

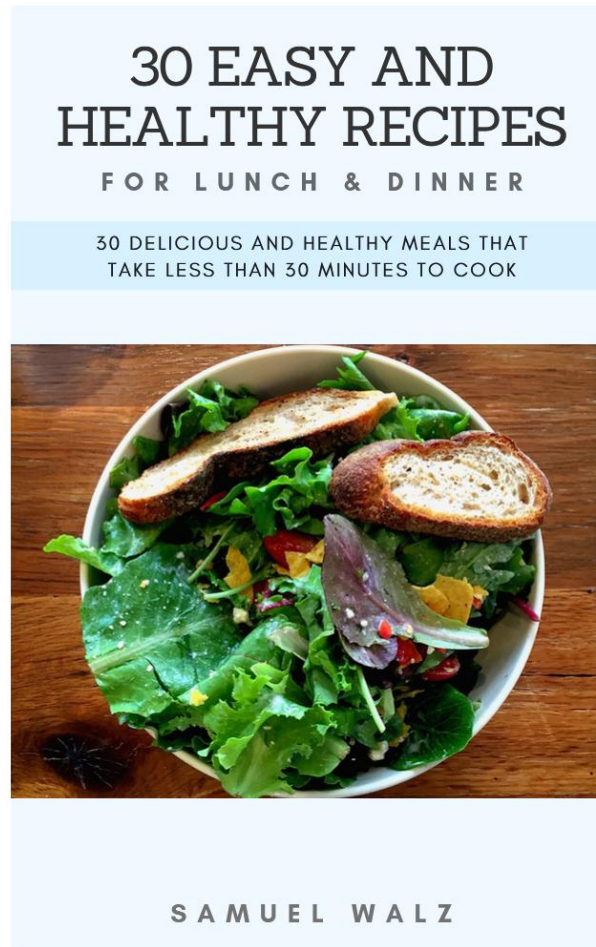
# **50 Easy And Quick Dinners For One**

50 Delicious one person recipes that  
take less than 30 minutes to cook.

By Samuel Walz

Welcome!

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"30 Easy And Healthy Recipes For Lunch And Dinner"



You can download it from my blog at:

<http://www.chefrecipesathome.com>

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# Smoky bacon pot noodle for one

## Ingredients

1 rasher smoked back bacon, trimmed and chopped  
2 spring onions, white and green separated and finely sliced  
50g frozen pea  
quarter tsp paprika  
2 tsp cornflour  
200ml vegetable stock  
150g block straight-to-wok wheat noodle, or equivalent of dried, cooked  
splash Worcestershire sauce

## Method

In a small non-stick pan, fry the bacon for a few mins, add the white parts of the spring onions, peas and paprika, then cook for 1 min more.

Mix the cornflour with a little of the stock to get a paste, then stir this into the pan with the rest of the stock, noodles and a good splash of Worcestershire sauce.

Simmer for a couple of mins until thick and saucy, then scatter with the green parts of spring onion.

# Super steak with bearnaise

## Ingredients

2 tbsp vegetable oil  
1 medium potato  
Potato, peeled and cut into small chunks  
200g sirloin steak, preferably Scottish  
1 tbsp red wine vinegar  
2 tbsp crème fraîche  
1 tbsp wholegrain mustard  
1 tbsp chopped fresh tarragon  
Tarragon  
green salad, to serve

## Method

Heat 1 tablespoon of the oil in a small nonstick frying pan that has a lid. Tip the potatoes into the pan, cover and cook for 10 minutes, shaking the pan occasionally so the potatoes get tossed around. Remove the lid and fry the potatoes uncovered for another 4-5 minutes, until crisp and golden.

Season the steak. About 5 minutes before the potatoes are ready, heat the remaining oil in a small heavy-based frying pan and fry the steak for 1½-2 minutes on each side, depending how you like it done.

Take the steak out of the pan and put it on a warmed plate. Turn down the heat, spoon in the vinegar (it will evaporate immediately), then quickly stir in the crème fraîche and mustard and heat just until they melt and make a sauce. Sprinkle in most of the tarragon, stir and taste for seasoning.

Pour the sauce over the steak and scatter with the remaining tarragon. Serve with the crisp potatoes and a green salad, pour yourself a glass of red wine - and tuck in.

# Flat chicken with tomatoes, olives and capers

## Ingredients

1 boneless, skinless chicken breast  
a little seasoned flour, for dusting  
1 tbsp olive oil  
1 large ripe tomato, chopped  
2 tsp capers  
handful olives  
splash white wine (or water, if you prefer)  
chopped chives or parsley

## Method

Split the chicken breast almost in half and open it out like a book. Bash with a rolling pin to flatten, then lightly coat in the seasoned flour.

