EVERYDAY RECIPE COLLECTION

VOLUME 04 / 07

# Freezer Meal Prep

40 recipes to cook, portion, and freeze

## 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 meatballs

Recipes 01–04 · pages 6–9

### Mini beef meatloaves

Recipes 05–08 · pages 10–13

### Chicken and mashed potato bake

Recipes 09–12 · pages 14–17

### Ricotta lasagna

Recipes 13–16 · pages 18–21

### Chicken and bean soup

Recipes 17–20 · pages 22–25

### Stuffed savory crepes

Recipes 21–24 · pages 26–29

### Chickpea patties

Recipes 25–28 · pages 30–33

### Beef pasta bake

Recipes 29–32 · pages 34–37

### Egg and vegetable pie

Recipes 33–36 · pages 38–41

### Baked fish burgers

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 meatballs with carrot and parsley

4 servings · Approximate time: 40 minutes

## INGREDIENTS

- 600 g raw ground chicken breast
- 1 medium egg
- 70 g oat flour
- 80 g grated onion
- 10 ml olive oil
- 3 g salt
- 120 g grated carrot
- 10 g chopped parsley

## METHOD

01. Preheat the oven to 200 °C. Mix the chicken, egg, oat flour, onion, and salt.

02. Mix the carrot and parsley into the base mixture before shaping or assembling.

03. Shape into 20 evenly sized balls and place on a baking sheet greased with olive oil.

04. Bake for 20 to 30 minutes, turning once, until the centers reach 74 °C.

05. Allow five meatballs per portion and cool before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 02 / 40

# Chicken meatballs with zucchini and oregano

4 servings · Approximate time: 40 minutes

## INGREDIENTS

- 600 g raw ground chicken breast
- 1 medium egg
- 70 g oat flour
- 80 g grated onion
- 10 ml olive oil
- 3 g salt
- 150 g grated zucchini
- 2 g oregano

## METHOD

01. Preheat the oven to 200 °C. Mix the chicken, egg, oat flour, onion, and salt.

02. Squeeze the zucchini thoroughly to remove excess water, then mix into the base with the oregano before assembling.

03. Shape into 20 evenly sized balls and place on a baking sheet greased with olive oil.

04. Bake for 20 to 30 minutes, turning once, until the centers reach 74 °C.

05. Allow five meatballs per portion and cool before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 03 / 40

# Chicken meatballs with spinach and garlic

4 servings · Approximate time: 40 minutes

## INGREDIENTS

- 600 g raw ground chicken breast
- 1 medium egg
- 70 g oat flour
- 80 g grated onion
- 10 ml olive oil
- 3 g salt
- 100 g chopped spinach
- 4 g minced garlic

## METHOD

01. Preheat the oven to 200 °C. Mix the chicken, egg, oat flour, onion, and salt.

02. Sauté the spinach and garlic in a nonstick skillet, let cool until warm, and fold into the base mixture before assembling.

03. Shape into 20 evenly sized balls and place on a baking sheet greased with olive oil.

04. Bake for 20 to 30 minutes, turning once, until the centers reach 74 °C.

05. Allow five meatballs per portion and cool before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 04 / 40

# Chicken meatballs with bell pepper and paprika

4 servings · Approximate time: 40 minutes

## INGREDIENTS

- 600 g raw ground chicken breast
- 1 medium egg
- 70 g oat flour
- 80 g grated onion
- 10 ml olive oil
- 3 g salt
- 120 g finely diced bell pepper
- 3 g sweet paprika

## METHOD

01. Preheat the oven to 200 °C. Mix the chicken, egg, oat flour, onion, and salt.

02. Finely chop the bell pepper and mix into the base with the paprika before assembling.

03. Shape into 20 evenly sized balls and place on a baking sheet greased with olive oil.

04. Bake for 20 to 30 minutes, turning once, until the centers reach 74 °C.

05. Allow five meatballs per portion and cool before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 05 / 40

# Mini beef meatloaves with carrot and parsley

4 servings · Approximate time: 40 minutes

## INGREDIENTS

- 600 g raw ground beef round
- 2 medium eggs
- 70 g oat flour
- 80 g grated onion
- 10 ml olive oil
- 3 g salt
- 120 g grated carrot
- 10 g chopped parsley

