-volume instructions. The keep-warm setting does not cook raw food. Reheat leftovers on the stove, in the oven or in the microwave, rather than in a slow cooker.

Food safety sources

FoodSafety.gov — Safe Minimum Internal Temperatures: https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

FoodSafety.gov — Cold Food Storage Chart: https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts

CDC — Preventing Food Poisoning: https://www.cdc.gov/food-safety/prevention/index.html

USDA/FSIS — What methods of reheating food are safe?: https://ask.fsis.usda.gov/article/What-methods-of-reheating-food-are-safe

Organize your preparation

One counter, four steps

1. Read the entire recipe and set out your equipment.

2. Weigh ingredients and wash vegetables before handling raw meat.

3. Start the longest tasks first: oven dishes, rice, grains and slow cooking.

4. Finish leafy greens, cold sauces and sandwiches close to serving time.

Scaling a recipe

The standard yield is four servings. For two servings, halve every ingredient; for eight, double it. Adjust salt and spices to taste at the end, but preserve the proportions of flour, eggs, raising agents and liquid in batters and doughs. Use two pans or bake in batches when doubling an oven recipe. Cooking time does not automatically double.

Use volume 07

The organizer includes two weeks of meal ideas with references to this collection, shopping lists and blank worksheets. It is not a prescribed diet. Use the combinations as a starting point and adjust servings, preferences and needs.

Make notes after cooking

Record ingredient brands, your oven’s actual temperature and the adjustments that worked. Repeating a recipe under the same conditions makes its results more predictable. The variations offer different flavours without requiring specialist equipment.

RECIPE 01 / 40

Chicken and Rice with Lemon and Parsley

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 500 g raw chicken breast, cubed
- 600 g cooked brown rice
- 80 g chopped onion
- 6 g chopped garlic
- 10 ml olive oil
- 3 g salt
- 100 ml water
- 30 ml lemon juice
- 10 g chopped parsley

METHOD

01. Heat the olive oil and sauté the onion and garlic for 3 minutes.

02. Add the chicken and salt; cook for 5 minutes, stirring, until browned.

03. Add the water, cover, and cook until the center of the chicken reaches 74 °C.

04. Turn off the heat and finish with the lemon juice and parsley.

05. Stir in the cooked rice and heat through. Divide into four portions.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 02 / 40

Chicken and Rice with Tomato and Basil

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 500 g raw chicken breast, cubed
- 600 g cooked brown rice
- 80 g chopped onion
- 6 g chopped garlic
- 10 ml olive oil
- 3 g salt
- 100 ml water
- 200 g diced tomatoes
- 5 g fresh basil

METHOD

01. Heat the olive oil and sauté the onion and garlic for 3 minutes.

02. Add the chicken and salt; cook for 5 minutes, stirring, until browned.

03. Add the water, cover, and cook until the center of the chicken reaches 74 °C.

04. Add the tomatoes to the dish and cook for 5 minutes, then finish with the basil.

05. Stir in the cooked rice and heat through. Divide into four portions.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 03 / 40

Chicken and Rice with Bell Pepper and Paprika

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 500 g raw chicken breast, cubed
- 600 g cooked brown rice
- 80 g chopped onion
- 6 g chopped garlic
- 10 ml olive oil
- 3 g salt
- 100 ml water
- 150 g diced bell pepper
- 3 g sweet paprika

METHOD

01. Heat the olive oil and sauté the onion and garlic for 3 minutes.

02. Add the chicken and salt; cook for 5 minutes, stirring, until browned.

03. Add the water, cover, and cook until the center of the chicken reaches 74 °C.

04. Sauté the bell pepper for 5 minutes, then stir it into the dish with the paprika.

05. Stir in the cooked rice and heat through. Divide into four portions.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 04 / 40

Chicken and Rice with Carrot and Cumin

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 500 g raw chicken breast, cubed
- 600 g cooked brown rice
- 80 g chopped onion
- 6 g chopped garlic
- 10 ml olive oil
- 3 g salt
- 100 ml water
- 150 g grated carrot
- 2 g ground cumin