Heat the oil in a pan, add the chicken and cook for 3-4 mins on each side until crisp, browned and cooked through. Remove from the pan and keep warm.

Add the tomato, capers, olives and wine to the pan, season to taste, then bring to the boil. Bubble the sauce for 2-3 mins until the tomatoes are starting to break down, then spoon over the chicken and scatter with chopped herbs.

Delicious with steamed potatoes.

# Summer risotto for one

## Ingredients

450ml vegetable stock, made with half a stock cube  
4 asparagus spears, trimmed (trimmings kept) and each spear sliced into 4  
200-250g/8-9oz peas in the pod, about 85g/3oz podded (pods kept)  
2 tbsp olive oil  
1 small onion, finely chopped  
85ml risotto rice  
3 tbsp white wine (keep the rest of the bottle chilling)  
small handful of freshly grated parmesan (or vegetarian alternative)  
small handful of rocket and a few parmesan (or vegetarian alternative) shavings, to serve

## Method

Simmer the stock for 10 minutes with the asparagus trimmings and pea pods; these will intensify the flavour. Strain into a jug.

Heat 1 tbsp of the oil in a shallow pan. Add the onion and fry for 5-6 minutes, stirring, until it is soft but not coloured. Add the rice and continue to stir and cook for 1-2 minutes until the grains become see-through at the edges and begin to make 'clicking' noises.

Add the wine (it should bubble and evaporate), then 50ml of the stock. Stir well and simmer gently until all the liquid has been absorbed. Now pour in another 50ml/2fl oz stock and stir again.

Continue adding stock and stir. After about 7 minutes, when half the stock has been added, swirl in the asparagus and peas. Carry on adding stock in small amounts until it has been absorbed; this will take about 10 more minutes. Now the risotto should be a little wet and sloppy and the rice tender with a nutty bite.

Turn off the heat, then gently stir in the grated Parmesan, taste and season. You may need only a little black pepper as the Parmesan and stock are both salty. Spoon the risotto onto a plate, top with the rocket, drizzle with the remaining olive oil and scatter with Parmesan shavings.



# Fish with peas and lettuce

## Ingredients

1 Little Gem lettuce, shredded  
2 spring onions, thickly sliced  
handful frozen peas  
1 tbsp olive oil  
140g boneless white fish fillet  
1 tbsp reduced-fat crème fraîche

## Method

Mix together the lettuce, spring onions and peas in a microwave-proof dish. Drizzle with olive oil. Sit fish fillet on top, spoon over crème fraîche, then season. Cover with cling film, then pierce film.

Microwave on Medium for 6-8 mins until the fish is cooked. Lift fish off the lettuce, then give lettuce and peas a good stir. Spoon lettuce mix and sauce onto a plate, then sit fish on top.

# Anytime eggs

## Ingredients

1 tbsp olive oil  
2-3 cooked potatoes, sliced  
handful cherry tomatoes, sliced  
2 spring onions, sliced  
1 egg  
few basil leaves

## Method

Heat the oil in a frying pan, then add the potato slices and fry on both sides until brown. Add the tomatoes and spring onions and fry for about 1 min until softened. Season with salt and pepper, then make a space in the pan. Gently break the egg into the space and fry until cooked to your liking. Scatter over the basil leaves and serve.

# Microwave macaroni and cheese in a mug

## Ingredients:

1/3 cup (28g) pasta  
3/4 cup (175ml) water, cold  
4 tablespoons milk  
1/4 teaspoons cornstarch  
4 tablespoons cheddar cheese, grated  
salt and pepper

## Instructions

In a large microwavable mug or large bowl add in the macaroni and the water. You need a large mug as the water will boil up.

Microwave for roughly 3 1/2 minutes. You want the pasta to be fully cooked. (timing is based on my 1200W microwave so your timing might vary)

Pour off the remaining cooking water.

Stir in the milk, cornstarch and shredded cheese and microwave for a final 60 seconds to create your sauce. Stir well, season with salt and pepper and enjoy.

# 5-Minute vegetarian burrito bowl

## Ingredients

1 cup cooked brown rice  
1/2 cup black beans, drained and rinsed  
2-3 tablespoons salsa, or to taste  
1 tablespoon plain Greek yogurt  
1 tablespoon shredded cheddar or Mexican-blend cheese

## Toppings:

Diced avocado, diced tomato, guacamole, pico de gallo, etc.

## Instructions

Prepare brown rice according to package instructions.

