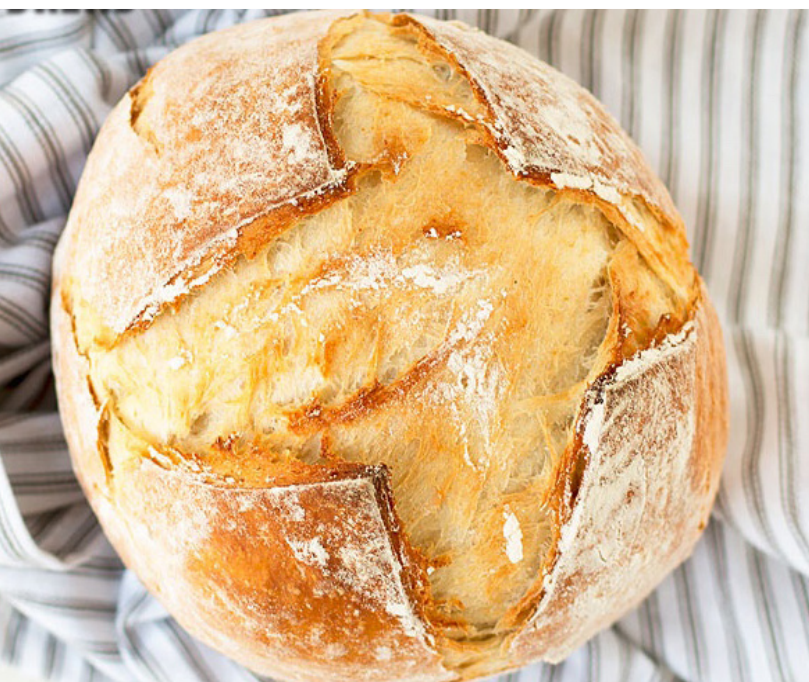




30 MINUTE DINNERS

FISH AND BEEF MEAL PLAN 1

DontWastetheCrumbs.com



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I am not a doctor, nor have I ever claimed to be, and the information in this book is not intended to diagnose, treat, cure, or prevent any disease. Also, while I have the utmost respect for our government authorities, sometimes the FDA and I don't see eye-to-eye on food and other health issues. Therefore, I have not submitted any statements or claims made in this book about the possible health effects of foods or supplements to the FDA or any other government association.

Although in electronic form, an eBook is meant to be the personal property of you, the purchaser. My team and I worked insanely hard on this eBook, and are continuously trying to make real food and natural living on a budget as easy as possible for you, so we kindly request that no part of this book be reproduced or redistributed in any manner, in any form whatsoever (electronic, photocopying, recording or otherwise) without prior written permission. Also, please don't forward the entire book to another person. It is a violation of copyright and purchase agreement to do any and/or all of the above. The only exception is in the case of a brief quotation, embodied in critical articles or review.

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: Creamy Halibut with Onions // Quinoa

Suggested Side: Steamed Frozen Vegetables

Meal 2: Beef and Broccoli Lo Mein

Suggested Side: Noodles

Meal 3: Blackened Salmon // Asparagus and Red Pepper with Balsamic Vinegar

Suggested Side: Pine Nuts or Almonds

Meal 4: Rajma Masala // Quinoa

Suggested Side: Sourdough Bread

Optional Protein: Ground Beef

Meal 5: Lemony Orzo with Butter Beans

Suggested Side: Salad Greens

Optional Protein: Tuna

*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: Creamy Halibut with Onions // Quinoa (Suggested Side: Steamed Vegetables)

Meal 2: Beef and Broccoli Lo Mein (Suggested Side: Noodles)

Meal 3: Blackened Salmon // Asparagus and Red Pepper with Balsamic Vinegar (Suggested Side: Pine Nuts or Almonds)

Meal 4: Rajma Masala // Quinoa (Suggested Side: Sourdough Bread // Optional Protein: Ground Beef)

Meal 5: Lemony Orzo with Butter Beans (Suggested Side: Salad Greens // Optional Protein: Tuna)