METHOD

01. Heat the olive oil and sauté the onion and garlic for 3 minutes.

02. Add the chicken and salt; cook for 5 minutes, stirring, until browned.

03. Add the water, cover, and cook until the center of the chicken reaches 74 °C.

04. Sauté the carrot for 4 minutes, then add it to the dish with the cumin.

05. Stir in the cooked rice and heat through. Divide into four portions.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 05 / 40

Creamy Chicken Penne with Spinach and Ricotta

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 500 g raw chicken breast, cut into strips
- 240 g dry whole-wheat penne
- 160 g plain yogurt
- 80 g chopped onion
- 10 ml olive oil
- 3 g salt
- 100 ml water
- 100 g chopped spinach
- 100 g crumbled ricotta

METHOD

01. Cook the pasta in water according to the package directions, reserving 100 ml of the cooking water.

02. Sauté the onion in the olive oil, then add the chicken and salt and cook until browned.

03. Add 100 ml water and cook until the chicken reaches 74 °C.

04. Sauté the spinach until wilted, then stir it into the dish with the ricotta.

05. Turn off the heat. Stir in the yogurt, pasta, and a little reserved cooking water until creamy.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 06 / 40

Creamy Chicken Penne with Corn and Green Onions

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 500 g raw chicken breast, cut into strips
- 240 g dry whole-wheat penne
- 160 g plain yogurt
- 80 g chopped onion
- 10 ml olive oil
- 3 g salt
- 100 ml water
- 120 g cooked corn, drained
- 10 g chopped green onions

METHOD

01. Cook the pasta in water according to the package directions, reserving 100 ml of the cooking water.

02. Sauté the onion in the olive oil, then add the chicken and salt and cook until browned.

03. Add 100 ml water and cook until the chicken reaches 74 °C.

04. Add the corn to the dish and heat for 3 minutes, then finish with the green onions.

05. Turn off the heat. Stir in the yogurt, pasta, and a little reserved cooking water until creamy.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 07 / 40

Creamy Chicken Penne with Mushrooms and Thyme

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 500 g raw chicken breast, cut into strips
- 240 g dry whole-wheat penne
- 160 g plain yogurt
- 80 g chopped onion
- 10 ml olive oil
- 3 g salt
- 100 ml water
- 150 g sliced mushrooms
- 2 g dried thyme

METHOD

01. Cook the pasta in water according to the package directions, reserving 100 ml of the cooking water.

02. Sauté the onion in the olive oil, then add the chicken and salt and cook until browned.

03. Add 100 ml water and cook until the chicken reaches 74 °C.

04. Sauté the mushrooms until their liquid evaporates, then add them to the dish with the thyme.

05. Turn off the heat. Stir in the yogurt, pasta, and a little reserved cooking water until creamy.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 08 / 40

Creamy Chicken Penne with Zucchini and Oregano

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 500 g raw chicken breast, cut into strips
- 240 g dry whole-wheat penne
- 160 g plain yogurt
- 80 g chopped onion
- 10 ml olive oil
- 3 g salt
- 100 ml water
- 150 g grated zucchini
- 2 g oregano

METHOD

01. Cook the pasta in water according to the package directions, reserving 100 ml of the cooking water.

02. Sauté the onion in the olive oil, then add the chicken and salt and cook until browned.

03. Add 100 ml water and cook until the chicken reaches 74 °C.

04. Squeeze the excess moisture from the grated zucchini, sauté for 4 minutes, then stir in the oregano.

05. Turn off the heat. Stir in the yogurt, pasta, and a little reserved cooking water until creamy.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 09 / 40

Beef and Cassava Stew with Lemon and Parsley

4 servings · Approximate time: 65 minutes

INGREDIENTS

- 500 g raw lean beef round, cut into small cubes
- 600 g peeled cassava, cubed
- 100 g onion
- 6 g garlic
- 15 ml olive oil
- 3 g salt
- 500 ml water
- 30 ml lemon juice
- 10 g chopped parsley

