



# 30 MINUTE DINNERS

## FISH AND SEAFOOD MEAL PLAN 3

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All recipes are my own, kid-tested and picky-husband approved. Any inspirations from other amazing recipe developers have been noted.

Every week we're continuously publishing family-friendly recipes, meal planning hacks, grocery budgeting tips, natural living tutorials and grace-filled encouragement for the real food journey on the blog, <https://dontwastethecrumbs.com>. We encourage you to visit us there and join in the conversations!

30 Minute Dinners is an outreach of <https://dontwastethecrumbs.com> and in turn, Crumbs Media, LLC.

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## THE MEAL PLAN

Meal 1: Garlic Lemon Scallops // Green Beans // White Rice

*Suggested Side: No-knead Artisan Bread*

Meal 2: Tuna Patties // Vegetable Risotto

*Suggested Side: No-knead Artisan Bread*

Meal 3: Mediterranean Fish Skillet // White Rice

*Suggested Side: Artichoke Hearts*

Meal 4: Sweet Potato Black Bean Chili

*Suggested Side: Sliced Avocado*

*Optional Protein: Ground Meat*

Meal 5: Tuna Salad Wraps // Tortilla Chips

*Suggested Side: Shredded Lettuce*

*Important! Before you start, make sure you have read the “**Before You Begin Guide**” so you understand how to properly use these meal plans.*



# SHOPPING LIST

**Meal 1: Garlic Lemon Scallops // Green Beans // White Rice (Suggested Side: Artisan Bread)**

**Meal 2: Tuna Patties // Vegetable Risotto (Suggested Side: Artisan Bread)**

**Meal 3: Mediterranean Fish Skillet // White Rice (Suggested Side: Artichoke Hearts)**

**Meal 4: Sweet Potato Black Bean Chili (Suggested Side: Avocado // Optional Protein: Ground Meat)**

**Meal 5: Tuna Salad Wraps // Tortilla Chips (Suggested Side: Shredded Lettuce)**

## Pantry

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> rice, 5 cups  | <input type="checkbox"/> tuna (5 oz), 3 cans + 2 cans (5 cans total) | <input type="checkbox"/> aduki beans (16 oz)*, 1 can |
| <input type="checkbox"/> lemon juice, 2 Tbsp + 2 tsp (2 Tbsp + 2 tsp total)              | <input type="checkbox"/> white wine (or chicken stock), 1/4 cup      | <input type="checkbox"/> mayo*, 1/4 cup              |
| <input type="checkbox"/> chicken stock*, 1 cup + 1/4 cup + 1 1/2 cups (2 3/4 cups total) | <input type="checkbox"/> kalamata olives, 1/3 cup                    | <input type="checkbox"/> dijon mustard, 1/2 Tbsp     |
| <input type="checkbox"/> olive oil, 4 Tbsp + 2 Tbsp + 1 Tbsp (7 Tbsp total)              | <input type="checkbox"/> fire roasted tomatoes (28 oz), 1 can        | <input type="checkbox"/> tortilla chips*             |
| <input type="checkbox"/> bread crumbs (or almond flour)*, 10 Tbsp                        | <input type="checkbox"/> black beans (16 oz)*, 1 can                 | <input type="checkbox"/> salsa* (!), 1 jar           |

## Produce

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> garlic, 3 cloves + 4 cloves (7 cloves total) | <input type="checkbox"/> onion, 1/2 + 1/2 (1 onion total) | <input type="checkbox"/> red onion, 2 Tbsp                                 |
| <input type="checkbox"/> leek, 1                                      | <input type="checkbox"/> red bell pepper, 1               | <input type="checkbox"/> fresh herbs (parsley, chives, or other), 1/2 Tbsp |
| <input type="checkbox"/> zucchini, 1                                  | <input type="checkbox"/> cherry tomatoes, 1/2 cup         | <input type="checkbox"/> grapes, 1/2 lb                                    |
| <input type="checkbox"/> kale, 1 head                                 | <input type="checkbox"/> sweet potato, 1 large            | <input type="checkbox"/> lettuce wraps (or tortilla wraps)                 |
| <input type="checkbox"/> lemon, 1/2                                   | <input type="checkbox"/> celery, 4 ribs                   |  |

## Cold Case

- butter, 3/4 cup
- green beans (16 oz frozen), 2 bags
- peas (16 oz frozen), 1 bag
- asparagus cuts (16 oz frozen), 1 bag
- eggs, 2

## Meat

- sea scallops, 2 lbs
- white fish (6 oz filets of cod, mahi, or halibut), 4

## Spices

- salt (Meal 1 + Meal 2 + Meal 3 + Meal 5)
- pepper (Meal 1 + Meal 2 + Meal 3 + Meal 5)
- basil
- paprika
- chili powder
- cumin
- cayenne (!)