## METHOD

01. Preheat the oven to 200 °C. Mix the beef, eggs, oat flour, onion, and salt.

02. Mix the carrot and parsley into the base mixture before shaping or assembling.

03. Divide among eight greased muffin cups without packing the mixture too tightly.

04. Bake for about 25 minutes, until the meat reaches 71 °C in the center.

05. Remove from the pan, allow two mini meatloaves per portion, and cool before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 06 / 40

# Mini beef meatloaves with zucchini and oregano

4 servings · Approximate time: 40 minutes

## INGREDIENTS

- 600 g raw ground beef round
- 2 medium eggs
- 70 g oat flour
- 80 g grated onion
- 10 ml olive oil
- 3 g salt
- 150 g grated zucchini
- 2 g oregano

## METHOD

01. Preheat the oven to 200 °C. Mix the beef, eggs, oat flour, onion, and salt.

02. Squeeze the zucchini thoroughly to remove excess water, then mix into the base with the oregano before assembling.

03. Divide among eight greased muffin cups without packing the mixture too tightly.

04. Bake for about 25 minutes, until the meat reaches 71 °C in the center.

05. Remove from the pan, allow two mini meatloaves per portion, and cool before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 07 / 40

# Mini beef meatloaves with spinach and garlic

4 servings · Approximate time: 40 minutes

## INGREDIENTS

- 600 g raw ground beef round
- 2 medium eggs
- 70 g oat flour
- 80 g grated onion
- 10 ml olive oil
- 3 g salt
- 100 g chopped spinach
- 4 g minced garlic

## METHOD

01. Preheat the oven to 200 °C. Mix the beef, eggs, oat flour, onion, and salt.

02. Sauté the spinach and garlic in a nonstick skillet, let cool until warm, and fold into the base mixture before assembling.

03. Divide among eight greased muffin cups without packing the mixture too tightly.

04. Bake for about 25 minutes, until the meat reaches 71 °C in the center.

05. Remove from the pan, allow two mini meatloaves per portion, and cool before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 08 / 40

# Mini beef meatloaves with bell pepper and paprika

4 servings · Approximate time: 40 minutes

## INGREDIENTS

- 600 g raw ground beef round
- 2 medium eggs
- 70 g oat flour
- 80 g grated onion
- 10 ml olive oil
- 3 g salt
- 120 g finely diced bell pepper
- 3 g sweet paprika

## METHOD

01. Preheat the oven to 200 °C. Mix the beef, eggs, oat flour, onion, and salt.

02. Finely chop the bell pepper and mix into the base with the paprika before assembling.

03. Divide among eight greased muffin cups without packing the mixture too tightly.

04. Bake for about 25 minutes, until the meat reaches 71 °C in the center.

05. Remove from the pan, allow two mini meatloaves per portion, and cool before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 09 / 40

# Chicken and mashed potato bake with spinach and ricotta

4 servings · Approximate time: 50 minutes

## INGREDIENTS

- 600 g peeled, cubed potatoes
- 400 g cooked, shredded chicken
- 150 ml milk
- 80 g ricotta
- 80 g chopped onion
- 10 ml olive oil
- 3 g salt
- 100 g chopped spinach
- 100 g crumbled ricotta

## METHOD

01. Cook the potatoes until tender. Drain, mash, and stir in the milk and half the salt.

02. Sauté the onion in the olive oil, then stir in the chicken and remaining salt.

03. Sauté the spinach until wilted and stir into the mixture with the ricotta.

04. Divide the chicken among four ovenproof containers, top with mashed potato, and finish with crumbled ricotta.

05. Bake at 200 °C for about 20 minutes, until piping hot in the center. Cool before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 10 / 40

# Chicken and mashed potato bake with corn and scallions

4 servings · Approximate time: 50 minutes

## INGREDIENTS

- 600 g peeled, cubed potatoes
- 400 g cooked, shredded chicken
- 150 ml milk
- 80 g ricotta
- 80 g chopped onion
- 10 ml olive oil
- 3 g salt
- 120 g cooked corn, drained
- 10 g chopped scallions

