

30-Minute Weeknight Dinners

This playbook provides a streamlined process for preparing quick, nutritious dinners suitable for busy weeknights. It offers a step-by-step guide to efficiently create a meal within 30 minutes.

Step 1: **Plan Menu**

Create a weekly menu of simple recipes that require minimal preparation and cooking time. Ensure to include a variety of proteins, vegetables, and whole grains for nutritional balance.

Step 2: **Stock Ingredients**

Keep a well-stocked pantry with essential ingredients that are commonly used in quick recipes. Include items like spices, oils, canned goods, and other non-perishables.

Step 3: **Prep Ahead**

Use free time during weekends or off-peak hours to wash and chop vegetables, marinate proteins, and pre-measure ingredients for the upcoming week's meals.

Step 4: **Organize Tools**

Arrange your kitchen tools and cooking equipment for easy access. Ensure that items like pots, pans, and cutting boards are clean and ready to use.

Step 5: **Cook Meal**

Follow the recipe steps to cook your meal, focusing on efficient techniques like stir-frying, baking, or one-pot cooking to save time. Utilize quick-cooking ingredients like pre-cut meats or vegetables.

Step 6: **Serve and Enjoy**

Plate the meal, garnish as desired for presentation, and serve immediately. Enjoy your 30-minute weeknight dinner with minimal cleanup by using fewer dishes and cleaning as you go.

General Notes

Healthy Options

Incorporate a mix of colorful vegetables and lean proteins into each meal to ensure a wholesome diet.

Weekend Prep

Maximize your weekend prep time by batch cooking grains or proteins that can be refrigerated or frozen and quickly reheated during the week.

Cleaning Tips

To minimize post-dinner cleanup, wash tools and wipe down surfaces while the meal cooks, if possible, or immediately after use.