## Optional Toppings

- shredded cheese
- sour cream
- green onions

## Suggested Sides

- all-purpose flour, 6 cups
- salt, 4 tsp
- active dry yeast, 2 tsp
- artichoke hearts, 1 can
- avocado, 3-4
- shredded lettuce

## Optional Protein

- ground meat (beef, turkey, chicken), 1 lb

### Notes

- Items marked with \* can be made from scratch and prepped ahead if you have the time! The recipes can be found at [DontWastetheCrumbs.com](http://DontWastetheCrumbs.com). Simply search and cook!
- Items marked with (!) are spicy. Feel free to omit if you have sensitive eaters.
- Items marked with (GF/DF) can be substituted for your favorite Gluten Free or Dairy Free ingredient. For easy substitute ideas, check the Gluten and Dairy Substitute Guide in the Resources section on [CrumbsUniversity.com](http://CrumbsUniversity.com).



## WEEKLY MEAL PREP: OVERVIEW

### Meal 1: Garlic Lemon Scallops // Green Beans // White Rice

- Mince the garlic.

*< 2 minutes*

- Cook the rice.

*25 minutes*

*Note: If you can only do 1 thing for weekly prep, I suggest making the rice since it takes the longest.*

- *Make No-knead Artisan Bread 2x (optional): No-knead Artisan Bread is ready with 5 minutes of hands-on time the night before, 15 minutes of hands-on time the morning of, 1 hour of rise time and 45 minutes of baking time. The bread itself is not ready in under 30 minutes, but because it requires so little hands-on work, I've included it here in the meal prep, in case you have a few minutes to spare. This bread goes quick, so I recommend making a double batch for Meal 2 - just follow the steps and use two bowls, measuring each ingredient twice (instead of adding to one large bowl and dividing later).*

### Meal 2: Tuna Patties // Vegetable Risotto

- Dice the vegetables for Vegetable Risotto.

*2 minutes*

- Cook the rice (above).

- Dice ½ onion for Tuna Patties.

*1 minute*

### Meal 3: Mediterranean Fish Skillet // White Rice

- Cook the rice (above).
- Slice the vegetables.

*2 minutes*

### Meal 4: Sweet Potato Black Bean Chili

- Cube the potatoes.

*2 minutes*

### Meal 5: Tuna Salad Wraps // Tortilla Chips

- Dice vegetables for Tuna Salad wraps.

*2 minutes*





# WEEKLY MEAL PREP: STEP-BY-STEP

## Mise en Place

### Rice

- 5 cups White Rice
- 5 cups water (10 if doing stovetop)
- 1 tsp salt

### Vegetables

- 7 cloves garlic
- 1 leek
- 1 zucchini
- 1 bunch kale
- 1 large sweet potato
- 1 large onion
- 4 stalks celery
- 2 Tbsp red onion
- 1 medium red pepper
- ½ lb grapes

### *Artisan Bread (optional; double batch)*

- 6 cup all-purpose flour
- 4 tsp salt
- 2 tsp active dry yeast
- 3 cup room temperature water

## Supplies

- Instant Pot or large pot
- Cutting board and a sharp knife
- Large bowl (optional)

### **Step 1:** Cook 5 cups of rice.

In the Instant Pot, combine the 5 cups rice, 5 water, and 1 tsp salt. Cook on high pressure for 4 minutes. Release the pressure using Quick Pressure Release.

Fluff the rice with a large fork.

Alternatively, on the stovetop, when the water boils, add the 5 cups of rice and set a timer for 18 minutes.