METHOD

01. Cook the cassava in plenty of water until tender. Drain, discard the cooking water, and set aside.

02. Brown the beef in the olive oil in two batches and set aside. Sauté the onion and garlic in the same pan.

03. Return the beef to the pan, add the salt and 500 ml water, cover, and cook for about 40 minutes, until tender.

04. Turn off the heat and finish with the lemon juice and parsley.

05. Add the cooked cassava, heat for 5 minutes, and serve.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 10 / 40

Beef and Cassava Stew with Tomato and Basil

4 servings · Approximate time: 65 minutes

INGREDIENTS

- 500 g raw lean beef round, cut into small cubes
- 600 g peeled cassava, cubed
- 100 g onion
- 6 g garlic
- 15 ml olive oil
- 3 g salt
- 500 ml water
- 200 g diced tomatoes
- 5 g fresh basil

METHOD

01. Cook the cassava in plenty of water until tender. Drain, discard the cooking water, and set aside.

02. Brown the beef in the olive oil in two batches and set aside. Sauté the onion and garlic in the same pan.

03. Return the beef to the pan, add the salt and 500 ml water, cover, and cook for about 40 minutes, until tender.

04. Add the tomatoes to the dish and cook for 5 minutes, then finish with the basil.

05. Add the cooked cassava, heat for 5 minutes, and serve.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 11 / 40

Beef and Cassava Stew with Bell Pepper and Paprika

4 servings · Approximate time: 65 minutes

INGREDIENTS

- 500 g raw lean beef round, cut into small cubes
- 600 g peeled cassava, cubed
- 100 g onion
- 6 g garlic
- 15 ml olive oil
- 3 g salt
- 500 ml water
- 150 g diced bell pepper
- 3 g sweet paprika

METHOD

01. Cook the cassava in plenty of water until tender. Drain, discard the cooking water, and set aside.

02. Brown the beef in the olive oil in two batches and set aside. Sauté the onion and garlic in the same pan.

03. Return the beef to the pan, add the salt and 500 ml water, cover, and cook for about 40 minutes, until tender.

04. Sauté the bell pepper for 5 minutes, then stir it into the dish with the paprika.

05. Add the cooked cassava, heat for 5 minutes, and serve.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 12 / 40

Beef and Cassava Stew with Carrot and Cumin

4 servings · Approximate time: 65 minutes

INGREDIENTS

- 500 g raw lean beef round, cut into small cubes
- 600 g peeled cassava, cubed
- 100 g onion
- 6 g garlic
- 15 ml olive oil
- 3 g salt
- 500 ml water
- 150 g grated carrot
- 2 g ground cumin

METHOD

01. Cook the cassava in plenty of water until tender. Drain, discard the cooking water, and set aside.

02. Brown the beef in the olive oil in two batches and set aside. Sauté the onion and garlic in the same pan.

03. Return the beef to the pan, add the salt and 500 ml water, cover, and cook for about 40 minutes, until tender.

04. Sauté the carrot for 4 minutes, then add it to the dish with the cumin.

05. Add the cooked cassava, heat for 5 minutes, and serve.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 13 / 40

Baked Fish with Rice with Lemon and Parsley

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 600 g thawed tilapia fillets
- 600 g cooked rice
- 100 g onion, sliced into half-moons
- 10 ml olive oil
- 3 g salt
- 60 ml water
- 30 ml lemon juice
- 10 g chopped parsley

METHOD

01. Preheat the oven to 200 °C. Grease a baking dish with the olive oil.

02. Arrange the onion and fish fillets in the dish and season with the salt. Pour over the water and cover.

03. Bake for 15 to 25 minutes, until the center of the fish reaches 63 °C.

04. Turn off the heat and finish with the lemon juice and parsley.

05. Serve the fish with the reheated rice and the juices from the baking dish.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 14 / 40