## METHOD

01. Cook the potatoes until tender. Drain, mash, and stir in the milk and half the salt.

02. Sauté the onion in the olive oil, then stir in the chicken and remaining salt.

03. Heat the corn with the mixture for 3 minutes and finish with the scallions.

04. Divide the chicken among four ovenproof containers, top with mashed potato, and finish with crumbled ricotta.

05. Bake at 200 °C for about 20 minutes, until piping hot in the center. Cool before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 11 / 40

# Chicken and mashed potato bake with mushrooms and thyme

4 servings · Approximate time: 50 minutes

## INGREDIENTS

- 600 g peeled, cubed potatoes
- 400 g cooked, shredded chicken
- 150 ml milk
- 80 g ricotta
- 80 g chopped onion
- 10 ml olive oil
- 3 g salt
- 150 g sliced mushrooms
- 2 g dried thyme

## METHOD

01. Cook the potatoes until tender. Drain, mash, and stir in the milk and half the salt.

02. Sauté the onion in the olive oil, then stir in the chicken and remaining salt.

03. Sauté the mushrooms until their moisture evaporates, then add to the mixture with the thyme.

04. Divide the chicken among four ovenproof containers, top with mashed potato, and finish with crumbled ricotta.

05. Bake at 200 °C for about 20 minutes, until piping hot in the center. Cool before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 12 / 40

# Chicken and mashed potato bake with zucchini and oregano

4 servings · Approximate time: 50 minutes

## INGREDIENTS

- 600 g peeled, cubed potatoes
- 400 g cooked, shredded chicken
- 150 ml milk
- 80 g ricotta
- 80 g chopped onion
- 10 ml olive oil
- 3 g salt
- 150 g grated zucchini
- 2 g oregano

## METHOD

01. Cook the potatoes until tender. Drain, mash, and stir in the milk and half the salt.

02. Sauté the onion in the olive oil, then stir in the chicken and remaining salt.

03. Squeeze the grated zucchini dry, sauté for 4 minutes, and stir in with the oregano.

04. Divide the chicken among four ovenproof containers, top with mashed potato, and finish with crumbled ricotta.

05. Bake at 200 °C for about 20 minutes, until piping hot in the center. Cool before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 13 / 40

# Ricotta lasagna with carrot and parsley

4 servings · Approximate time: 60 minutes

## INGREDIENTS

- 250 g dry oven-ready lasagna sheets
- 500 g ricotta
- 500 g tomato sauce
- 250 ml water
- 150 g mozzarella
- 2 g salt
- 120 g grated carrot
- 10 g chopped parsley

## METHOD

01. Preheat the oven to 190 °C. Stir the water into the tomato sauce; check the pasta package for the liquid required.

02. Mash the ricotta with the salt.

03. Mix the carrot and parsley into the base mixture before shaping or assembling.

04. Layer the sauce, pasta, and ricotta in a baking dish. Finish with sauce and mozzarella.

05. Cover with foil and bake for 35 minutes; uncover and bake for another 10 minutes, until the pasta is tender. Cool and portion.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 14 / 40

# Ricotta lasagna with zucchini and oregano

4 servings · Approximate time: 60 minutes

## INGREDIENTS

- 250 g dry oven-ready lasagna sheets
- 500 g ricotta
- 500 g tomato sauce
- 250 ml water
- 150 g mozzarella
- 2 g salt
- 150 g grated zucchini
- 2 g oregano

## METHOD

01. Preheat the oven to 190 °C. Stir the water into the tomato sauce; check the pasta package for the liquid required.

02. Mash the ricotta with the salt.

03. Squeeze the zucchini thoroughly to remove excess water, then mix into the base with the oregano before assembling.

04. Layer the sauce, pasta, and ricotta in a baking dish. Finish with sauce and mozzarella.

05. Cover with foil and bake for 35 minutes; uncover and bake for another 10 minutes, until the pasta is tender. Cool and portion.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 15 / 40

# Ricotta lasagna with spinach and garlic

4 servings · Approximate time: 60 minutes

## INGREDIENTS

- 250 g dry oven-ready lasagna sheets
- 500 g ricotta
- 500 g tomato sauce
- 250 ml water
- 150 g mozzarella
- 2 g salt
- 100 g chopped spinach
- 4 g minced garlic

## METHOD

01. Preheat the oven to 190 °C. Stir the water into the tomato sauce; check the pasta package for the liquid required.

02. Mash the ricotta with the salt.

03. Sauté the spinach and garlic in a nonstick skillet, let cool until warm, and fold into the base mixture before assembling.