**Step 2:** Prep the Vegetables:

**Zucchini**

- Dice 1 zucchini for Vegetable Risotto

**Leek**

- Dice 1 leek for Vegetable Risotto

**Kale**

- Dice 1 bunch for Vegetable Risotto

**Red Bell Pepper**

- Thinly slice 1 red bell pepper for Mediterranean Fish Skillet

**Sweet potato**

- Cube 1 large sweet potato into ½” chunks for Sweet Potato Black Bean Chili

**Celery**

- Dice 4 stalks for Tuna Salad Wraps

**Grapes**

- Slice ½ lb grapes in halves for Tuna Salad Wraps

What to cut last:

**Onion**

- Dice ½ onion for Tuna Patties
- Slice ½ onion for Mediterranean Fish Skillet

**Red Onion**

- Dice 2 Tbsp red onion for Tuna Salad Wraps

**Garlic**

- Mince 3 cloves for Garlic Lemon Scallops
- Mince 4 cloves for Mediterranean Fish Skillet

Note: If making the No-Knead Artisan Bread, it will take more than 30 minutes! You'll need to start the night before. Then plan for 1 ½ hours rise time and 45 minutes cook time. This can always be done sometime during the day so that cook time in the evening isn't so cramped.

**Step 3:** If desired, start your No-knead Artisan Bread. Combine 6 cup all-purpose flour, 4 tsp salt, and 2 tsp active dry yeast

Add 3 cups water and mix well. The dough will be hard to stir and shaggy, not smooth like traditional bread dough. Cover with a towel and let rise overnight, 8 to 18 hours. The sticky dough will bubble and rise.

**Step 4:** Stick your frozen green beans into the fridge to defrost overnight so that they cook faster for Meal 1.

See How to Store Your Meal Prep below to divide for storage.

## How to Store Your Meal Prep

### Meal 1: Garlic Lemon Scallops // Green Beans // White Rice

- 4 cups cooked White Rice
- Green beans (thawing in fridge)
- Garlic
- Optional: Artisan Bread (prepped or fully cooked)

### Meal 2: Tuna Patties // Vegetable Risotto

- 2 cups cooked White Rice
- Leek, kale, zucchini, + ½ onion

### Meal 3: Mediterranean Fish Skillet // White Rice

- 4 cups cooked White Rice
- ½ onion, red bell pepper, + garlic

### Meal 4: Sweet Potato Black Bean Chili

- Sweet potato

### Meal 5: Tuna Salad Wraps // Tortilla Chips

- Celery + red onion



## MAXIMIZING KITCHEN APPLIANCES

### Meal 1: Garlic Lemon Scallops // Green Beans // White Rice

- Use your electric kettle to expedite boiling water for White Rice and Green Beans.
- Alternatively, use your Instant Pot to make the White Rice.

### Meal 2: Tuna Patties // Vegetable Risotto

- Use your food processor's shredding disc to dice the vegetables for Risotto.

### Meal 3: Mediterranean Fish Skillet // White Rice

- Use your food processor's slicing disc to slice your onion and red bell pepper.

### Meal 4: Sweet Potato Black Bean Chili

- Saute your sweet potato in your Instant Pot and then cook on high pressure for 1 minute.
- Alternatively, make your sweet potato black bean chili in your slow cooker for at least 6 hours on high.

### Meal 5: Tuna Salad Wraps // Tortilla Chips

- Use your food processor's shredding blade to dice your celery and onion.
- Use your food processor's slicing disc to shred your lettuce if desired.



# STEP-BY-STEP: MEAL 1

## Garlic Lemon Scallops // Green Beans // White Rice

### *Suggested Side: Artisan Bread*

*No-knead Artisan Bread is ready with 5 minutes of hands-on time the night before, 15 minutes of hands-on time the morning of, 1 hour of rise time and 45 minutes of baking time. The bread itself is not ready in under 30 minutes, but because it requires so little hands-on work, I've included it here in the meal prep, in case you have a few minutes to spare. This bread goes quick, so I recommend making a double batch for Meal 2 - just follow the steps and use two bowls, measuring each ingredient twice (instead of adding to one large bowl and dividing later).*

### Mise en Place

#### Rice

- ✓ 5 cups rice
- ✓ 5 cups water (10 cups if making on stove top)

#### Garlic Lemon Scallops

- ¾ cup butter or olive oil
- 1 tsp salt
- ✓ 3 cloves garlic
- ⅓ tsp pepper
- 2 lbs large sea scallops
- 2 Tbsp fresh lemon juice