Baked Fish with Rice with Tomato and Basil

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 600 g thawed tilapia fillets
- 600 g cooked rice
- 100 g onion, sliced into half-moons
- 10 ml olive oil
- 3 g salt
- 60 ml water
- 200 g diced tomatoes
- 5 g fresh basil

METHOD

01. Preheat the oven to 200 °C. Grease a baking dish with the olive oil.

02. Arrange the onion and fish fillets in the dish and season with the salt. Pour over the water and cover.

03. Bake for 15 to 25 minutes, until the center of the fish reaches 63 °C.

04. Add the tomatoes to the dish and cook for 5 minutes, then finish with the basil.

05. Serve the fish with the reheated rice and the juices from the baking dish.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 15 / 40

Baked Fish with Rice with Bell Pepper and Paprika

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 600 g thawed tilapia fillets
- 600 g cooked rice
- 100 g onion, sliced into half-moons
- 10 ml olive oil
- 3 g salt
- 60 ml water
- 150 g diced bell pepper
- 3 g sweet paprika

METHOD

01. Preheat the oven to 200 °C. Grease a baking dish with the olive oil.

02. Arrange the onion and fish fillets in the dish and season with the salt. Pour over the water and cover.

03. Bake for 15 to 25 minutes, until the center of the fish reaches 63 °C.

04. Sauté the bell pepper for 5 minutes, then stir it into the dish with the paprika.

05. Serve the fish with the reheated rice and the juices from the baking dish.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 16 / 40

Baked Fish with Rice with Carrot and Cumin

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 600 g thawed tilapia fillets
- 600 g cooked rice
- 100 g onion, sliced into half-moons
- 10 ml olive oil
- 3 g salt
- 60 ml water
- 150 g grated carrot
- 2 g ground cumin

METHOD

01. Preheat the oven to 200 °C. Grease a baking dish with the olive oil.

02. Arrange the onion and fish fillets in the dish and season with the salt. Pour over the water and cover.

03. Bake for 15 to 25 minutes, until the center of the fish reaches 63 °C.

04. Sauté the carrot for 4 minutes, then add it to the dish with the cumin.

05. Serve the fish with the reheated rice and the juices from the baking dish.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 17 / 40

Lentils and Eggs with Lemon and Parsley

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 500 g cooked lentils, drained
- 8 medium eggs
- 80 g chopped onion
- 10 ml olive oil
- 3 g salt
- 100 ml water
- 30 ml lemon juice
- 10 g chopped parsley

METHOD

01. Cook the eggs in boiling water for 10 to 12 minutes, until the whites and yolks are firm. Cool, peel, and slice.

02. Sauté the onion in the olive oil until softened.

03. Add the lentils, water, and salt and cook for 5 minutes.

04. Turn off the heat and finish with the lemon juice and parsley.

05. Divide the lentils among serving dishes, adding two eggs to each portion. Serve warm.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 18 / 40

Lentils and Eggs with Tomato and Basil

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 500 g cooked lentils, drained
- 8 medium eggs
- 80 g chopped onion
- 10 ml olive oil
- 3 g salt
- 100 ml water
- 200 g diced tomatoes
- 5 g fresh basil

METHOD

01. Cook the eggs in boiling water for 10 to 12 minutes, until the whites and yolks are firm. Cool, peel, and slice.

02. Sauté the onion in the olive oil until softened.

03. Add the lentils, water, and salt and cook for 5 minutes.

04. Add the tomatoes to the dish and cook for 5 minutes, then finish with the basil.

05. Divide the lentils among serving dishes, adding two eggs to each portion. Serve warm.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 19 / 40

Lentils and Eggs with Bell Pepper and Paprika

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 500 g cooked lentils, drained
- 8 medium eggs
- 80 g chopped onion
- 10 ml olive oil
- 3 g salt
- 100 ml water
- 150 g diced bell pepper
- 3 g sweet paprika