04. Layer the sauce, pasta, and ricotta in a baking dish. Finish with sauce and mozzarella.

05. Cover with foil and bake for 35 minutes; uncover and bake for another 10 minutes, until the pasta is tender. Cool and portion.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 16 / 40

# Ricotta lasagna with bell pepper and paprika

4 servings · Approximate time: 60 minutes

## INGREDIENTS

- 250 g dry oven-ready lasagna sheets
- 500 g ricotta
- 500 g tomato sauce
- 250 ml water
- 150 g mozzarella
- 2 g salt
- 120 g finely diced bell pepper
- 3 g sweet paprika

## METHOD

01. Preheat the oven to 190 °C. Stir the water into the tomato sauce; check the pasta package for the liquid required.

02. Mash the ricotta with the salt.

03. Finely chop the bell pepper and mix into the base with the paprika before assembling.

04. Layer the sauce, pasta, and ricotta in a baking dish. Finish with sauce and mozzarella.

05. Cover with foil and bake for 35 minutes; uncover and bake for another 10 minutes, until the pasta is tender. Cool and portion.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 17 / 40

# Chicken and bean soup with lemon and parsley

4 servings · Approximate time: 30 minutes

## INGREDIENTS

- 600 g cooked carioca beans
- 300 g cooked, shredded chicken
- 100 g chopped onion
- 700 ml water
- 10 ml olive oil
- 3 g salt
- 30 ml lemon juice
- 10 g chopped parsley

## METHOD

01. Blend half the beans with the water in a blender.

02. Sauté the onion in the olive oil, then add the blended beans and the remaining whole beans.

03. Add the lemon juice and parsley at the end, with the heat turned off.

04. Add the chicken and salt and cook for 10 minutes, stirring to prevent sticking.

05. Divide among shallow containers. Leave room in each container for expansion during freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 18 / 40

# Chicken and bean soup with tomato and basil

4 servings · Approximate time: 30 minutes

## INGREDIENTS

- 600 g cooked carioca beans
- 300 g cooked, shredded chicken
- 100 g chopped onion
- 700 ml water
- 10 ml olive oil
- 3 g salt
- 200 g diced tomatoes
- 5 g fresh basil

## METHOD

01. Blend half the beans with the water in a blender.
02. Sauté the onion in the olive oil, then add the blended beans and the remaining whole beans.
03. Cook the tomatoes with the mixture for 5 minutes and finish with the basil.
04. Add the chicken and salt and cook for 10 minutes, stirring to prevent sticking.
05. Divide among shallow containers. Leave room in each container for expansion during freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 19 / 40

# Chicken and bean soup with bell pepper and paprika

4 servings · Approximate time: 30 minutes

## INGREDIENTS

- 600 g cooked carioca beans
- 300 g cooked, shredded chicken
- 100 g chopped onion
- 700 ml water
- 10 ml olive oil
- 3 g salt
- 150 g diced bell pepper
- 3 g sweet paprika

## METHOD

01. Blend half the beans with the water in a blender.
02. Sauté the onion in the olive oil, then add the blended beans and the remaining whole beans.
03. Sauté the bell pepper for 5 minutes and fold into the mixture with the paprika.
04. Add the chicken and salt and cook for 10 minutes, stirring to prevent sticking.
05. Divide among shallow containers. Leave room in each container for expansion during freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 20 / 40

# Chicken and bean soup with carrot and cumin

4 servings · Approximate time: 30 minutes

## INGREDIENTS

- 600 g cooked carioca beans
- 300 g cooked, shredded chicken
- 100 g chopped onion
- 700 ml water
- 10 ml olive oil
- 3 g salt
- 150 g grated carrot
- 2 g ground cumin

## METHOD

01. Blend half the beans with the water in a blender.

02. Sauté the onion in the olive oil, then add the blended beans and the remaining whole beans.

03. Sauté the carrot for 4 minutes and add to the mixture with the cumin.

04. Add the chicken and salt and cook for 10 minutes, stirring to prevent sticking.

05. Divide among shallow containers. Leave room in each container for expansion during freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 21 / 40

# Stuffed savory crepes with spinach and ricotta

4 servings · Approximate time: 45 minutes

## INGREDIENTS

- 2 medium eggs
- 250 ml milk
- 120 g all-purpose flour
- 400 g cooked, shredded chicken
- 250 g tomato sauce
- 10 ml olive oil
- 3 g salt
- 100 g chopped spinach
- 100 g crumbled ricotta

## METHOD

01. Beat the eggs, milk, flour, and half the salt into a smooth batter.

02. Lightly grease a skillet and make eight thin crepes, browning both sides.

03. Season the chicken with the remaining salt. Sauté the spinach until wilted and stir into the mixture with the ricotta.