#### Green Beans

- 2 (16 oz) bags green beans
- 1 Tbsp salt

#### ***Suggested Side: Artisan Bread (doubled for Meal 2)***

- ✓ 6 cups all-purpose flour
- ✓ 2 tsp active dry yeast
- ✓ 4 tsp salt
- ✓ 3 cups water

## Supplies

- Instant pot or large Stock Pot
- Skillet or cast iron skillet
- Medium saucepan
- Dutch oven and baking sheet (optional)

*Note: If making the No-Knead Artisan Bread, it will take more than 30 minutes! You'll need to start the night before. Then plan for 1 ½ hours rise time and 45 minutes cook time. This can always be done sometime during the day so that cook time in the evening isn't so cramped.*

**Step 0:** If you haven't already, prep your No-knead Artisan Bread the night before. Combine 6 cup all-purpose flour, 4 tsp salt, + 2 tsp active dry yeast.

Add 3 cups of water and mix well. The dough will be hard to stir and shaggy, not smooth like traditional bread dough. Cover with a towel and let rise overnight, 8 to 18 hours. The sticky dough will bubble and rise.

When you're ready to make bread, flour your hands and your working surface and turn the dough out. Without kneading the dough, gently form it into 2 balls. Cover with a towel and allow to rest for one hour.

After the dough has risen for 30 minutes, preheat the oven to 450 F and put your Dutch oven or oven-safe pot (that has a lid) inside to preheat. Do not put the lid in the oven. Preheat for 30 minutes. (Note: This recipe is to make two loaves of Artisan bread. If you only have one Dutch oven, simply make your second loaf on a sheet pan. It may need to cook a little longer than the one in the Dutch oven.)

When the dough has rested for an hour, and the pot has preheated, remove the pot from the oven. Carefully lift the dough from the surface and place it into the pot. If your pot is stainless steel and not lined, you can line it with a piece of parchment paper first.

Replace the lid and place the pot back in the oven. Bake for 30 minutes with the lid on.

Carefully remove the lid and bake for another 15 minutes, or until the top is golden brown.

Allow to cool completely (at least 30 minutes in a spot where air can flow freely above and below).

Reserve second loaf for Meal 2.

**Step 1:** Boil 2 cups of water in a medium saucepan for your green beans and boil 10 cups of water for your rice.

*Tip: If you have an electric kettle, fill it to the top and boil the remaining water for the rice on the stove top. Pour the electric kettle water in the boiling water on the stovetop.*

Alternatively, put the green beans in the Instant Pot and set for 3 minutes on manual.

*Tip: While waiting for the green bean water to come to a boil, put the frozen green beans into a colander and run hot water over them to help them defrost! They'll cook quicker!*

**Step 2:** Cook your 5 cups of rice (multi batch with 2 cups each for Meals 1 + 3, and 1 cup for Meal 2).

In the Instant Pot, combine the rice, water, salt. Cook on high pressure for 4 minutes. Release the pressure using Quick Pressure Release.

Alternatively, on the stovetop, when the water boils, add the 6 cups of rice and set a timer for 18 minutes.

OR if you prepped food beforehand, reheat the White Rice with  $\frac{1}{4}$  cup of water in a medium sauce pot.

**Step 3:** Melt butter or olive oil in a large skillet over medium high heat. Mince your garlic and stir it in, and cook for a few seconds until fragrant. Add scallops, and cook for 4 minutes on one side. Set a timer! Then turn over, and continue cooking until firm and opaque. Set the second timer for 2 minutes to check them.

**Step 4:** If not cooking greens in the Instant Pot, add a steamer basket when it's boiling and add the 2 bags of green beans. Cover and set a timer for 5 minutes. When the timer goes off, flip them and set a timer for another 3-5 minutes depending on desired doneness.

**Step 5:** Remove scallops to a platter, then whisk salt, pepper, and lemon juice into butter. Pour sauce over scallops to serve.



**Step 6:** When rice is done cooking, drain any extra water. Then divide into three portions. About 4 cups for Meal 1, 2 cups for Meal 2, and 4 cups for Meal 3.

