EVERYDAY RECIPE COLLECTION

VOLUME 02 / 07

Homemade Favorites

40 homemade recipes to freshen up your routine

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

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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

Beef Burger with Onion and Mustard

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 600 g raw lean ground beef
- 4 whole-wheat burger buns, 60 g each
- 40 g lettuce leaves
- 10 ml olive oil
- 3 g salt
- 120 g sliced onion
- 20 g mustard

METHOD

01. Mix the beef with just the salt and shape into four patties of about 150 g each.

02. Heat the olive oil in a skillet and cook the patties for approximately 4 to 6 minutes per side, until they reach 71 °C.

03. Brown the onion in the skillet and add it to the burger or wrap with the mustard.

04. Split and warm the buns. Fill each with lettuce, a patty, and the ingredients for your variation.

05. Serve immediately to keep the bread from becoming soggy.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked patties separately for up to 3 days. Add the lettuce only when serving.

RECIPE 02 / 40

Beef Burger with Tomato and Mozzarella

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 600 g raw lean ground beef
- 4 whole-wheat burger buns, 60 g each
- 40 g lettuce leaves
- 10 ml olive oil
- 3 g salt
- 160 g sliced tomatoes
- 80 g mozzarella

METHOD

01. Mix the beef with just the salt and shape into four patties of about 150 g each.

02. Heat the olive oil in a skillet and cook the patties for approximately 4 to 6 minutes per side, until they reach 71 °C.

03. Place the mozzarella on the cooked meat or bean patty and cover to melt; assemble with the tomato.

04. Split and warm the buns. Fill each with lettuce, a patty, and the ingredients for your variation.

05. Serve immediately to keep the bread from becoming soggy.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked patties separately for up to 3 days. Add the lettuce only when serving.

RECIPE 03 / 40

Beef Burger with Mushrooms and Yogurt

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 600 g raw lean ground beef
- 4 whole-wheat burger buns, 60 g each
- 40 g lettuce leaves
- 10 ml olive oil
- 3 g salt
- 160 g sliced mushrooms
- 100 g plain yogurt

METHOD

01. Mix the beef with just the salt and shape into four patties of about 150 g each.

02. Heat the olive oil in a skillet and cook the patties for approximately 4 to 6 minutes per side, until they reach 71 °C.

03. Sauté the mushrooms until their liquid evaporates; add them when assembling and spoon on the yogurt off the heat.

04. Split and warm the buns. Fill each with lettuce, a patty, and the ingredients for your variation.

05. Serve immediately to keep the bread from becoming soggy.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked patties separately for up to 3 days. Add the lettuce only when serving.

RECIPE 04 / 40

Beef Burger with Carrot and Cucumber

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 600 g raw lean ground beef
- 4 whole-wheat burger buns, 60 g each
- 40 g lettuce leaves
- 10 ml olive oil
- 3 g salt
- 100 g grated carrot
- 120 g sliced cucumber

METHOD

01. Mix the beef with just the salt and shape into four patties of about 150 g each.

02. Heat the olive oil in a skillet and cook the patties for approximately 4 to 6 minutes per side, until they reach 71 °C.

03. Add the carrot and cucumber when assembling, without cooking them.

04. Split and warm the buns. Fill each with lettuce, a patty, and the ingredients for your variation.

05. Serve immediately to keep the bread from becoming soggy.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked patties separately for up to 3 days. Add the lettuce only when serving.

RECIPE 05 / 40

Chicken Burger with Onion and Mustard

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 600 g raw ground chicken breast
- 40 g quick-cooking rolled oats
- 1 medium egg
- 4 whole-wheat burger buns, 60 g each
- 40 g lettuce
- 10 ml olive oil
- 3 g salt
- 120 g sliced onion
- 20 g mustard

METHOD

01. Mix the chicken, oats, egg, and salt. Shape into four patties with damp hands.

02. Heat the olive oil and brown the patties on both sides over medium heat, until the center reaches 74 °C.

03. Brown the onion in the skillet and add it to the burger or wrap with the mustard.

04. Warm the buns and fill each with lettuce, a burger, and the additional ingredients.

05. Serve immediately.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked patties separately for up to 3 days; keep the lettuce and buns separate.