04. Fill the crepes, roll them up, and place in a baking dish with the tomato sauce.

05. Heat in the oven at 190 °C for about 15 minutes. Allow two crepes per portion and cool.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 22 / 40

# Stuffed savory crepes with corn and scallions

4 servings · Approximate time: 45 minutes

## INGREDIENTS

- 2 medium eggs
- 250 ml milk
- 120 g all-purpose flour
- 400 g cooked, shredded chicken
- 250 g tomato sauce
- 10 ml olive oil
- 3 g salt
- 120 g cooked corn, drained
- 10 g chopped scallions

## METHOD

01. Beat the eggs, milk, flour, and half the salt into a smooth batter.

02. Lightly grease a skillet and make eight thin crepes, browning both sides.

03. Season the chicken with the remaining salt. Heat the corn with the mixture for 3 minutes and finish with the scallions.

04. Fill the crepes, roll them up, and place in a baking dish with the tomato sauce.

05. Heat in the oven at 190 °C for about 15 minutes. Allow two crepes per portion and cool.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 23 / 40

# Stuffed savory crepes with mushrooms and thyme

4 servings · Approximate time: 45 minutes

## INGREDIENTS

- 2 medium eggs
- 250 ml milk
- 120 g all-purpose flour
- 400 g cooked, shredded chicken
- 250 g tomato sauce
- 10 ml olive oil
- 3 g salt
- 150 g sliced mushrooms
- 2 g dried thyme

## METHOD

01. Beat the eggs, milk, flour, and half the salt into a smooth batter.

02. Lightly grease a skillet and make eight thin crepes, browning both sides.

03. Season the chicken with the remaining salt. Sauté the mushrooms until their moisture evaporates, then add to the mixture with the thyme.

04. Fill the crepes, roll them up, and place in a baking dish with the tomato sauce.

05. Heat in the oven at 190 °C for about 15 minutes. Allow two crepes per portion and cool.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 24 / 40

# Stuffed savory crepes with zucchini and oregano

4 servings · Approximate time: 45 minutes

## INGREDIENTS

- 2 medium eggs
- 250 ml milk
- 120 g all-purpose flour
- 400 g cooked, shredded chicken
- 250 g tomato sauce
- 10 ml olive oil
- 3 g salt
- 150 g grated zucchini
- 2 g oregano

## METHOD

01. Beat the eggs, milk, flour, and half the salt into a smooth batter.

02. Lightly grease a skillet and make eight thin crepes, browning both sides.

03. Season the chicken with the remaining salt. Squeeze the grated zucchini dry, sauté for 4 minutes, and stir in with the oregano.

04. Fill the crepes, roll them up, and place in a baking dish with the tomato sauce.

05. Heat in the oven at 190 °C for about 15 minutes. Allow two crepes per portion and cool.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 25 / 40

# Chickpea patties with carrot and parsley

4 servings · Approximate time: 45 minutes

## INGREDIENTS

- 500 g cooked chickpeas, drained
- 2 medium eggs
- 80 g oat flour
- 80 g chopped onion
- 10 ml olive oil
- 3 g salt
- 120 g grated carrot
- 10 g chopped parsley

## METHOD

01. Mash the chickpeas into a thick paste, leaving a few small pieces.

02. Add the eggs, flour, onion, and salt and mix. Mix the carrot and parsley into the base before shaping or assembling.

03. Shape into 16 flattened patties and place on a greased baking sheet.

04. Bake at 200 °C for 25 to 30 minutes, turning halfway through, until firm and the eggs are cooked through.

05. Allow four patties per portion and cool before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 26 / 40

# Chickpea patties with zucchini and oregano

4 servings · Approximate time: 45 minutes

## INGREDIENTS

- 500 g cooked chickpeas, drained
- 2 medium eggs
- 80 g oat flour
- 80 g chopped onion
- 10 ml olive oil
- 3 g salt
- 150 g grated zucchini
- 2 g oregano

## METHOD

01. Mash the chickpeas into a thick paste, leaving a few small pieces.

02. Add the eggs, flour, onion, and salt and mix. Squeeze the zucchini thoroughly to remove excess water, then mix into the base with the oregano before assembling.