**Step 7:** When the green beans are done add salt and butter. Enjoy hot!



## STEP-BY-STEP: MEAL 2

### Tuna Patties // Vegetable Risotto

#### *Suggested Side: Artisan Bread*

*See Note on Meal 1.*

#### Mise en Place

##### **Vegetable Risotto**

- ✓ 1 leek
- ✓ 1 zucchini
- 16 oz frozen peas
- 16 oz frozen asparagus cuts
- ✓ 1 head kale
- 1 cup chicken or vegetable stock
- ½ lemon
- 1 Tbsp olive oil
- Salt and pepper

##### **Tuna Patties**

- 2 eggs
- 2 tsp lemon juice
- 10 Tbsp bread crumbs or almond flour or gluten free flour
- 3 (5 oz) cans tuna, drained
- ✓ ½ onion
- 1 pinch ground black pepper
- 3 Tbsp olive oil

- ✓ Reserved 2 cups cooked White Rice

##### ***Suggested Side***

- ✓ *Reserved Artisan Bread*

## Supplies

- Large pan
- Skillet or cast iron skillet
- Cutting board and a sharp knife
- Large mixing bowl

**Step 1:** Heat 1 Tbsp olive oil in a large pan on medium heat.

**Step 2:** Dice the vegetables and add to the pan as you go in this order: 1 leek, 1 zucchini, 1 head kale. Add frozen asparagus tips and frozen peas.

**Step 3:** Squeeze and stir in the juice of ½ lemon. Add reserved rice, 1 cup of stock, and cover.

**Step 4:** Dice ½ onion.

**Step 5:** Heat 3 Tbsp olive oil in a skillet over medium heat.

**Step 6:** Beat 2 eggs and lemon juice in a bowl and then add breadcrumbs to make a paste. Fold in tuna and onion until well-mixed. Season with black pepper. Shape tuna mixture into eight 1" thick patties.

**Step 7:** Fry patties until golden brown, about 5 minutes per side. Set a timer! Stir the Vegetable Risotto occasionally.

**Step 8:** Reheat artisan bread in the oven if desired at 250F for 10 minutes.

**Step 9:** Serve Tuna Patties with Vegetable Risotto on the side with Artisan Bread, if desired.



## STEP-BY-STEP: MEAL 3

### Mediterranean Fish Skillet // White Rice

#### *Suggested Side: Artichoke Hearts*

*It's easy to add a can of this mediterranean vegetable to your skillet for extra flavor. Just drain and dump!*

### Mise en Place

#### **Mediterranean Fish Skillet**

- 4 (6 oz) fish fillets, mahi, cod, halibut or any other firm white fish
- 2 Tbsp olive oil
- ✓ 1 medium red pepper
- ✓ 1/2 large onion
- ✓ 4 large garlic cloves
- 1 tsp dried basil
- 1/4 cup chicken stock
- 1/4 cup white wine (or chicken stock)
- 1/2 cup cherry tomatoes
- 1/3 cup kalamata olives
- salt + pepper
- Reserved 4 cups cooked White Rice

#### ***Suggested Side***

- 1 can artichoke hearts

### Supplies

- Large cast iron skillet
- Cutting board and a sharp knife
- 2 plates
- Medium sauce pot

**Step 1:** Heat a large cast iron skillet or stainless steel skillet to medium high heat with 2 Tbsp olive oil.

**Step 2:** Pat fish dry with a paper towel. Sprinkle liberally with salt and pepper.

**Step 3:** Add fish to the hot skillet. Let it sear for 3-4 minutes on each side without touching it. Set a timer! When the fish releases from the pan easily it is ready to flip.

**Step 4:** While it sears, slice the vegetables. Start with ½ onion, red bell pepper, and cherry tomatoes. Mince the garlic.

*Tip: For the cherry tomatoes, put them between 2 plates and slice them all at the same time.*

**Step 5:** Remove fish from skillet and set aside.

**Step 6:** Add peppers and onion to the skillet. Cook 2-3 minutes until slightly soft. Add garlic and tomatoes. Season with salt and pepper. Let cook for 5 more minutes.

**Step 7:** Reheat White Rice with ¼ cup of water if desired in a medium sauce pot.

**Step 8:** Add 1 tsp basil, ¼ cup white wine and ¼ cup chicken stock to vegetables in the pan, scraping up all the little bits from the bottom. Drain and add can of artichoke hearts, if desired.