RECIPE 06 / 40

Chicken Burger with Tomato and Mozzarella

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 600 g raw ground chicken breast
- 40 g quick-cooking rolled oats
- 1 medium egg
- 4 whole-wheat burger buns, 60 g each
- 40 g lettuce
- 10 ml olive oil
- 3 g salt
- 160 g sliced tomatoes
- 80 g mozzarella

METHOD

01. Mix the chicken, oats, egg, and salt. Shape into four patties with damp hands.

02. Heat the olive oil and brown the patties on both sides over medium heat, until the center reaches 74 °C.

03. Place the mozzarella on the cooked meat or bean patty and cover to melt; assemble with the tomato.

04. Warm the buns and fill each with lettuce, a burger, and the additional ingredients.

05. Serve immediately.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked patties separately for up to 3 days; keep the lettuce and buns separate.

RECIPE 07 / 40

Chicken Burger with Mushrooms and Yogurt

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 600 g raw ground chicken breast
- 40 g quick-cooking rolled oats
- 1 medium egg
- 4 whole-wheat burger buns, 60 g each
- 40 g lettuce
- 10 ml olive oil
- 3 g salt
- 160 g sliced mushrooms
- 100 g plain yogurt

METHOD

01. Mix the chicken, oats, egg, and salt. Shape into four patties with damp hands.

02. Heat the olive oil and brown the patties on both sides over medium heat, until the center reaches 74 °C.

03. Sauté the mushrooms until their liquid evaporates; add them when assembling and spoon on the yogurt off the heat.

04. Warm the buns and fill each with lettuce, a burger, and the additional ingredients.

05. Serve immediately.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked patties separately for up to 3 days; keep the lettuce and buns separate.

RECIPE 08 / 40

Chicken Burger with Carrot and Cucumber

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 600 g raw ground chicken breast
- 40 g quick-cooking rolled oats
- 1 medium egg
- 4 whole-wheat burger buns, 60 g each
- 40 g lettuce
- 10 ml olive oil
- 3 g salt
- 100 g grated carrot
- 120 g sliced cucumber

METHOD

01. Mix the chicken, oats, egg, and salt. Shape into four patties with damp hands.

02. Heat the olive oil and brown the patties on both sides over medium heat, until the center reaches 74 °C.

03. Add the carrot and cucumber when assembling, without cooking them.

04. Warm the buns and fill each with lettuce, a burger, and the additional ingredients.

05. Serve immediately.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked patties separately for up to 3 days; keep the lettuce and buns separate.

RECIPE 09 / 40

Bean Burger with Onion and Mustard

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 500 g cooked black beans, thoroughly drained
- 2 medium eggs
- 100 g oat flour
- 4 whole-wheat burger buns, 60 g each
- 40 g lettuce
- 10 ml olive oil
- 3 g salt
- 120 g sliced onion
- 20 g mustard

METHOD

01. Mash the beans with a fork. Mix in the eggs, oat flour, and salt.

02. Let stand for 10 minutes to hydrate the flour, then shape into four patties.

03. Cook in the olive oil over medium heat for 5 minutes per side, until the centers are firm and the eggs are fully cooked.

04. Brown the onion in the skillet and add it to the burger or wrap with the mustard.

05. Warm the buns and fill with lettuce and a bean burger.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked patties for up to 3 days. Store the bread and raw vegetables separately.

RECIPE 10 / 40

Bean Burger with Tomato and Mozzarella

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 500 g cooked black beans, thoroughly drained
- 2 medium eggs
- 100 g oat flour
- 4 whole-wheat burger buns, 60 g each
- 40 g lettuce
- 10 ml olive oil
- 3 g salt
- 160 g sliced tomatoes
- 80 g mozzarella

METHOD

01. Mash the beans with a fork. Mix in the eggs, oat flour, and salt.

02. Let stand for 10 minutes to hydrate the flour, then shape into four patties.

03. Cook in the olive oil over medium heat for 5 minutes per side, until the centers are firm and the eggs are fully cooked.

04. Place the mozzarella on the cooked meat or bean patty and cover to melt; assemble with the tomato.

05. Warm the buns and fill with lettuce and a bean burger.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked patties for up to 3 days. Store the bread and raw vegetables separately.