Pantry

- | | | |
|--|---|--|
| <input type="checkbox"/> broth (or water), 4 cups | <input type="checkbox"/> soy sauce, 1/4 cup | <input type="checkbox"/> coconut milk (14 oz), 1 can |
| <input type="checkbox"/> quinoa, 1 cup + 1 cup (2 cups total) | <input type="checkbox"/> hoisin sauce, 2 Tbsp | <input type="checkbox"/> orzo, 16 oz |
| <input type="checkbox"/> white wine or chicken stock, 1 Tbsp | <input type="checkbox"/> sesame oil, 2 tsp | <input type="checkbox"/> raisins, 1 cup |
| <input type="checkbox"/> olive oil, 2 Tbsp + 4 Tbsp + 1 tsp + 6 Tbsp (12 Tbsp + 1 tsp total) | <input type="checkbox"/> balsamic vinegar, 2 Tbsp | <input type="checkbox"/> butter beans, 16 oz |
| <input type="checkbox"/> brown sugar, 1/4 cup (optional) | <input type="checkbox"/> red kidney beans (15 oz)*, 1 can | |

Produce

- | | | |
|---|--|---|
| <input type="checkbox"/> onion, 1 + 2 red + 1 yellow | <input type="checkbox"/> carrots, 2 medium | <input type="checkbox"/> jalapeno, 1 |
| <input type="checkbox"/> garlic, 1 clove + 3 cloves + 6 cloves (10 total) | <input type="checkbox"/> asparagus, 1 bunch | <input type="checkbox"/> tomato, 1 |
| <input type="checkbox"/> lemon, 1/3 + 1/3 + 1/3 (1 total) | <input type="checkbox"/> bell peppers (red), 2 | <input type="checkbox"/> scallions, 1 bunch |
| <input type="checkbox"/> spinach, 1 bunch (about 5 oz) | <input type="checkbox"/> ginger, 1" piece | <input type="checkbox"/> mint, 1/2 cup |
| <input type="checkbox"/> broccoli, 2 heads | | |

Meat

- Halibut (or other white fish), 4 filets
- flank steak (or sub ground beef), 8 oz
- salmon, 4 filets

Cold Case

- butter (DF), 4 Tbsp
- cream, 1/2 cup
- ghee or butter (DF), 2 Tbsp

Spices

- salt + meal 3 + meal 4 + meal 5
- pepper + meal 2 + meal 3 + meal 5
- marjoram
- ginger
- red pepper flakes (!)
- basil
- smoked paprika
- garlic powder
- onion powder
- thyme
- cayenne pepper (!)
- oregano
- cumin seeds
- turmeric
- garam masala
- cardamom seeds
- cinnamon

Optional Protein

- ground beef, 1 lb
- tuna (5 oz), 2 cans

Suggested Sides

- mixed vegetables (frozen), 16 oz
- pine nuts or almonds (can sub other nuts), 1 cup
- salad greens, 5-10 oz
- lo mein or spaghetti noodles, 8 oz
- sour dough bread, 1 loaf

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. 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.



WEEKLY MEAL PREP: OVERVIEW

Meal 1: Creamy Halibut with Onions // Quinoa

- Cook the quinoa.
20 minutes
- Slice and saute the onions.
18 minutes
- Mince the garlic.
1 minute

Meal 2: Beef and Broccoli Lo Mein

- Chop the broccoli.
1 minutes
- Shred the carrot.
2 minutes

Meal 3: Blackened Salmon // Asparagus and Red Pepper with Balsamic Vinegar

- Slice your bell pepper and red onion.
2 minutes
- Mix your blackened seasoning.
2 minutes

Meal 4: Rajma Masala // Quinoa

- Slice the vegetables.
5 minutes
- Cook the quinoa (above).

Meal 5: Lemony Orzo with Butter Beans

- N/A



WEEKLY MEAL PREP: STEP-BY-STEP

Mise en Place

Quinoa

- 2-4 cups broth or water
- 2 cups quinoa

Onions

- 4 Tbsp butter or olive oil
- 1 large onion

Blackened Seasoning

- 1 ½ Tbsp smoked paprika
- 1 tsp cayenne pepper
- 1 Tbsp garlic powder
- 1 tsp dried basil
- 1 Tbsp onion powder
- 1 tsp dried oregano
- 1 Tbsp dried thyme
- 1 ½ tsp salt
- 1 tsp black pepper

Vegetables

- 2 broccoli heads
- 1 red onion
- 2 red bell peppers
- 10 garlic cloves
- 2 carrots
- 1 large jalapeño
- 1 large yellow onion

Supplies

- (Instant) Pot
- Jar with a lid
- Metal pan
- Cutting board and sharp knife

Step 1: Turn your burner on high while you fill your pot with 4 cups of broth or water to boil. Cover askew.