In a microwave-safe bowl, combine rice, black beans, salsa, plain Greek yogurt, and shredded cheese.

Microwave on high for 30-60 seconds, or until heated through.

Top with diced avocado, diced tomato, guacamole, pico de gallo, or other desired toppings.

# Salmon rarebit

## Ingredients

slice granary bread (or a bread of your choice)  
½ x 212g can Wild Alaskan Pacific salmon, drained and flaked  
1-2 spring onions, thinly sliced  
2 tbsp cottage cheese  
1 tsp grated horseradish  
Horseradish root on a wooden chopping board (optional)  
1 tbsp coarsely grated Red Leicester cheese  
40g watercress and spinach salad, to serve

## Method

Heat grill to high. Toast the bread lightly on both sides.

Mix the salmon and spring onions together and season with pepper only. Spread onto the bread. Mix together the cottage cheese, horseradish (if using) and cheese. Spoon on top of the salmon.

Grill on a high shelf for 1 min, then lower the shelf and continue to grill for a further 3-4 mins or until the topping starts to brown. Serve straight away with a watercress and spinach salad.

# Tomato and basil omelette

## Ingredients

- 1 ripe tomato
- 1 tbsp grated vegetarian cheddar
- 3 basil leaves
- 1 spring onion, finely chopped
- 1 tbsp olive oil
- 2 eggs, beaten

## Method

Finely chop the tomato and tip into a bowl with the cheese, basil leaves, spring onion, half the olive oil and some salt and pepper.

Heat the remaining oil in a small, non-stick frying pan, then swirl in the eggs. Cook until done to your liking, then spoon the tomato mix over half of the omelette. Fold omelette over the tomato, leave for about 30 secs, then slide onto a plate. Serve with a salad.

# Pasta for one

## Ingredients

Salt  
Dried pasta  
Butter  
Grated Parmesan  
Black pepper

## Instructions

Bring a few inches of water, and a generous pinch of salt, to a boil in a saucepan. Once the water is boiling, grab a handful of long noodles about the diameter of a quarter (about 1-inch) and add it to the pot. Cook the pasta until it is flexible, but not all the way to al dente.

Place a 10" saute pan on the stove next to the pot of pasta and set the burner to medium. Add two pats of butter (2 tablespoons) and use a pasta fork to transfer the pasta to the saute pan.

Pour enough of the pasta cooking water into the saute pan to come about halfway up the noodles (about 1/4 cup). Add a generous pinch of salt and cook the pasta, tossing occasionally, until al dente (or to your liking).

Turn off the heat and toss with enough grated cheese to absorb the remaining liquid in the pan and form a creamy sauce.

Grind plenty of black pepper onto the top of the pasta.

Taste and add more salt if needed. Transfer to a plate, garnish with more cheese, and enjoy!

# Leek and sage risotto with bacon

## Ingredients

1 tbsp olive oil  
2 leeks, sliced  
4 sage leaves, shredded, or pinch dried  
85g risotto rice  
small glass white wine  
200ml hot vegetable stock  
2-3 rashers streaky bacon  
3 tbsp grated parmesan  
Parmesan

## Method

Heat the oil in a pan, add the leeks and sage and fry for 2 mins until the leeks are starting to soften. Stir in the rice and cook for 1 min, stirring. Add the wine and stock and bring to the boil. Reduce the heat, cover and simmer for 10-12 mins until the rice is tender.

Meanwhile, grill the bacon until golden and crisp. Remove the rice from the heat, then stir in 2 tbsp of the Parmesan and freshly ground pepper. Spoon onto a plate, sprinkle with the remaining Parmesan and top with the bacon.



# Prawn and coconut laksa

## Ingredients

2 tsp oil  
1 garlic clove, crushed  
1 spring onion, finely chopped  
2 tsp finely chopped fresh root ginger  
1 green chilli, deseeded and finely chopped  
juice from ½ lime  
100g raw prawns, any size  
165ml can coconut milk  
Coconut milk in a glass, with half a coconut  
100ml chicken or vegetable stock  
100g dried egg noodles  
chopped coriander, to serve

## Method

Heat the oil in a large pan or wok. When hot, throw in the garlic, spring onion, ginger and green chilli. Cook on a medium heat for 3-4 mins, then squeeze in your lime juice.

Stir in the prawns, then add in the coconut milk and stock. Simmer gently for 5 mins on a low heat until the prawns are pink.

Meanwhile, cook your egg noodles in a pan of boiling water for 4 mins until soft. Drain, then tip into the laksa pan. Season to taste, then serve in a bowl, topped with coriander.

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