RECIPE 11 / 40

Bean Burger with Mushrooms and Yogurt

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 500 g cooked black beans, thoroughly drained
- 2 medium eggs
- 100 g oat flour
- 4 whole-wheat burger buns, 60 g each
- 40 g lettuce
- 10 ml olive oil
- 3 g salt
- 160 g sliced mushrooms
- 100 g plain yogurt

METHOD

01. Mash the beans with a fork. Mix in the eggs, oat flour, and salt.

02. Let stand for 10 minutes to hydrate the flour, then shape into four patties.

03. Cook in the olive oil over medium heat for 5 minutes per side, until the centers are firm and the eggs are fully cooked.

04. Sauté the mushrooms until their liquid evaporates; add them when assembling and spoon on the yogurt off the heat.

05. Warm the buns and fill with lettuce and a bean burger.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked patties for up to 3 days. Store the bread and raw vegetables separately.

RECIPE 12 / 40

Bean Burger with Carrot and Cucumber

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 500 g cooked black beans, thoroughly drained
- 2 medium eggs
- 100 g oat flour
- 4 whole-wheat burger buns, 60 g each
- 40 g lettuce
- 10 ml olive oil
- 3 g salt
- 100 g grated carrot
- 120 g sliced cucumber

METHOD

01. Mash the beans with a fork. Mix in the eggs, oat flour, and salt.

02. Let stand for 10 minutes to hydrate the flour, then shape into four patties.

03. Cook in the olive oil over medium heat for 5 minutes per side, until the centers are firm and the eggs are fully cooked.

04. Add the carrot and cucumber when assembling, without cooking them.

05. Warm the buns and fill with lettuce and a bean burger.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked patties for up to 3 days. Store the bread and raw vegetables separately.

RECIPE 13 / 40

Chicken Wrap with Onion and Mustard

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 500 g raw chicken breast, cut into strips
- 4 whole-wheat tortillas, 60 g each
- 100 g plain yogurt
- 40 g lettuce
- 10 ml olive oil
- 3 g salt
- 80 ml water
- 120 g sliced onion
- 20 g mustard

METHOD

01. Brown the chicken strips in the olive oil, then add the salt and water.

02. Cook until the chicken reaches 74 °C.

03. Brown the onion in the skillet and add it to the burger or wrap with the mustard.

04. Warm the tortillas in a dry skillet. Divide the chicken, yogurt, and lettuce among them.

05. Fold in the sides and roll up tightly. Serve immediately.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked filling for up to 3 days. Add the lettuce and yogurt only when serving.

RECIPE 14 / 40

Chicken Wrap with Tomato and Mozzarella

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 500 g raw chicken breast, cut into strips
- 4 whole-wheat tortillas, 60 g each
- 100 g plain yogurt
- 40 g lettuce
- 10 ml olive oil
- 3 g salt
- 80 ml water
- 160 g sliced tomatoes
- 80 g mozzarella

METHOD

01. Brown the chicken strips in the olive oil, then add the salt and water.

02. Cook until the chicken reaches 74 °C.

03. Place the mozzarella on the cooked meat or bean patty and cover to melt; assemble with the tomato.

04. Warm the tortillas in a dry skillet. Divide the chicken, yogurt, and lettuce among them.

05. Fold in the sides and roll up tightly. Serve immediately.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked filling for up to 3 days. Add the lettuce and yogurt only when serving.

RECIPE 15 / 40

Chicken Wrap with Mushrooms and Yogurt

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 500 g raw chicken breast, cut into strips
- 4 whole-wheat tortillas, 60 g each
- 100 g plain yogurt
- 40 g lettuce
- 10 ml olive oil
- 3 g salt
- 80 ml water
- 160 g sliced mushrooms
- 100 g plain yogurt

METHOD

01. Brown the chicken strips in the olive oil, then add the salt and water.

02. Cook until the chicken reaches 74 °C.

03. Sauté the mushrooms until their liquid evaporates; add them when assembling and spoon on the yogurt off the heat.

04. Warm the tortillas in a dry skillet. Divide the chicken, yogurt, and lettuce among them.

05. Fold in the sides and roll up tightly. Serve immediately.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked filling for up to 3 days. Add the lettuce and yogurt only when serving.