**Step 9:** Add fish back to the skillet and continue to cook until cooked through and fish flakes easily. Another 3-4 minutes. Toss kalamata olives into the pan until slightly heated.

**Step 10:** Enjoy your Mediterranean Fish Skillet over rice or with rice on the side.



## STEP-BY-STEP: MEAL 4

### Sweet Potato Black Bean Chili

#### *Suggested Side: Sliced Avocado*

Slice as many avocados as your family will eat. Sliced avocado pairs well with chili since it absorbs the flavor.

#### *Optional Protein: Ground Meat*

Mixing ground meat such as beef or turkey into this dish will bring out new flavors and make it more filling with extra protein.

### Mise en Place

#### **Sweet Potato Black Bean Chili**

- 1 large sweet potato
- 1 Tbsp olive oil
- 1 (28 oz) can fire roasted diced or crushed tomatoes
- 1 (15 oz) can black beans
- 1 (15 oz) can aduki beans
- 1 1/2 cups water or broth
- 2 Tbsp paprika
- 1 Tbsp chili powder
- 1 Tbsp cumin
- 1 tsp black pepper
- 1 tsp salt
- pinch of cayenne pepper (!)

#### ***Suggested Side***

- 3-4 avocados, sliced

#### ***Optional Protein***

- 1 lb ground meat

#### ***Optional Toppings***

- Shredded cheese
- Sour cream
- Green onions

## Supplies

- Instant Pot or large pot
- Cutting board and a sharp knife

**Step 1:** In a large pot on medium heat, warm 1 Tbsp olive oil or set your Instant Pot to saute.

**Step 2:** Cube your sweet potatoes. Add to the pan or IP and turn up to medium high. Set a timer for 5 minutes. Add ground meat now, if desired.

**Step 3:** In the same pot as sweet potatoes add:

- 1 (28 oz) can fire roasted diced or crushed tomatoes
- 1 (15 oz) can black beans, rinsed and strained
- 1 (15 oz) can aduki beans
- 1 1/2 cups water or broth
- 2 Tbsp paprika
- 1 Tbsp chili powder
- 1 Tbsp cumin
- 1 tsp black pepper
- 1 tsp salt

**Step 4:** Cover with lid and let chili cook on medium heat for 25 minutes or until soup has thickened. Stir occasionally.

**Step 5:** If desired, slice your avocado for your suggested side.

**Step 6:** Serve with optional toppings and sliced avocado, if desired.



## STEP-BY-STEP: MEAL 5

### Tuna Salad Wraps // Tortilla Chips

#### *Suggested Side: Shredded Lettuce*

*Add shredded lettuce to fill you up! You can use other greens like spinach or spring mix if you have stragglers in your fridge.*

### Mise en Place

#### **Tuna Wraps**

- 2 (5 oz) cans of tuna
- 1/4 cup mayonnaise
- ✓ 4 stalks of celery
- ✓ 2 Tbsp red onion
- 1/2 Tbsp chopped parsley, chives and/or other herbs
- 1/2 Tbsp Dijon mustard
- salt + pepper
- 1/2 lb grapes
- lettuce wraps or tortilla wraps
- tortilla chips
- salsa (!)

#### ***Suggested Side***

- shredded lettuce*

### Supplies

- Cutting board and a sharp knife
- Large bowl



**Step 1:** Dice the 4 celery stalks and ½ red onion.

**Step 2:** Drain the liquid from the tuna cans. Then, add the tuna, ¼ cup mayonnaise, diced celery, diced red onion, 1-2 Tbsp parsley, chives, or other herbs, ½ Tbsp Dijon mustard, salt and pepper to a mixing bowl.

**Step 3:** Pull grapes off of the stem and place between 2 plates. Use a knife to slice in half at the same time. Add to the mixing bowl.

**Step 4:** Stir all of the ingredients together until well combined.

**Step 5:** Shred lettuce, if desired.

**Step 6:** Enjoy the tuna wrapped up in lettuce, or in a sandwich with shredded lettuce and tortilla chips and salsa on the side.