03. Shape into 16 flattened patties and place on a greased baking sheet.

04. Bake at 200 °C for 25 to 30 minutes, turning halfway through, until firm and the eggs are cooked through.

05. Allow four patties per portion and cool before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 27 / 40

# Chickpea patties with spinach and garlic

4 servings · Approximate time: 45 minutes

## INGREDIENTS

- 500 g cooked chickpeas, drained
- 2 medium eggs
- 80 g oat flour
- 80 g chopped onion
- 10 ml olive oil
- 3 g salt
- 100 g chopped spinach
- 4 g minced garlic

## METHOD

01. Mash the chickpeas into a thick paste, leaving a few small pieces.

02. Add the eggs, flour, onion, and salt and mix. Sauté the spinach and garlic in a nonstick skillet, let cool until warm, and fold into the base before assembling.

03. Shape into 16 flattened patties and place on a greased baking sheet.

04. Bake at 200 °C for 25 to 30 minutes, turning halfway through, until firm and the eggs are cooked through.

05. Allow four patties per portion and cool before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 28 / 40

# Chickpea patties with bell pepper and paprika

4 servings · Approximate time: 45 minutes

## INGREDIENTS

- 500 g cooked chickpeas, drained
- 2 medium eggs
- 80 g oat flour
- 80 g chopped onion
- 10 ml olive oil
- 3 g salt
- 120 g finely diced bell pepper
- 3 g sweet paprika

## METHOD

01. Mash the chickpeas into a thick paste, leaving a few small pieces.

02. Add the eggs, flour, onion, and salt and mix. Finely chop the bell pepper and mix into the base with the paprika before assembling.

03. Shape into 16 flattened patties and place on a greased baking sheet.

04. Bake at 200 °C for 25 to 30 minutes, turning halfway through, until firm and the eggs are cooked through.

05. Allow four patties per portion and cool before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 29 / 40

# Beef pasta bake with spinach and ricotta

4 servings · Approximate time: 40 minutes

## INGREDIENTS

- 240 g dry short pasta
- 400 g raw ground beef round
- 400 g tomato sauce
- 120 g mozzarella
- 80 g onion
- 10 ml olive oil
- 3 g salt
- 100 g chopped spinach
- 100 g crumbled ricotta

## METHOD

01. Cook the pasta for 2 minutes less than the package directs. Drain.

02. Sauté the onion in the olive oil and brown the beef until it reaches 71 °C. Add the salt.

03. Sauté the spinach until wilted and stir into the mixture with the ricotta.

04. Mix the pasta, beef, and sauce and transfer to a baking dish. Top with mozzarella.

05. Bake at 200 °C for 15 minutes, until bubbling. Cool and divide into four portions.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 30 / 40

# Beef pasta bake with corn and scallions

4 servings · Approximate time: 40 minutes

## INGREDIENTS

- 240 g dry short pasta
- 400 g raw ground beef round
- 400 g tomato sauce
- 120 g mozzarella
- 80 g onion
- 10 ml olive oil
- 3 g salt
- 120 g cooked corn, drained
- 10 g chopped scallions

## METHOD

01. Cook the pasta for 2 minutes less than the package directs. Drain.

02. Sauté the onion in the olive oil and brown the beef until it reaches 71 °C. Add the salt.

03. Heat the corn with the mixture for 3 minutes and finish with the scallions.

04. Mix the pasta, beef, and sauce and transfer to a baking dish. Top with mozzarella.

05. Bake at 200 °C for 15 minutes, until bubbling. Cool and divide into four portions.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 31 / 40