RECIPE 16 / 40

Chicken Wrap with Carrot and Cucumber

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 500 g raw chicken breast, cut into strips
- 4 whole-wheat tortillas, 60 g each
- 100 g plain yogurt
- 40 g lettuce
- 10 ml olive oil
- 3 g salt
- 80 ml water
- 100 g grated carrot
- 120 g sliced cucumber

METHOD

01. Brown the chicken strips in the olive oil, then add the salt and water.

02. Cook until the chicken reaches 74 °C.

03. Add the carrot and cucumber when assembling, without cooking them.

04. Warm the tortillas in a dry skillet. Divide the chicken, yogurt, and lettuce among them.

05. Fold in the sides and roll up tightly. Serve immediately.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked filling for up to 3 days. Add the lettuce and yogurt only when serving.

RECIPE 17 / 40

Fish Tacos with Cucumber and Mint

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 600 g thawed tilapia, cut into strips
- 8 small corn tortillas, 25 g each
- 120 g thinly sliced cabbage
- 100 g plain yogurt
- 10 ml olive oil
- 3 g salt
- 160 g diced cucumber
- 5 g chopped mint

METHOD

01. Heat the olive oil and pan-fry the fish, seasoned with the salt, until the center reaches 63 °C.

02. Break the fish into large flakes.

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

04. Warm the tortillas. Fill each with fish, cabbage, and yogurt.

05. Serve two tacos per person and enjoy immediately.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked fish for up to 2 days. Avoid storing assembled tacos for long periods.

RECIPE 18 / 40

Fish Tacos with Tomato and Olives

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 600 g thawed tilapia, cut into strips
- 8 small corn tortillas, 25 g each
- 120 g thinly sliced cabbage
- 100 g plain yogurt
- 10 ml olive oil
- 3 g salt
- 160 g diced tomatoes
- 30 g pitted olives, chopped

METHOD

01. Heat the olive oil and pan-fry the fish, seasoned with the salt, until the center reaches 63 °C.

02. Break the fish into large flakes.

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

04. Warm the tortillas. Fill each with fish, cabbage, and yogurt.

05. Serve two tacos per person and enjoy immediately.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked fish for up to 2 days. Avoid storing assembled tacos for long periods.

RECIPE 19 / 40

Fish Tacos with Carrot and Lemon

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 600 g thawed tilapia, cut into strips
- 8 small corn tortillas, 25 g each
- 120 g thinly sliced cabbage
- 100 g plain yogurt
- 10 ml olive oil
- 3 g salt
- 120 g grated carrot
- 20 ml lemon juice

METHOD

01. Heat the olive oil and pan-fry the fish, seasoned with the salt, until the center reaches 63 °C.

02. Break the fish into large flakes.

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

04. Warm the tortillas. Fill each with fish, cabbage, and yogurt.

05. Serve two tacos per person and enjoy immediately.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked fish for up to 2 days. Avoid storing assembled tacos for long periods.

RECIPE 20 / 40

Fish Tacos with Corn and Roasted Bell Pepper

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 600 g thawed tilapia, cut into strips
- 8 small corn tortillas, 25 g each
- 120 g thinly sliced cabbage
- 100 g plain yogurt
- 10 ml olive oil
- 3 g salt
- 120 g cooked corn
- 120 g roasted bell pepper, cut into strips

METHOD

01. Heat the olive oil and pan-fry the fish, seasoned with the salt, until the center reaches 63 °C.

02. Break the fish into large flakes.

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

04. Warm the tortillas. Fill each with fish, cabbage, and yogurt.

05. Serve two tacos per person and enjoy immediately.

KITCHEN TIP

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

STORAGE

Refrigerate the cooked fish for up to 2 days. Avoid storing assembled tacos for long periods.

RECIPE 21 / 40

Beef and Bean Burrito with Lemon and Parsley

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 500 g raw lean ground beef
- 240 g cooked beans, drained
- 200 g cooked rice
- 4 large tortillas, 70 g each
- 80 g onion
- 10 ml olive oil
- 3 g salt
- 30 ml lemon juice
- 10 g chopped parsley

METHOD

01. Sauté the onion in the olive oil, then add the ground beef.

02. Cook, breaking up any clumps, until the beef reaches 71 °C.

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

04. Stir in the beans and rice and heat for 3 minutes.

05. Divide among the tortillas, fold in the sides, and roll up. Toast in the skillet for 1 minute per side.

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

Beef and Bean Burrito with Tomato and Basil

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 500 g raw lean ground beef
- 240 g cooked beans, drained
- 200 g cooked rice
- 4 large tortillas, 70 g each
- 80 g onion
- 10 ml olive oil
- 3 g salt
- 200 g diced tomatoes
- 5 g fresh basil