METHOD

01. Cook the eggs in boiling water for 10 to 12 minutes, until the whites and yolks are firm. Cool, peel, and slice.

02. Sauté the onion in the olive oil until softened.

03. Add the lentils, water, and salt and cook for 5 minutes.

04. Sauté the bell pepper for 5 minutes, then stir it into the dish with the paprika.

05. Divide the lentils among serving dishes, adding two eggs to each portion. Serve warm.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 20 / 40

Lentils and Eggs with Carrot and Cumin

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 500 g cooked lentils, drained
- 8 medium eggs
- 80 g chopped onion
- 10 ml olive oil
- 3 g salt
- 100 ml water
- 150 g grated carrot
- 2 g ground cumin

METHOD

01. Cook the eggs in boiling water for 10 to 12 minutes, until the whites and yolks are firm. Cool, peel, and slice.

02. Sauté the onion in the olive oil until softened.

03. Add the lentils, water, and salt and cook for 5 minutes.

04. Sauté the carrot for 4 minutes, then add it to the dish with the cumin.

05. Divide the lentils among serving dishes, adding two eggs to each portion. Serve warm.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 21 / 40

Chicken Couscous with Lemon and Parsley

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 240 g dry couscous
- 300 ml boiling water
- 500 g raw chicken breast, cubed
- 240 g cooked chickpeas, drained
- 10 ml olive oil
- 3 g salt
- 100 ml water for the chicken
- 30 ml lemon juice
- 10 g chopped parsley

METHOD

01. Pour the boiling water over the couscous, cover for 5 minutes, then fluff with a fork. Follow the water ratio on your package if it differs.

02. Brown the chicken in the olive oil, season with the salt, and add 100 ml water.

03. Cook until the center of the chicken reaches 74 °C.

04. Turn off the heat and finish with the lemon juice and parsley.

05. Stir in the couscous and chickpeas and heat for 3 minutes.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 22 / 40

Chicken Couscous with Tomato and Basil

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 240 g dry couscous
- 300 ml boiling water
- 500 g raw chicken breast, cubed
- 240 g cooked chickpeas, drained
- 10 ml olive oil
- 3 g salt
- 100 ml water for the chicken
- 200 g diced tomatoes
- 5 g fresh basil

METHOD

01. Pour the boiling water over the couscous, cover for 5 minutes, then fluff with a fork. Follow the water ratio on your package if it differs.

02. Brown the chicken in the olive oil, season with the salt, and add 100 ml water.

03. Cook until the center of the chicken reaches 74 °C.

04. Add the tomatoes to the dish and cook for 5 minutes, then finish with the basil.

05. Stir in the couscous and chickpeas and heat for 3 minutes.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 23 / 40

Chicken Couscous with Bell Pepper and Paprika

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 240 g dry couscous
- 300 ml boiling water
- 500 g raw chicken breast, cubed
- 240 g cooked chickpeas, drained
- 10 ml olive oil
- 3 g salt
- 100 ml water for the chicken
- 150 g diced bell pepper
- 3 g sweet paprika

METHOD

01. Pour the boiling water over the couscous, cover for 5 minutes, then fluff with a fork. Follow the water ratio on your package if it differs.

02. Brown the chicken in the olive oil, season with the salt, and add 100 ml water.

03. Cook until the center of the chicken reaches 74 °C.

04. Sauté the bell pepper for 5 minutes, then stir it into the dish with the paprika.

05. Stir in the couscous and chickpeas and heat for 3 minutes.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 24 / 40

Chicken Couscous with Carrot and Cumin

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 240 g dry couscous
- 300 ml boiling water
- 500 g raw chicken breast, cubed
- 240 g cooked chickpeas, drained
- 10 ml olive oil
- 3 g salt
- 100 ml water for the chicken
- 150 g grated carrot
- 2 g ground cumin

METHOD

01. Pour the boiling water over the couscous, cover for 5 minutes, then fluff with a fork. Follow the water ratio on your package if it differs.