# Beef pasta bake with mushrooms and thyme

4 servings · Approximate time: 40 minutes

## INGREDIENTS

- 240 g dry short pasta
- 400 g raw ground beef round
- 400 g tomato sauce
- 120 g mozzarella
- 80 g onion
- 10 ml olive oil
- 3 g salt
- 150 g sliced mushrooms
- 2 g dried thyme

## METHOD

01. Cook the pasta for 2 minutes less than the package directs. Drain.

02. Sauté the onion in the olive oil and brown the beef until it reaches 71 °C. Add the salt.

03. Sauté the mushrooms until their moisture evaporates, then add to the mixture with the thyme.

04. Mix the pasta, beef, and sauce and transfer to a baking dish. Top with mozzarella.

05. Bake at 200 °C for 15 minutes, until bubbling. Cool and divide into four portions.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 32 / 40

# Beef pasta bake with zucchini and oregano

4 servings · Approximate time: 40 minutes

## INGREDIENTS

- 240 g dry short pasta
- 400 g raw ground beef round
- 400 g tomato sauce
- 120 g mozzarella
- 80 g onion
- 10 ml olive oil
- 3 g salt
- 150 g grated zucchini
- 2 g oregano

## METHOD

01. Cook the pasta for 2 minutes less than the package directs. Drain.

02. Sauté the onion in the olive oil and brown the beef until it reaches 71 °C. Add the salt.

03. Squeeze the grated zucchini dry, sauté for 4 minutes, and stir in with the oregano.

04. Mix the pasta, beef, and sauce and transfer to a baking dish. Top with mozzarella.

05. Bake at 200 °C for 15 minutes, until bubbling. Cool and divide into four portions.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 33 / 40

# Egg and vegetable pie with carrot and parsley

4 servings · Approximate time: 50 minutes

## INGREDIENTS

- 6 medium eggs
- 200 g ricotta
- 120 g oat flour
- 200 ml milk
- 8 g baking powder
- 10 ml olive oil
- 3 g salt
- 120 g grated carrot
- 10 g chopped parsley

## METHOD

01. Preheat the oven to 180 °C. Beat the eggs, milk, ricotta, and salt with a fork.

02. Fold in the flour and stir just until evenly combined.

03. Mix the carrot and parsley into the base mixture before shaping or assembling.

04. Stir in the baking powder last and transfer to a small greased baking pan.

05. Bake for 30 to 40 minutes, until the center is set and reaches 74 °C. Cool and portion.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 34 / 40

# Egg and vegetable pie with zucchini and oregano

4 servings · Approximate time: 50 minutes

## INGREDIENTS

- 6 medium eggs
- 200 g ricotta
- 120 g oat flour
- 200 ml milk
- 8 g baking powder
- 10 ml olive oil
- 3 g salt
- 150 g grated zucchini
- 2 g oregano

## METHOD

01. Preheat the oven to 180 °C. Beat the eggs, milk, ricotta, and salt with a fork.

02. Fold in the flour and stir just until evenly combined.

03. Squeeze the zucchini thoroughly to remove excess water, then mix into the base with the oregano before assembling.

04. Stir in the baking powder last and transfer to a small greased baking pan.

05. Bake for 30 to 40 minutes, until the center is set and reaches 74 °C. Cool and portion.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 35 / 40

# Egg and vegetable pie with spinach and garlic

4 servings · Approximate time: 50 minutes

## INGREDIENTS

- 6 medium eggs
- 200 g ricotta
- 120 g oat flour
- 200 ml milk
- 8 g baking powder
- 10 ml olive oil
- 3 g salt
- 100 g chopped spinach
- 4 g minced garlic

## METHOD

01. Preheat the oven to 180 °C. Beat the eggs, milk, ricotta, and salt with a fork.

02. Fold in the flour and stir just until evenly combined.

03. Sauté the spinach and garlic in a nonstick skillet, let cool until warm, and fold into the base mixture before assembling.