# RECIPE CARDS

## Meal 1 Recipes

### Garlic Lemon Scallops



*Recipe inspired by All Recipes.*

#### INGREDIENTS

¾ cup butter	1 tsp salt
3 Tbsp minced garlic	½ tsp pepper
2 lbs large sea scallops	2 Tbsp fresh lemon juice

#### INSTRUCTIONS

1. Melt butter in a large skillet over medium-high heat. Stir in garlic, and cook for a few seconds until fragrant. Add scallops, and cook for several minutes on one side, then turn over, and continue cooking until firm and opaque.
2. Remove scallops to a platter, then whisk salt, pepper, and lemon juice into butter. Pour sauce over scallops to serve.

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## Instant Pot White Rice



*Find the original recipe here.*

### INGREDIENTS

2 cups white rice (I use Jasmine)  
2 cups water

1 tsp salt (optional)

### INSTRUCTIONS

1. In an Instant Pot, combine the rice, water, salt. Cook on high pressure for 4 minutes. Release the pressure using Quick Pressure Release.
2. Fluff the rice with a large fork. Serve hot or warm. Freeze leftovers in 2 cup portions for a fast meal in the future!

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## How to Cook Frozen Green Beans



*Recipe inspired by Loaves and Dishes.*

### INGREDIENTS

1 lb of frozen green beans

½ cup chicken stock

### INSTRUCTIONS

1. In a medium sized saucepan over medium heat on the stovetop heat the chicken stock till boiling.
2. Add the frozen green beans (thawed if possible for you).
3. Bring the stock back to a boil and heat the frozen green beans stirring often for 5 minutes. (The idea is to steam the beans, not to boil them). Watch carefully that the chicken stock does not steam away. If it is starting to get low, add more.

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## No-Knead Artisan Bread



*Find the original recipe here.*

### INGREDIENTS

3 cups all-purpose flour  
2 tsp salt

1 tsp active dry yeast  
1 1/2 cups room temperature water

### INSTRUCTIONS

1. Combine flour, salt, and yeast in a large mixing bowl and stir to combine.
2. Add water and mix well. The dough will be hard to stir and shaggy, not smooth like traditional bread dough.
3. Cover with a towel and let rise overnight, 8 to 18 hours. The sticky dough will bubble and rise.
4. When you're ready to make bread, flour your hands and your working surface and turn the dough out. Without kneading the dough, gently form it into a ball. Cover with a towel and allow to rest for one hour.\*\*
5. After the dough has risen for 30 minutes, preheat the oven to 450 F and put your Dutch oven or oven-safe pot (that has a lid) inside to preheat. Do not put the lid in the oven. Preheat for 30 minutes.

*Recipe continued on the next card.*

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## No-Knead Artisan Bread (continued)



### INSTRUCTIONS

6. When the dough has rested for an hour, and the pot has preheated, remove the pot from the oven. Carefully lift the dough from the surface and place it into the pot. If your pot is stainless steel and not lined, you can line it with a piece of parchment paper first.
7. Replace the lid and place the pot back in the oven. Bake for 30 minutes with the lid on.
8. Carefully remove the lid and bake for another 15 minutes, or until the top is golden brown.
9. Allow to cool completely (at least 30 minutes in a spot where air can flow freely above and below).

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## Meal 2 Recipes

### Easy Tuna Patties



*Recipe inspired by All Recipes.*

#### INGREDIENTS

2 eggs	3 (5 ounce) cans tuna, drained
2 tsp lemon juice	3 Tbsp diced onion
3 Tbsp grated Parmesan cheese	1 pinch ground black pepper
10 Tbsp Italian-seasoned bread crumbs	3 Tbsp vegetable oil

#### INSTRUCTIONS

1. Beat eggs and lemon juice in a bowl; stir in Parmesan cheese and bread crumbs to make a paste. Fold in tuna and onion until well-mixed. Season with black pepper. Shape tuna mixture into eight 1-inch-thick patties.
2. Heat vegetable oil in a skillet over medium heat; fry patties until golden brown, about 5 minutes per side.