02. Brown the chicken in the olive oil, season with the salt, and add 100 ml water.

03. Cook until the center of the chicken reaches 74 °C.

04. Sauté the carrot for 4 minutes, then add it to the dish with the cumin.

05. Stir in the couscous and chickpeas and heat for 3 minutes.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 25 / 40

Quinoa with Tofu with Spinach and Ricotta

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 240 g uncooked quinoa
- 500 ml water
- 600 g firm tofu, cubed
- 80 g chopped onion
- 15 ml olive oil
- 3 g salt
- 100 g chopped spinach
- 100 g crumbled ricotta

METHOD

01. Rinse the quinoa in a fine-mesh sieve. Cook with the water over low heat for about 15 minutes, until the grains open.

02. Pat the tofu dry with clean paper towels and brown it in the olive oil in two batches.

03. In the same skillet, sauté the onion for 3 minutes, then return the tofu to the pan.

04. Sauté the spinach until wilted, then stir it into the dish with the ricotta.

05. Stir in the quinoa, adjust the salt, and heat for another 2 minutes.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 26 / 40

Quinoa with Tofu with Corn and Green Onions

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 240 g uncooked quinoa
- 500 ml water
- 600 g firm tofu, cubed
- 80 g chopped onion
- 15 ml olive oil
- 3 g salt
- 120 g cooked corn, drained
- 10 g chopped green onions

METHOD

01. Rinse the quinoa in a fine-mesh sieve. Cook with the water over low heat for about 15 minutes, until the grains open.

02. Pat the tofu dry with clean paper towels and brown it in the olive oil in two batches.

03. In the same skillet, sauté the onion for 3 minutes, then return the tofu to the pan.

04. Add the corn to the dish and heat for 3 minutes, then finish with the green onions.

05. Stir in the quinoa, adjust the salt, and heat for another 2 minutes.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 27 / 40

Quinoa with Tofu with Mushrooms and Thyme

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 240 g uncooked quinoa
- 500 ml water
- 600 g firm tofu, cubed
- 80 g chopped onion
- 15 ml olive oil
- 3 g salt
- 150 g sliced mushrooms
- 2 g dried thyme

METHOD

01. Rinse the quinoa in a fine-mesh sieve. Cook with the water over low heat for about 15 minutes, until the grains open.

02. Pat the tofu dry with clean paper towels and brown it in the olive oil in two batches.

03. In the same skillet, sauté the onion for 3 minutes, then return the tofu to the pan.

04. Sauté the mushrooms until their liquid evaporates, then add them to the dish with the thyme.

05. Stir in the quinoa, adjust the salt, and heat for another 2 minutes.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 28 / 40

Quinoa with Tofu with Zucchini and Oregano

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 240 g uncooked quinoa
- 500 ml water
- 600 g firm tofu, cubed
- 80 g chopped onion
- 15 ml olive oil
- 3 g salt
- 150 g grated zucchini
- 2 g oregano

METHOD

01. Rinse the quinoa in a fine-mesh sieve. Cook with the water over low heat for about 15 minutes, until the grains open.

02. Pat the tofu dry with clean paper towels and brown it in the olive oil in two batches.

03. In the same skillet, sauté the onion for 3 minutes, then return the tofu to the pan.

04. Squeeze the excess moisture from the grated zucchini, sauté for 4 minutes, then stir in the oregano.

05. Stir in the quinoa, adjust the salt, and heat for another 2 minutes.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 29 / 40

Skillet Rice and Eggs with Lemon and Parsley

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 600 g cooked rice
- 6 medium eggs
- 160 g frozen peas
- 80 g chopped onion
- 15 ml olive oil
- 3 g salt
- 30 ml lemon juice
- 10 g chopped parsley

METHOD

01. Sauté the onion in the olive oil. Add the peas and cook for 3 minutes.

02. Push the vegetables to one side of the skillet and pour the beaten eggs into the other side.

03. Stir until the eggs are completely set.

04. Turn off the heat and finish with the lemon juice and parsley.

05. Add the cooked rice and salt and heat until the entire dish is piping hot.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 30 / 40