METHOD

01. Sauté the onion in the olive oil, then add the ground beef.

02. Cook, breaking up any clumps, until the beef reaches 71 °C.

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

04. Stir in the beans and rice and heat for 3 minutes.

05. Divide among the tortillas, fold in the sides, and roll up. Toast in the skillet for 1 minute per side.

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

Beef and Bean Burrito with Bell Pepper and Paprika

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 500 g raw lean ground beef
- 240 g cooked beans, drained
- 200 g cooked rice
- 4 large tortillas, 70 g each
- 80 g onion
- 10 ml olive oil
- 3 g salt
- 150 g diced bell pepper
- 3 g sweet paprika

METHOD

01. Sauté the onion in the olive oil, then add the ground beef.

02. Cook, breaking up any clumps, until the beef reaches 71 °C.

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

04. Stir in the beans and rice and heat for 3 minutes.

05. Divide among the tortillas, fold in the sides, and roll up. Toast in the skillet for 1 minute per side.

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

Beef and Bean Burrito with Carrot and Cumin

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 500 g raw lean ground beef
- 240 g cooked beans, drained
- 200 g cooked rice
- 4 large tortillas, 70 g each
- 80 g onion
- 10 ml olive oil
- 3 g salt
- 150 g grated carrot
- 2 g ground cumin

METHOD

01. Sauté the onion in the olive oil, then add the ground beef.

02. Cook, breaking up any clumps, until the beef reaches 71 °C.

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

04. Stir in the beans and rice and heat for 3 minutes.

05. Divide among the tortillas, fold in the sides, and roll up. Toast in the skillet for 1 minute per side.

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

Skillet Pizza with Spinach and Ricotta

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 4 pita breads, 60 g each
- 200 g crumbled ricotta
- 200 g cooked shredded chicken
- 120 g tomato sauce
- 120 g shredded mozzarella
- 100 g chopped spinach
- 100 g crumbled ricotta

METHOD

01. Spread the tomato sauce over each pita.

02. Divide the ricotta, chicken, and mozzarella evenly among them.

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

04. Place each pita in a covered skillet over low heat for 5 to 8 minutes, until the filling is hot and the cheese has melted.

05. Cut into four wedges 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 26 / 40

Skillet Pizza with Corn and Green Onions

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 4 pita breads, 60 g each
- 200 g crumbled ricotta
- 200 g cooked shredded chicken
- 120 g tomato sauce
- 120 g shredded mozzarella
- 120 g cooked corn, drained
- 10 g chopped green onions

METHOD

01. Spread the tomato sauce over each pita.

02. Divide the ricotta, chicken, and mozzarella evenly among them.

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

04. Place each pita in a covered skillet over low heat for 5 to 8 minutes, until the filling is hot and the cheese has melted.

05. Cut into four wedges 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 27 / 40

Skillet Pizza with Mushrooms and Thyme

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 4 pita breads, 60 g each
- 200 g crumbled ricotta
- 200 g cooked shredded chicken
- 120 g tomato sauce
- 120 g shredded mozzarella
- 150 g sliced mushrooms
- 2 g dried thyme

METHOD

01. Spread the tomato sauce over each pita.

02. Divide the ricotta, chicken, and mozzarella evenly among them.

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

04. Place each pita in a covered skillet over low heat for 5 to 8 minutes, until the filling is hot and the cheese has melted.

05. Cut into four wedges 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 28 / 40

Skillet Pizza with Zucchini and Oregano

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 4 pita breads, 60 g each
- 200 g crumbled ricotta
- 200 g cooked shredded chicken
- 120 g tomato sauce
- 120 g shredded mozzarella
- 150 g grated zucchini
- 2 g oregano

METHOD

01. Spread the tomato sauce over each pita.

02. Divide the ricotta, chicken, and mozzarella evenly among them.

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

04. Place each pita in a covered skillet over low heat for 5 to 8 minutes, until the filling is hot and the cheese has melted.