Step 2: Heat 4 Tbsp butter or olive oil in a metal pan on medium heat. Slice the onion first, then add to a metal pan to saute for approximately 15 minutes.

Tip: Use a metal pan that you can place in the fridge whole and pull out to continue cooking tomorrow if you'll be short on time. (Cast iron and ceramic pans don't handle the temperature change well and may crack from drastic changes.)

Step 3: When the water boils, add 2 cups quinoa and cover askew. Set a timer for 15 minutes. When the water boils with the quinoa turn down 1-2 notches so it doesn't boil over.

Step 4: Mix your blackened seasoning in a jar with a lid:

- 1 ½ Tbsp smoked paprika
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1 Tbsp dried thyme
- 1 tsp black pepper
- 1 tsp cayenne pepper
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 ½ tsp salt

Step 5: Prep the Vegetables:

Broccoli

- Cut 2 heads into florets for Beef and Broccoli Lo Mein.

Red Bell Pepper

- Slice 2 for Asparagus and Red Pepper with Balsamic Vinegar.

Carrots

- Shred or julienne 2 carrots for Beef and Broccoli Lo Mein.

What to cut last:

Onion

- Dice 1 for Rajma Masala.

Red onion

- Slice 1 for Asparagus and Red Pepper with Balsamic Vinegar.

Garlic

- Mince 1 clove for Creamy Halibut with Onions and add to cooking onion.
- Mince 3 cloves for Beef and Broccoli Lo Mein.
- Smash 6 cloves for Rajma Masala.

Jalapeno

- Dice 1 for Rajma Masala.

Tip: Leave the seeds in if you like it more spicy or use a spoon to remove the seeds if you want it more mild.

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

How to Store Your Meal Prep

Meal 1: Creamy Halibut with Onions // Quinoa

- Cooked onion + minced garlic
- 2 cups cooked quinoa

Meal 2: Beef and Broccoli Lo Mein

- Broccoli florets
- Carrots

Meal 3: Blackened Salmon // Asparagus and Red Pepper with Balsamic Vinegar

- Red bell pepper + red onion

Meal 4: Rajma Masala // Quinoa

- Onion, garlic, + jalapeno
- 2 cups cooked quinoa

Meal 5: Lemony Orzo with Butter Beans

- N/A



MAXIMIZING KITCHEN APPLIANCES

Meal 1: Creamy Halibut with Onions // Quinoa

- Use a food processor to slice the onion.
- Use your Instant Pot to cook the quinoa and steam your suggested side of frozen vegetables. Place 3 cups of water and quinoa in the bottom. Then use a tall trivet or steamer basket between and add the vegetable. Cook on manual for 1 minute and quick release the pressure.
- If you're not making the steamed vegetable, simply combine 2 cups of water or broth with 2 cups of quinoa and cook on manual for 1 minute. Quick release pressure.

Meal 2: Beef and Broccoli Lo Mein

- If you're not making pasta (stacking the broccoli on top of it in a steamer basket), steam your broccoli in your Instant Pot for 0 minutes on manual. Quick release the pressure.
- Use the shredding disc on your food processor to shred the carrots.

Meal 3: Blackened Salmon // Asparagus and Red Pepper with Balsamic Vinegar

- Use your food processor to slice your red bell pepper.

Meal 4: Rajma Masala // Quinoa

- Use your IP to cook the quinoa (above).
- In your food processor, process the onion, garlic, ginger, jalapeño, and tomatoes in a food processor until finely chopped, about 15 seconds, stopping to scrape down sides as needed.

Tip: If you cut all your veggies on a prep day, do these ones last so the tomato juices don't mix with other veggies.

Meal 5: Lemony Orzo with Butter Beans

- N/A



STEP-BY-STEP: MEAL 1

Creamy Halibut with Onions // Quinoa

Suggested Side: Steamed Frozen Vegetables

Stack your cooking by steaming your favorite 16 oz pack of frozen vegetables above your quinoa as it boils. Less dishes for the win!