Skillet Rice and Eggs with Tomato and Basil

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 600 g cooked rice
- 6 medium eggs
- 160 g frozen peas
- 80 g chopped onion
- 15 ml olive oil
- 3 g salt
- 200 g diced tomatoes
- 5 g fresh basil

METHOD

01. Sauté the onion in the olive oil. Add the peas and cook for 3 minutes.
02. Push the vegetables to one side of the skillet and pour the beaten eggs into the other side.
03. Stir until the eggs are completely set.
04. Add the tomatoes to the dish and cook for 5 minutes, then finish with the basil.
05. Add the cooked rice and salt and heat until the entire dish is piping hot.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 31 / 40

Skillet Rice and Eggs with Bell Pepper and Paprika

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 600 g cooked rice
- 6 medium eggs
- 160 g frozen peas
- 80 g chopped onion
- 15 ml olive oil
- 3 g salt
- 150 g diced bell pepper
- 3 g sweet paprika

METHOD

01. Sauté the onion in the olive oil. Add the peas and cook for 3 minutes.

02. Push the vegetables to one side of the skillet and pour the beaten eggs into the other side.

03. Stir until the eggs are completely set.

04. Sauté the bell pepper for 5 minutes, then stir it into the dish with the paprika.

05. Add the cooked rice and salt and heat until the entire dish is piping hot.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 32 / 40

Skillet Rice and Eggs with Carrot and Cumin

4 servings · Approximate time: 20 minutes

INGREDIENTS

- 600 g cooked rice
- 6 medium eggs
- 160 g frozen peas
- 80 g chopped onion
- 15 ml olive oil
- 3 g salt
- 150 g grated carrot
- 2 g ground cumin

METHOD

01. Sauté the onion in the olive oil. Add the peas and cook for 3 minutes.
02. Push the vegetables to one side of the skillet and pour the beaten eggs into the other side.
03. Stir until the eggs are completely set.
04. Sauté the carrot for 4 minutes, then add it to the dish with the cumin.
05. Add the cooked rice and salt and heat until the entire dish is piping hot.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 33 / 40

Tuna and White Bean Salad with Cucumber and Mint

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 500 g cooked white beans, drained
- 340 g tuna packed in water, drained
- 100 g chopped red onion
- 15 ml olive oil
- 20 ml vinegar
- 2 g salt
- 160 g diced cucumber
- 5 g chopped mint

METHOD

01. Rinse the cooked beans and drain well.

02. Flake the tuna with a fork and mix with the cold beans.

03. Add the red onion, olive oil, vinegar, and salt.

04. Add the cucumber and mint only once the cooked ingredients are cold.

05. Mix gently and refrigerate until serving.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Keep in a sealed container in the refrigerator for up to 2 days. Do not freeze the assembled salad.

RECIPE 34 / 40

Tuna and White Bean Salad with Tomato and Olives

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 500 g cooked white beans, drained
- 340 g tuna packed in water, drained
- 100 g chopped red onion
- 15 ml olive oil
- 20 ml vinegar
- 2 g salt
- 160 g diced tomatoes
- 30 g pitted olives, chopped

METHOD

01. Rinse the cooked beans and drain well.

02. Flake the tuna with a fork and mix with the cold beans.

03. Add the red onion, olive oil, vinegar, and salt.

04. Stir in the tomatoes and olives just before serving.

05. Mix gently and refrigerate until serving.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Keep in a sealed container in the refrigerator for up to 2 days. Do not freeze the assembled salad.

RECIPE 35 / 40

Tuna and White Bean Salad with Carrot and Lemon

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 500 g cooked white beans, drained
- 340 g tuna packed in water, drained
- 100 g chopped red onion
- 15 ml olive oil
- 20 ml vinegar
- 2 g salt
- 120 g grated carrot
- 20 ml lemon juice

METHOD

01. Rinse the cooked beans and drain well.

02. Flake the tuna with a fork and mix with the cold beans.

03. Add the red onion, olive oil, vinegar, and salt.

04. Stir the grated carrot and lemon juice into the finished dish.

05. Mix gently and refrigerate until serving.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Keep in a sealed container in the refrigerator for up to 2 days. Do not freeze the assembled salad.

