



meals in minutes

Give yourself a break with these simple meal solutions.

start with	meal ideas	things to add	what to do
Chicken breast or thighs	Chicken curry	<ul style="list-style-type: none"> onion jar of Indian or Thai curry sauce rice frozen green beans 	<ol style="list-style-type: none"> 1. Brown onion and chicken strips 2. Add sauce and simmer 3. Serve over rice with frozen green beans
Beef mince	Beef tacos	<ul style="list-style-type: none"> onion can chilli beans taco shells lettuce and tomatoes grated Edam cheese 	<ol style="list-style-type: none"> 1. Brown mince and onion. Add chilli beans 2. Serve in taco shells with shredded lettuce, sliced tomato and Edam
Red lentils	Red lentil dhal	<ul style="list-style-type: none"> onion can Indian-style tomatoes any vegetables brown rice 	<ol style="list-style-type: none"> 1. Cook lentils in stock or water 2. Add to fried onion with Indian-style tomatoes 3. Add chopped fresh or frozen vegetables and simmer until cooked 4. Serve over rice
Chickpeas	Chickpea, pumpkin and cashew nut curry	<ul style="list-style-type: none"> onion pumpkin jar of curry sauce cashew nuts frozen green beans rice 	<ol style="list-style-type: none"> 1. Cook onion. Add diced pumpkin and curry sauce and simmer until pumpkin is cooked 2. Add cashew nuts. Heat through and serve over rice with green beans
Eggs	Easy eggs Benedict	<ul style="list-style-type: none"> frozen spinach bread commercial cheese sauce 	<ol style="list-style-type: none"> 1. Heat spinach and serve on toast 2. Top with poached eggs and cheese sauce
Can of tuna	Tuna and macaroni bake	<ul style="list-style-type: none"> macaroni commercial cheese sauce frozen beans and corn wholemeal breadcrumbs grated Edam cheese 	<ol style="list-style-type: none"> 1. Cook macaroni following packet directions 2. Add tuna, cheese sauce, frozen beans and corn 3. Top with breadcrumbs and grated Edam. Bake
Pizza base	Italian pizza	<ul style="list-style-type: none"> pizza sauce chorizo black olives mushrooms grated mozzarella ready-to-go salad 	<ol style="list-style-type: none"> 1. Spread pizza base with pizza sauce 2. Top with sliced chorizo, olives, sliced mushrooms and mozzarella. Bake in a hot oven 3. Serve with salad
Salmon fillets	Teriyaki salmon	<ul style="list-style-type: none"> Teriyaki sauce rice stir-fry vegetables 	<ol style="list-style-type: none"> 1. Marinate salmon fillets in Teriyaki sauce 2. Bake or grill until cooked 3. Serve with rice and vegetables
Pasta sauce	Mushroom chicken and tomato pasta bake	<ul style="list-style-type: none"> mushrooms pasta eg. penne or spirals cooked chicken grated Edam cheese frozen green beans 	<ol style="list-style-type: none"> 1. Fry mushrooms 2. Add to cooked pasta together with chicken and pasta sauce 3. Pour into baking dish. Top with grated Edam and bake 4. Serve with green beans or a salad