05. Cut into four wedges 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 29 / 40

Bean and Cheese Quesadilla with Lemon and Parsley

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 8 medium tortillas, 40 g each
- 400 g cooked beans, drained
- 160 g shredded mozzarella
- 80 g chopped onion
- 10 ml olive oil
- 2 g salt
- 30 ml lemon juice
- 10 g chopped parsley

METHOD

01. Roughly mash the beans. Sauté the onion in the olive oil.

02. Add the beans and salt and heat for 3 minutes.

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

04. Divide the beans and cheese among four tortillas, then top with the remaining tortillas.

05. Cook in a skillet over medium-low heat for 2 to 3 minutes per side, until golden. Cut 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 30 / 40

Bean and Cheese Quesadilla with Tomato and Basil

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 8 medium tortillas, 40 g each
- 400 g cooked beans, drained
- 160 g shredded mozzarella
- 80 g chopped onion
- 10 ml olive oil
- 2 g salt
- 200 g diced tomatoes
- 5 g fresh basil

METHOD

01. Roughly mash the beans. Sauté the onion in the olive oil.

02. Add the beans and salt and heat for 3 minutes.

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

04. Divide the beans and cheese among four tortillas, then top with the remaining tortillas.

05. Cook in a skillet over medium-low heat for 2 to 3 minutes per side, until golden. Cut 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 31 / 40

Bean and Cheese Quesadilla with Bell Pepper and Paprika

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 8 medium tortillas, 40 g each
- 400 g cooked beans, drained
- 160 g shredded mozzarella
- 80 g chopped onion
- 10 ml olive oil
- 2 g salt
- 150 g diced bell pepper
- 3 g sweet paprika

METHOD

01. Roughly mash the beans. Sauté the onion in the olive oil.

02. Add the beans and salt and heat for 3 minutes.

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

04. Divide the beans and cheese among four tortillas, then top with the remaining tortillas.

05. Cook in a skillet over medium-low heat for 2 to 3 minutes per side, until golden. Cut 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 32 / 40

Bean and Cheese Quesadilla with Carrot and Cumin

4 servings · Approximate time: 25 minutes

INGREDIENTS

- 8 medium tortillas, 40 g each
- 400 g cooked beans, drained
- 160 g shredded mozzarella
- 80 g chopped onion
- 10 ml olive oil
- 2 g salt
- 150 g grated carrot
- 2 g ground cumin

METHOD

01. Roughly mash the beans. Sauté the onion in the olive oil.

02. Add the beans and salt and heat for 3 minutes.

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

04. Divide the beans and cheese among four tortillas, then top with the remaining tortillas.

05. Cook in a skillet over medium-low heat for 2 to 3 minutes per side, until golden. Cut 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 33 / 40

Chicken and Ricotta Sandwich with Cucumber and Mint

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 8 slices whole-wheat bread, 25 g each
- 300 g cooked shredded chicken
- 200 g ricotta
- 100 g plain yogurt
- 40 g lettuce
- 2 g salt
- 160 g diced cucumber
- 5 g chopped mint

METHOD

01. Mash the ricotta with the yogurt and salt.

02. Mix in the cooled chicken, breaking up any large strands.

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

04. Spread the filling over four slices of bread and add the lettuce.

05. Top with the remaining slices. Serve immediately or refrigerate until ready to eat.

KITCHEN TIP

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

STORAGE

Refrigerate the filling for up to 2 days and assemble the sandwich shortly before eating.

RECIPE 34 / 40

Chicken and Ricotta Sandwich with Tomato and Olives

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 8 slices whole-wheat bread, 25 g each
- 300 g cooked shredded chicken
- 200 g ricotta
- 100 g plain yogurt
- 40 g lettuce
- 2 g salt
- 160 g diced tomatoes
- 30 g pitted olives, chopped

METHOD

01. Mash the ricotta with the yogurt and salt.

02. Mix in the cooled chicken, breaking up any large strands.

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

04. Spread the filling over four slices of bread and add the lettuce.

05. Top with the remaining slices. Serve immediately or refrigerate until ready to eat.

KITCHEN TIP

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

STORAGE

Refrigerate the filling for up to 2 days and assemble the sandwich shortly before eating.