RECIPE 36 / 40

Tuna and White Bean Salad with Corn and Roasted Bell Pepper

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 500 g cooked white beans, drained
- 340 g tuna packed in water, drained
- 100 g chopped red onion
- 15 ml olive oil
- 20 ml vinegar
- 2 g salt
- 120 g cooked corn
- 120 g roasted bell pepper, cut into strips

METHOD

01. Rinse the cooked beans and drain well.

02. Flake the tuna with a fork and mix with the cold beans.

03. Add the red onion, olive oil, vinegar, and salt.

04. Drain the corn and stir it into the finished dish with the roasted bell pepper.

05. Mix gently and refrigerate until serving.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Keep in a sealed container in the refrigerator for up to 2 days. Do not freeze the assembled salad.

RECIPE 37 / 40

Pork Loin and Potatoes with Lemon and Parsley

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 600 g potatoes, cubed
- 500 g raw pork loin, cut into strips
- 100 g chopped onion
- 10 ml olive oil
- 3 g salt
- 150 ml water
- 30 ml lemon juice
- 10 g chopped parsley

METHOD

01. Cook the potatoes in water until tender but still holding their shape; drain.

02. Brown the pork loin in the olive oil. Add the onion and sauté for 3 minutes.

03. Add the salt and water and cook until the meat reaches at least 63 °C; let it rest for 3 minutes.

04. Turn off the heat and finish with the lemon juice and parsley.

05. Add the potatoes and heat for 4 minutes, turning gently.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 38 / 40

Pork Loin and Potatoes with Tomato and Basil

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 600 g potatoes, cubed
- 500 g raw pork loin, cut into strips
- 100 g chopped onion
- 10 ml olive oil
- 3 g salt
- 150 ml water
- 200 g diced tomatoes
- 5 g fresh basil

METHOD

01. Cook the potatoes in water until tender but still holding their shape; drain.
02. Brown the pork loin in the olive oil. Add the onion and sauté for 3 minutes.
03. Add the salt and water and cook until the meat reaches at least 63 °C; let it rest for 3 minutes.
04. Add the tomatoes to the dish and cook for 5 minutes, then finish with the basil.
05. Add the potatoes and heat for 4 minutes, turning gently.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 39 / 40

Pork Loin and Potatoes with Bell Pepper and Paprika

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 600 g potatoes, cubed
- 500 g raw pork loin, cut into strips
- 100 g chopped onion
- 10 ml olive oil
- 3 g salt
- 150 ml water
- 150 g diced bell pepper
- 3 g sweet paprika

METHOD

01. Cook the potatoes in water until tender but still holding their shape; drain.

02. Brown the pork loin in the olive oil. Add the onion and sauté for 3 minutes.

03. Add the salt and water and cook until the meat reaches at least 63 °C; let it rest for 3 minutes.

04. Sauté the bell pepper for 5 minutes, then stir it into the dish with the paprika.

05. Add the potatoes and heat for 4 minutes, turning gently.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 40 / 40

Pork Loin and Potatoes with Carrot and Cumin

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 600 g potatoes, cubed
- 500 g raw pork loin, cut into strips
- 100 g chopped onion
- 10 ml olive oil
- 3 g salt
- 150 ml water
- 150 g grated carrot
- 2 g ground cumin

METHOD

01. Cook the potatoes in water until tender but still holding their shape; drain.

02. Brown the pork loin in the olive oil. Add the onion and sauté for 3 minutes.

03. Add the salt and water and cook until the meat reaches at least 63 °C; let it rest for 3 minutes.

04. Sauté the carrot for 4 minutes, then add it to the dish with the cumin.

05. Add the potatoes and heat for 4 minutes, turning gently.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.