Mise en Place

Quinoa

- ✓ 4 cups broth or water
- ✓ 2 cups quinoa

Halibut and Onions

- ✓ 4 Tbsp butter or olive oil
- ✓ 1 large onion
- 1 Tbsp white wine or chicken stock
- 4 Halibut fillets (or another white fish)
- ✓ 1 clove garlic
- 1/3-1/2 cup cream
- Salt + pepper to taste
- 1/4 tsp marjoram
- 1/3 lemon
- 1 bunch spinach (or 5 oz baby spinach)

Suggested Side

- 16 oz frozen vegetable(s)

Supplies

- (Instant) Pot
- Large Pan
- Cutting board and a sharp knife
- Steamer basket with legs

Step 1: Turn your burner on high while you fill your pot with 4 cups of broth or water to boil. Cover askew.

Step 2: Melt 4 Tbsp butter in your large pan on medium heat.

Step 3: Meanwhile, slice 1 onion and place in the pan and cover. Mince a garlic clove.

Step 4: When the water boils, add 2 cups quinoa and cover askew. Set a timer for 15 minutes. When the water boils with the quinoa turn down 1-2 notches so it doesn't boil over.

Step 5: When the onions start to look translucent, push them to the outside of the pan and place your fish fillets in the pan. Add salt and pepper. Cover with a lid and set a timer for 4 minutes.

Tip: If you precooked your onions, wait to add the fish until the pan is hot so the outside of the fish doesn't get tough. With most meats you want to wait until you have a hot pan.

Step 6: If desired, place a steamer basket on top of quinoa and place vegetables to steam on top. Set a timer for 3-5 minutes depending on desired doneness. (May use fish timer for both.)

Step 7: Slice your spinach into bite sized pieces if it's not baby spinach.

Step 8: When the timer goes off, deglaze the fish pan by adding a Tbsp of white wine or chicken stock, along with the minced garlic clove and ¼ tsp marjoram. Stir that around a bit, then flip the fish, salt and pepper the other side, and pour the cream in around the fish.

Step 9: Bring the cream sauce to a gentle boil, watching carefully for scalding on the bottom.

Step 10: Toss the spinach on top and recover. When it comes to a boil, set a timer for 3 minutes.

Step 11: Remove steamed vegetables from heat. Season with salt. Fluff the quinoa and cover to keep warm after turning the burner off.

Step 12: Before serving, squeeze juice from $\frac{1}{3}$ a lemon over fish, onions, and spinach. Serve with quinoa on the side and if desired, steamed vegetables.

Step 13: Reserve 2 cups cooked quinoa for Meal 4.



STEP-BY-STEP: MEAL 2

Beef and Broccoli Lo Mein

Suggested Side: Noodles

Serve this stir fry dish with noodles on the side or on top to make it more filling. Save dishes by using the same boiling water for the pasta as the broccoli by boiling the pasta on bottom and steaming the broccoli on top.

Mise en Place

Beef and Broccoli

- | | |
|--|--|
| <input checked="" type="checkbox"/> 2 heads of broccoli | <input checked="" type="checkbox"/> 1/4 cup soy sauce |
| <input type="checkbox"/> 2 Tbsp olive oil | <input checked="" type="checkbox"/> 2 Tbsp hoisin sauce |
| <input type="checkbox"/> 8 oz flank steak (or sub ground beef) | <input checked="" type="checkbox"/> 2 tsp sesame oil |
| <input checked="" type="checkbox"/> 3 garlic cloves minced | <input checked="" type="checkbox"/> 1/4 tsp ground ginger |
| <input checked="" type="checkbox"/> 2 medium carrots | <input type="checkbox"/> 1/4 tsp crushed red pepper flakes (!) |
| <input type="checkbox"/> 1/4 cup packed brown sugar (optional) | <input type="checkbox"/> 1/4 tsp pepper |

Suggested Side

- 8 oz lo mein noodles or spaghetti noodles*

Supplies

- | | |
|-------------------------------------|--|
| <input type="checkbox"/> Large Pan | <input type="checkbox"/> Steamer basket |
| <input type="checkbox"/> Medium Pot | <input type="checkbox"/> <i>Strainer</i> |

Step 1: Pull your steak out of the fridge and open the package onto a plate so it reaches room temperature before grabbing the rest of your Mise en Place!