RECIPE 35 / 40

Chicken and Ricotta Sandwich with Carrot and Lemon

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 8 slices whole-wheat bread, 25 g each
- 300 g cooked shredded chicken
- 200 g ricotta
- 100 g plain yogurt
- 40 g lettuce
- 2 g salt
- 120 g grated carrot
- 20 ml lemon juice

METHOD

01. Mash the ricotta with the yogurt and salt.

02. Mix in the cooled chicken, breaking up any large strands.

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

04. Spread the filling over four slices of bread and add the lettuce.

05. Top with the remaining slices. Serve immediately or refrigerate until ready to eat.

KITCHEN TIP

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

STORAGE

Refrigerate the filling for up to 2 days and assemble the sandwich shortly before eating.

RECIPE 36 / 40

Chicken and Ricotta Sandwich with Corn and Roasted Bell Pepper

4 servings · About 15 min active preparation + cooking

INGREDIENTS

- 8 slices whole-wheat bread, 25 g each
- 300 g cooked shredded chicken
- 200 g ricotta
- 100 g plain yogurt
- 40 g lettuce
- 2 g salt
- 120 g cooked corn
- 120 g roasted bell pepper, cut into strips

METHOD

01. Mash the ricotta with the yogurt and salt.

02. Mix in the cooled chicken, breaking up any large strands.

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

04. Spread the filling over four slices of bread and add the lettuce.

05. Top with the remaining slices. Serve immediately or refrigerate until ready to eat.

KITCHEN TIP

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

STORAGE

Refrigerate the filling for up to 2 days and assemble the sandwich shortly before eating.

RECIPE 37 / 40

Tuna-Stuffed Baked Potato with Lemon and Parsley

4 servings · Approximate time: 65 minutes

INGREDIENTS

- 4 potatoes, 200 g each
- 340 g tuna packed in water, drained
- 160 g ricotta
- 100 g plain yogurt
- 10 ml olive oil
- 2 g salt
- 30 ml lemon juice
- 10 g chopped parsley

METHOD

01. Wash the potatoes, prick with a fork, and bake at 200 °C for 45 to 60 minutes, until tender.

02. Mix the tuna, ricotta, yogurt, and salt.

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

04. Split the potatoes lengthwise without cutting all the way through, then loosen some of the flesh.

05. Drizzle with the olive oil and add the filling. Return to the oven for 5 minutes to heat through.

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

Tuna-Stuffed Baked Potato with Tomato and Basil

4 servings · Approximate time: 65 minutes

INGREDIENTS

- 4 potatoes, 200 g each
- 340 g tuna packed in water, drained
- 160 g ricotta
- 100 g plain yogurt
- 10 ml olive oil
- 2 g salt
- 200 g diced tomatoes
- 5 g fresh basil

METHOD

01. Wash the potatoes, prick with a fork, and bake at 200 °C for 45 to 60 minutes, until tender.

02. Mix the tuna, ricotta, yogurt, and salt.

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

04. Split the potatoes lengthwise without cutting all the way through, then loosen some of the flesh.

05. Drizzle with the olive oil and add the filling. Return to the oven for 5 minutes to heat through.

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

Tuna-Stuffed Baked Potato with Bell Pepper and Paprika

4 servings · Approximate time: 65 minutes

INGREDIENTS

- 4 potatoes, 200 g each
- 340 g tuna packed in water, drained
- 160 g ricotta
- 100 g plain yogurt
- 10 ml olive oil
- 2 g salt
- 150 g diced bell pepper
- 3 g sweet paprika

METHOD

01. Wash the potatoes, prick with a fork, and bake at 200 °C for 45 to 60 minutes, until tender.

02. Mix the tuna, ricotta, yogurt, and salt.

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

04. Split the potatoes lengthwise without cutting all the way through, then loosen some of the flesh.

05. Drizzle with the olive oil and add the filling. Return to the oven for 5 minutes to heat through.

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

Tuna-Stuffed Baked Potato with Carrot and Cumin

4 servings · Approximate time: 65 minutes

INGREDIENTS

- 4 potatoes, 200 g each
- 340 g tuna packed in water, drained
- 160 g ricotta
- 100 g plain yogurt
- 10 ml olive oil
- 2 g salt
- 150 g grated carrot
- 2 g ground cumin

METHOD

01. Wash the potatoes, prick with a fork, and bake at 200 °C for 45 to 60 minutes, until tender.

02. Mix the tuna, ricotta, yogurt, and salt.

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

04. Split the potatoes lengthwise without cutting all the way through, then loosen some of the flesh.

05. Drizzle with the olive oil and add the filling. Return to the oven for 5 minutes to heat through.

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.