04. Stir in the baking powder last and transfer to a small greased baking pan.

05. Bake for 30 to 40 minutes, until the center is set and reaches 74 °C. Cool and portion.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 36 / 40

# Egg and vegetable pie with bell pepper and paprika

4 servings · Approximate time: 50 minutes

## INGREDIENTS

- 6 medium eggs
- 200 g ricotta
- 120 g oat flour
- 200 ml milk
- 8 g baking powder
- 10 ml olive oil
- 3 g salt
- 120 g finely diced bell pepper
- 3 g sweet paprika

## METHOD

01. Preheat the oven to 180 °C. Beat the eggs, milk, ricotta, and salt with a fork.

02. Fold in the flour and stir just until evenly combined.

03. Finely chop the bell pepper and mix into the base with the paprika before assembling.

04. Stir in the baking powder last and transfer to a small greased baking pan.

05. Bake for 30 to 40 minutes, until the center is set and reaches 74 °C. Cool and portion.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 37 / 40

# Baked fish burgers with carrot and parsley

4 servings · Approximate time: 40 minutes

## INGREDIENTS

- 600 g thawed tilapia fillets
- 1 medium egg
- 90 g oat flour
- 80 g grated onion, squeezed dry
- 10 ml olive oil
- 3 g salt
- 120 g grated carrot
- 10 g chopped parsley

## METHOD

01. Chop the fish very finely with a knife or pulse briefly in a food processor.

02. Mix the fish, egg, flour, onion, and salt. Mix the carrot and parsley into the base before shaping or assembling.

03. Shape into eight patties and place on a baking sheet greased with olive oil.

04. Bake at 200 °C for 20 to 25 minutes, turning halfway through, until the centers reach 74 °C because the mixture contains egg.

05. Allow two patties per portion. Chill completely in the refrigerator before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 38 / 40

# Baked fish burgers with zucchini and oregano

4 servings · Approximate time: 40 minutes

## INGREDIENTS

- 600 g thawed tilapia fillets
- 1 medium egg
- 90 g oat flour
- 80 g grated onion, squeezed dry
- 10 ml olive oil
- 3 g salt
- 150 g grated zucchini
- 2 g oregano

## METHOD

01. Chop the fish very finely with a knife or pulse briefly in a food processor.

02. Mix the fish, egg, flour, onion, and salt. Squeeze the zucchini thoroughly to remove excess water, then mix into the base with the oregano before assembling.

03. Shape into eight patties and place on a baking sheet greased with olive oil.

04. Bake at 200 °C for 20 to 25 minutes, turning halfway through, until the centers reach 74 °C because the mixture contains egg.

05. Allow two patties per portion. Chill completely in the refrigerator before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 39 / 40

# Baked fish burgers with spinach and garlic

4 servings · Approximate time: 40 minutes

## INGREDIENTS

- 600 g thawed tilapia fillets
- 1 medium egg
- 90 g oat flour
- 80 g grated onion, squeezed dry
- 10 ml olive oil
- 3 g salt
- 100 g chopped spinach
- 4 g minced garlic

## METHOD

01. Chop the fish very finely with a knife or pulse briefly in a food processor.

02. Mix the fish, egg, flour, onion, and salt. Sauté the spinach and garlic in a nonstick skillet, let cool until warm, and fold into the base before assembling.

03. Shape into eight patties and place on a baking sheet greased with olive oil.

04. Bake at 200 °C for 20 to 25 minutes, turning halfway through, until the centers reach 74 °C because the mixture contains egg.

05. Allow two patties per portion. Chill completely in the refrigerator before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.

RECIPE 40 / 40

# Baked fish burgers with bell pepper and paprika

4 servings · Approximate time: 40 minutes

## INGREDIENTS

- 600 g thawed tilapia fillets
- 1 medium egg
- 90 g oat flour
- 80 g grated onion, squeezed dry
- 10 ml olive oil
- 3 g salt
- 120 g finely diced bell pepper
- 3 g sweet paprika

## METHOD

01. Chop the fish very finely with a knife or pulse briefly in a food processor.

02. Mix the fish, egg, flour, onion, and salt. Finely chop the bell pepper and mix into the base with the paprika before assembling.

03. Shape into eight patties and place on a baking sheet greased with olive oil.

04. Bake at 200 °C for 20 to 25 minutes, turning halfway through, until the centers reach 74 °C because the mixture contains egg.

05. Allow two patties per portion. Chill completely in the refrigerator before freezing.

## KITCHEN TIP

Set out the ingredients before starting and adjust the salt only at the end.

## STORAGE

Cool in shallow containers and refrigerate within 2 hours. Freeze chilled portions at -18 °C for up to 30 days as a quality guideline. Thaw in the refrigerator and reheat to 74 °C.