Quick and Easy 20-Minute Meals

Fast, flavour-filled and veggie-packed meals for busy days.

Savoury Egg Muffins

Each recipe serves 4

Ingredients


1 avocado

+


120g feta, crumbled

+


250g cherry tomatoes, chopped

+


1 tbsp oil

+


4 eggs

+


4 English muffins, halved

+


2 cups rocket leaves

Method

STEP 1. Mash the avocado in a bowl. Mix through the crumbled feta and chopped cherry tomatoes.
STEP 2. Heat a large frying pan over a medium-high heat. Add the oil. Crack the eggs into the hot pan and cook for 3-4 minutes.
STEP 3. Toast the English muffin halves until golden and crispy.
STEP 4. Assemble by spreading ¼ of the avocado mixture on the base of a muffin. Add ½ cup rocket. Top with a cooked egg and the other half of the muffin. Repeat with remaining ingredients.

Fried Rice

Ingredients


1 tbsp oil

+


1 onion, finely chopped

+


2 tsp minced garlic

+


4 eggs, lightly beaten

+


500g frozen mixed vegetables

+


2 x 250g microwave brown rice

+


3 tbsp kecap manis sweet soy sauce

Method

STEP 1. Heat the oil in a large frying pan or wok. Cook the onion and garlic for 3-4 minutes, until softened, translucent and lightly caramelised. Add the beaten eggs and scramble until just cooked.
STEP 2. Stir in the frozen mixed vegetables and the brown rice. Cook for 2-3 minutes, stirring frequently, until heated through.
STEP 3. Add the kecap manis sweet soy sauce and stir-fry for 1-2 minutes until everything is evenly coated and fragrant. Serve immediately. Can be portioned into containers and frozen.
OPTIONAL EXTRAS: Cracked black pepper, chilli flakes/sauce.

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Kofta Wraps

Each recipe serves 4

Ingredients


500g beef mince

+


2 tsp garam masala

+


1 tbsp oil

+


4 wholemeal wraps

+


2 cucumbers & 2 tomatoes

+


Tzatziki dip

+


2 cups salad leaves

Method

STEP 1. In a bowl, combine the beef mince and garam masala. Shape the mixture into 8 koftas.
STEP 2. Pre-heat a barbecue or large frying pan over a high heat. Cook the beef koftas for 6-8 minutes, turning regularly, until browned and cooked through. Transfer to a plate to rest.
STEP 3. Warm the wholemeal wraps. Prepare the salad by slicing the cucumbers and tomatoes.
STEP 4. Assemble the wraps. Spread 2-3 tablespoons of tzatziki over each wrap, then top with salad leaves, sliced cucumber and tomato and beef koftas. Roll up and serve immediately.

Chicken & Bean Tacos

Ingredients


1 tbsp oil

+


500g chicken mince

+


1 packet taco seasoning

+


2 cans kidney or black beans, rinsed and drained

+


8 medium tortillas

+


3 cups shredded lettuce

+


1 avocado, diced

+


Mexican salsa

Method

STEP 1. Heat a large frying pan over a medium-high heat. Add the oil and chicken mince and cook until browned, for approx. 4-5 minutes. Stir in the taco seasoning and 2 tablespoons of water. Add in the kidney/black beans and cook for 2-3 minutes until heated through. Remove from the heat.
STEP 2. Warm the tortillas.
STEP 3. To assemble, spoon the chicken and bean mixture onto the tortillas. Top with the shredded lettuce, diced avocado and Mexican salsa. Serve immediately.

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