Step 2: Turn your large burner to high and boil about 2 cups of water for broccoli only or 4 cups if making pasta. Cover askew.

Step 3: Cut the broccoli into florets and set into a steamer basket on the counter.

Step 4: Turn a large pan onto medium heat and add 2 Tbsp olive oil.

Step 5: Slice your flank steak against the grain into $\frac{1}{3}$ " thick strips. Place in hot oil, season with salt and pepper, and set a timer for 4 minutes.

Step 6: Add pasta to boiling water and cover askew.

Step 7: Shred or julienne your carrot and mince your garlic. Add immediately to the edges of the beef pan to cook.

Step 8: Season your beef now or after the timer goes off with:

- 1/4 cup packed brown sugar (optional)
- 1/4 cup reduced-sodium soy sauce
- 2 Tbsp hoisin sauce
- 2 tsp sesame oil
- 1/4 tsp ground ginger
- 1/4 tsp crushed red pepper flakes

Step 9: Flip the beef and stir the seasonings in. Set a timer for 3 minutes.

Step 10: Set broccoli in a steamer basket above boiling water with pasta. Cover for softer broccoli or leave uncovered for a more crisp taste.

Step 11: When the beef timer goes off, check the internal temperature for desired range. Anything between 125-145 is good.

Step 12: Remove broccoli from the steamer basket (about 5 minutes since you had a 3 minute timer) and add to the meat pan. If applicable, drain the noodles.

Step 13: Enjoy all ingredients mixed together, over noodles if desired.



STEP-BY-STEP: MEAL 3

Blackened Salmon // Asparagus and Red Pepper with Balsamic Vinegar

Suggested Side: Pine Nuts or Almonds

Pine nuts or almonds add a nice crisp to this dish! Feel free to substitute with other nuts if desired.

Mise en Place

Asparagus and Red Pepper

- 4 Tbsp olive oil
- 1 bunch fresh asparagus
- 2 red onions
- 2 red bell peppers
- salt
- 2 Tbsp balsamic vinegar

Blackened Seasoning

- 1 ½ Tbsp smoked paprika
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1 Tbsp dried thyme
- 1 tsp black pepper
- 1 tsp cayenne pepper
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 ½ tsp salt

Salmon

- 4 salmon fillets
- 1 tsp olive oil

Suggested Side

- 1 cup pine nuts or almonds (can sub other nuts)

Supplies

- Large pan
- Cutting board and a sharp knife
- Baking sheet
- Jar with lid

Step 1: Preheat the oven to 400F and pull salmon out of the fridge first.

Step 2: Heat 4 Tbsp olive oil in a large pan on medium heat.

Step 3: Slice your red onion and bell pepper and add to the pan. Then, cut off the bottom 2-3 inches of asparagus stalks and add to the same pan.

Tip: Leave this dish uncovered because bell peppers tend to release a lot of water.

Step 4: Combine your Blackened Seasoning in a jar:

- 1 ½ Tbsp smoked paprika
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1 Tbsp dried thyme
- 1 tsp black pepper
- 1 tsp cayenne pepper
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 ½ tsp salt

Step 5: Cover both sides of the salmon with a small amount of olive oil and place the salmon skin side down on the baking sheet. Then sprinkle at least 1 tsp Blackened Seasoning per fillet. Then place in the oven and set a timer for 10 minutes. It is done when it has white spots on top.

Step 6: Stir the pan. Turn up the heat if water is collecting in it.

Step 7: When the vegetables reach desired softness (about 15 minutes), if desired, add 1 cup pine nuts or almonds and 2 Tbsp balsamic vinegar.

Tip: If you have picky eaters, try only 1 Tbsp balsamic vinegar so the flavor is less potent. It's not bitter but it's a tad sour.

Step 8: Enjoy Blackened Salmon with asparagus and red bell pepper on the side!



STEP-BY-STEP: MEAL 4

Rajma Masala // Quinoa

Suggested Side: Sourdough Bread

Your favorite sourdough bread loaf sliced and toasted in the oven complements this soft dish. It's great for dipping too!

Optional Protein: Ground Beef

Simply saute beef in with the vegetables to add more protein to this dish.