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### Veggie Green Risotto



*Recipe inspired by AC Running and Fitness.*

#### INGREDIENTS

1 leek	1 fish stock cube
1 courgette	½ lemon
80g frozen peas	Olive oil
250g Arborio rice	Salt and Pepper
1 chicken or veg stock cube	Kale

#### INSTRUCTIONS

1. Stir up the stock cubes in 900ml of boiling water.
2. Meanwhile heat 1 tbsp Olive oil and add in the chopped leek and cook for 3 minutes.
3. Then add in the chopped courgette and rice. Cook for 2 minutes.
4. For the next 20 minutes, add in a ladleful of stock water to the rice and stir constantly. Add in more water once the rice has soaked it up, one ladleful at a time.
5. After 20 minutes, the rice should have soaked up the stock water. Add the frozen peas and parmesan if using. Squeeze and stir in the lemon juice.
6. Finally serve it up, serve with a good portion of kale if you wish and then enjoy.

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## Meal 3 Recipes

### Mediterranean Fish Skillet



*Recipe inspired by Laughing Spatula.*

#### INGREDIENTS

4 (6 oz) fish fillets mahi, cod, halibut or any other firm white fish	1 tsp dried basil
2 Tbsp olive oil	1/4 cup chicken stock
1 medium red pepper, sliced	1/4 cup white wine or chicken stock
1/2 large onion, sliced	1/2 cup cherry tomatoes, halved
4 large garlic cloves, chopped	1/3 cup kalamata olives, pitted
	salt and pepper

#### INSTRUCTIONS

1. Pat fish dry with paper towel. Sprinkle liberally with salt and pepper. Slice vegetables and set aside.
2. Heat large cast iron or non stick skillet to medium high heat. Add olive oil and heat for about 30 seconds or until shimmery but not smoking.
3. Add fish to hot skillet. **DO NOT TOUCH.** Sear for 3-4 minutes on each side. When the fish releases from the pan easily it is ready to flip.
4. Remove fish from skillet and set aside.

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### Mediterranean Fish Skillet (continued)



#### INSTRUCTIONS

5. Add peppers and onion to skillet. Cook 2-3 minutes until slightly soft. Add garlic and tomatoes. Season with salt and pepper.
6. Add basil, white wine and chicken stock to vegetables in pan, scraping up all the little bits from the bottom.
7. Add fish back to skillet and continue to cook until cooked through and fish flakes easily. Another 3-4 minutes. Toss kalamata's into the pan until slightly heated.

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## Meal 4 Recipes

### Sweet Potato Chili



*Recipe inspired by A Simple Palate.*

#### INGREDIENTS

1 medium to large sweet potato (or 2 small) peeled and cut into cubes	2 Tbsp paprika
1 Tbsp olive oil	1 Tbsp chili powder
1 (28 oz) can fire roasted diced or crushed tomatoes	1 Tbsp cumin
1 (15 oz) can black beans, rinsed and strained	1 tsp black pepper
1 1/2 cups water	1 tsp salt
	pinch of cayenne pepper

#### INSTRUCTIONS

1. In a large pot on medium heat, saute sweet potato cubes in olive oil for 3-5 minutes for them to soften.
2. In same pot as sweet potatoes add diced tomatoes, water, black beans, and all your seasonings (salt, pepper, paprika, cumin, chili powder, cayenne pepper). Cover with lid and let chili cook on medium heat for 30 minutes or until soup has thickened. Stir occasionally.
3. Let soup cool. Serve with cheese, crumbled tortilla chips, and cheese! YUM.

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## Meal 5 Recipes

### Tuna Salad



*Recipe inspired by Downshiftology.*

#### INGREDIENTS

2 (5 oz) cans of tuna  
1/4 cup mayonnaise  
1 stalk of celery, diced  
2 Tbsp red onion, diced

1-2 Tbsp chopped parsley, chives and/or other herbs  
1/2 Tbsp Dijon mustard  
salt and pepper, to taste

#### INSTRUCTIONS

1. Drain the liquid from the tuna cans. Then, add the tuna, mayonnaise, diced celery, diced red onion, herbs, Dijon mustard, salt and pepper to a mixing bowl.
2. Drain the liquid from the tuna cans. Then, add the tuna, mayonnaise, diced celery, diced red onion, herbs, Dijon mustard, salt and pepper to a mixing bowl.
3. Ingredients for tuna salad in a mixing bowl.
4. Stir all of the ingredients together until well combined.
5. Enjoy the tuna salad plain out of a bowl, wrapped up in lettuce, or in a sandwich.

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