Mise en Place

Rajma Masala

- ✓ 1 large yellow onion
- ✓ 6 garlic cloves
- ✓ 1 (1") piece fresh ginger
- ✓ 1 large jalapeño
- 1 cup chopped tomato
- 2 Tbsp ghee or butter
- 2 tsp cumin seeds
- 1 tsp ground turmeric
- ✓ 1 tsp garam masala
- ✓ ¼ tsp black cardamom seeds
- ¼ tsp ground cinnamon
- 2 (15 oz) cans red kidney beans
- 2 tsp salt
- 1 (14 oz) can coconut milk
- ⅓ lemon, juiced

Quinoa

- 2 cups reserved cooked quinoa
- ¼ cup water

Suggested Side

- 1 loaf sourdough bread*

Optional Protein

- 1 lb ground beef

Supplies

- Stock pot
- Cutting board and sharp knife or food processor
- Baking sheet

If you have the time to bake ahead and a sourdough starter, here's my favorite **no-knead sourdough bread or a **classic round loaf**.*

Step 1: If heating bread, preheat the oven to 400F.

Step 2: Turn a large burner to medium to heat a stock pot with 2 Tbsp of ghee or butter.

Step 3: Dice onion, garlic, ginger, jalapeño, and tomatoes, adding to the pot as you go. Cover in between.

Tip: Leave the seeds in your jalapeno if you like it more spicy or use a spoon to remove the seeds if you want it more mild.

Step 4: Then add:

- 2 tsp cumin seeds
- 1 tsp ground turmeric
- 1 tsp garam masala
- ¼ tsp black cardamom seeds
- ¼ tsp ground cinnamon
- 2 tsp salt

Step 5: If desired, add 1 lb ground beef now, taking care to break up the pieces so it cooks evenly.

Step 6: Reheat the quinoa in ¼ cup of water or broth on medium low and cover. Stir occasionally.

Step 7: Drain and rinse 2 (15 oz) cans of kidney beans and add. Set a timer for 10 minutes.

Step 8: Slice bread if it isn't already and place in the oven for 4 minutes. Set a timer. Flip and cook again for 4 minutes. Or broil for 1-2 minutes on each side to toast the bread. (Watch it so it doesn't burn!)

Step 9: When the timer goes off, add the beans to the large pot.

Step 10: Squeeze juice of $\frac{1}{3}$ lemon over the main dish and 1 (14 oz) can of coconut milk 2 minutes before serving.

Step 11: Serve Rajma Masala over Quinoa and serve with bread if desired.



STEP-BY-STEP: MEAL 5

Lemony Orzo with Butter Beans

Suggested Side: Salad Greens

Bolster up this tasty main dish by serving it over your favorite bed of salad greens.

Optional Protein: Tuna

Simple drain and dump 2 cans of tuna and mix in!

Mise en Place

Lemony Orzo

- 16 oz orzo**
- 1 bunch scallions
- 1 cup raisins
- 1/3 lemon
- 1/4 -1/2 cup thinly sliced fresh mint leaves
- 6 Tbsp olive oil
- salt + pepper
- 16 oz butter beans

Suggested Side

- 5-10 oz salad greens

Optional Protein

- 2 (5 oz) cans tuna

Supplies

- Largest saucepan
- Cutting board and a sharp knife
- Salad bowl
- Mesh strainer

Step 1: Turn your burner to high and fill your largest saucepan with about 3 quarts of water. Cover askew.

Tip: Orzo absorbs a lot of water while cooking so you read that number right.

Step 2: Meanwhile, slice and add to your large salad bowl 1 bunch of scallions and ¼ - ½ cup mint leaves.

Step 3: Drain and rinse butter beans and place in salad bowl. If desired, drain and add 2 cans of tuna fish. Drizzle with 6 Tbsp olive oil. Add 1 cup raisins.

Step 4: When the water boils, add the orzo, cook uncovered for 8-10 minutes. Set a timer!

Step 5: When the timer goes off, strain the pasta and add to the large salad bowl and stir.

Step 6: Let flavors meld for 5-10 minutes if time before serving.

Step 7: Serve over your favorite bed of greens if desired.



RECIPE CARDS

Meal 1 Recipes

Instant Pot Quinoa



Find the original recipe here.

INGREDIENTS

1 cup quinoa
1 cup water

INSTRUCTIONS

1. Measure the quinoa into a fine mesh sieve and thoroughly rinse the quinoa under running water for one full minute.
2. Then place the rinsed quinoa into the Instant Pot inner pot.
3. Add the water and place the inner pot into the Instant Pot.
4. Place the lid on top and seal it, and turn the venting knob to “sealing.” Press “pressure cook” or “manual” on high and adjust the timer to 1 minute.
5. Let the quinoa cook and when the timer goes off, let the pressure release on its own naturally.
6. Fluff with a fork and serve warm, OR freeze extras in 2 cup portions for future recipes!

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Creamy Halibut



Find the original recipe here.

INGREDIENTS

4 Tbsp butter	Salt + pepper to taste
1 medium to large onion, sliced	¼ tsp marjoram
1 Tbsp white wine or chicken stock, optional	2-3 tsp lemon juice or 2 wedges, squeezed
at least 4 fish fillets, ½-1" thick	1 bunch greens, like spinach, Swiss chard, or collard greens
1 clove garlic, crushed	
1/3-1/2 cup whole milk or cream	

INSTRUCTIONS

1. Melt the butter over medium heat and add the onions. Stir around for a few minutes over medium to high heat, then turn the heat to low, cover and ignore for 20 minutes.
2. Remove the lid, stir, and cook another 10 minutes over medium low, uncovered. Stir occasionally.
3. (You can caramelize the onions more quickly if you're willing to babysit them a bit more. You'll know they're ready when they're slightly to medium brown and much thinner than they started, almost looking sticky.)

Recipe continues on the next card.

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Creamy Halibut (continued)



Find the original recipe here.

INSTRUCTIONS

4. Push the onions to the sides of the pan and put the fish in the center, adding more fat if necessary. Salt and pepper the fish fillets.
5. Put the lid on the pot and cook on medium for 4 minutes (for approx. 1-inch fillets).
6. Deglaze the pan by adding a Tbsp of white wine or chicken stock (optional), along with the garlic and marjoram. Stir that around a bit, then flip the fish, salt and pepper the other side, and pour the milk or cream in around the fish.
7. Bring the cream sauce to a gentle boil, watching carefully for scalding on the bottom.
8. If you're serving over wilted greens, heat some fat in a separate pan at this point and add your greens, stirring to coat. Cook over low heat, covered, while you're finishing the fish.
9. As soon as it's hot, reduce heat to low, cover, and cook for about 3 more minutes or until fish flakes in the center when pierced with a fork. Squeeze two wedges of lemon overtop the whole pan (or use about a Tbsp quality prepared lemon juice).

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Meal 2 Recipes

Beef and Broccoli Lo Mein



Recipe inspired by The Recipe Critic..

INGREDIENTS

8 oz lo mein noodles or spaghetti noodles	¼ cup reduced-sodium soy sauce
3 cups broccoli florets	2 Tbsp hoisin sauce
1 Tbsp olive oil	2 tsp sesame oil
8 oz flank steak sliced against the grain	¼ tsp ground ginger
3 garlic cloves minced	¼ tsp crushed red pepper flakes
1 medium carrot shredded	¼ tsp pepper
¼ cup packed brown sugar	

INSTRUCTIONS

1. In a large pot with boiling water, cook the noodles according to package directions. Add the broccoli the last 5 minutes of cooking and let them cook until tender. Drain the noodles and broccoli.
2. While the pasta is cooking, add olive oil to a medium sized skillet. Cook the steak until no longer pink. Add the garlic, and carrots and cook for a minute more.
3. In a small bowl whisk together the brown sugar soy sauce, hoisin sauce, sesame oil, ginger, red pepper and pepper.
4. Add the spaghetti to the skillet and pour the sauce on top and toss until incorporated.

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Meal 3 Recipes

Asparagus and Red Pepper with Balsamic Vinegar



Recipe inspired by AllRecipes.

INGREDIENTS

2 Tbsp butter	salt to taste
2 Tbsp olive oil	2 Tbsp balsamic vinegar
1 bunch fresh asparagus, trimmed	1/3 cup and 1 Tbsp Parmesan cheese
2 red onion, sliced	2 Tbsp sesame seeds (optional)
2 red bell pepper, sliced	2 Tbsp toasted pine nuts (optional)

INSTRUCTIONS

1. Melt the butter with the olive oil in a large skillet over medium heat; add the asparagus and red onion in the mixture, season with salt, and cook until the onion begins to soften, about 5 minutes.
2. Stir the red bell pepper into the mixture and continue cooking until the onions begin to caramelize, another 5 minutes.
3. Remove from heat and add the vinegar, Parmesan cheese, sesame seeds, and pine nuts; toss to combine.

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Blackened Salmon



Find the original recipe here.

INGREDIENTS

Prepared blackened seasoning	1 tsp olive oil
4 salmon fillets	

INSTRUCTIONS

1. Preheat the oven to 400F. Line a small baking sheet with aluminum foil.
2. Cover both sides of the salmon with a small amount of olive oil and place the salmon skin-side down on the baking sheet.
3. Season liberally with blackened seasoning (I use close to 1 tsp of seasoning per fillet).
4. Bake for 10 minutes and remove from the oven. Serve warm!

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Blackened Seasoning



Find the original recipe here.

INGREDIENTS

1 ½ Tbsp smoked paprika	1 tsp cayenne pepper
1 Tbsp garlic powder	1 tsp dried basil
1 Tbsp onion powder	1 tsp dried oregano
1 Tbsp dried thyme	1 ½ tsp salt
1 tsp black pepper	

INSTRUCTIONS

1. Get all the spices out of the cabinet.
2. Measure each spice into a 4 oz jar.
3. Cover, shake the jar, and use liberally!

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Meal 4 Recipes

Instant Pot Rajma Masala



Recipe inspired by My Recipes.

INGREDIENTS

1 large yellow onion	1 tsp ground turmeric
6 garlic cloves, smashed	1 tsp garam masala
1 (1 in) piece fresh ginger, peeled and chopped	¼ tsp black cardamom seeds (from 1 pod)
1 large jalapeño chile, seeds and ribs removed, chopped	¼ tsp ground cinnamon
1 cup chopped tomato (from 2 [4-oz.] tomatoes)	3 cups vegetable broth
2 Tbsp ghee	1 (15 oz) dried dark red kidney beans
2 tsp cumin seeds	2 tsp salt
	¼ cup plain whole-milk yogurt
	½ lemon, juiced

INSTRUCTIONS

1. Process onion, garlic, ginger, jalapeño, and tomatoes in a food processor until finely chopped, about 15 seconds, stopping to scrape down sides as needed.

Recipe continues on the next card.

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Instant Pot Rajma Masala (continued)



Recipe inspired by My Recipes.

INSTRUCTIONS

2. Select SAUTÉ setting on a 6-quart programmable pressure multicooker (such as Instant Pot). Select MEDIUM temperature setting, and allow it to preheat. Add ghee, and heat until fragrant. Add cumin, turmeric, garam masala, cardamom, and cinnamon; cook, stirring constantly, until fragrant, about 30 seconds. Add tomato mixture; cook, stirring occasionally, until almost all liquid evaporates, about 10 minutes. Stir in broth, kidney beans, and salt. Cover cooker with lid, and lock in place. Turn steam release handle to SEALING position.
3. Select MANUAL setting on HIGH pressure for 60 minutes. (It will take 10 to 20 minutes for cooker to come up to pressure before cooking begins.)
4. Let pressure release naturally for 10 minutes. Carefully turn the steam release handle to VENTING position, and let steam fully escape (float valve will drop). (This will take 5 to 15 minutes.) Remove the lid from the cooker, and turn off the cooker. Let stand 10 minutes; stir in yogurt and lime juice, and serve.

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Meal 5 Recipes

Lemony Orzo Tuna



Recipe inspired by Martha Stewart.

INGREDIENTS

3/4 pound orzo

1 cup sliced scallions

3/4 cup golden raisins

1 1/2 Tbsp lemon zest

1/4 cup lemon juice

1/4 cup thinly sliced fresh mint leaves

6 Tbsp olive oil

2 cans drained tuna

Salt + pepper

INSTRUCTIONS

1. Cook orzo, drain, and let cool.
2. Combine orzo, scallions, raisins, lemon zest, lemon juice, mint, olive oil, and tuna. Season.

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