



Introduction

The series “Dinner in 30 minutes” originated from a project I made back in high school. When I turned 16, like any high school student, I started experimenting with cooking by using different ingredients and cooking methods. One thing I quickly came to learn was that cooking can be a long and difficult process if you do not have the right tools and or experience. Being a 16 year old student, time and money were two struggles that would often prevent me from cooking.

This did not take away my passion to eat well and being able to make restaurant worth creations myself.

As I was getting older my passion for cooking grew and I looked for new ways to cook faster dishes so I would be able to eat well without having to stand hours in the kitchen. This, is where the idea of creating a cooking book “Dinner in 30 minutes” originated from.

This series gives the reader a range of different recipes that are both easy to make, under 30 minutes preparation time with ingredients you will be able to find in any local supermarket near you.



Cilantro Beef Sandwich

2 Persons

INGREDIENTS

- 5 Bacon Strips
- 250g Beef
- ½ Cucumber
- 1 Red pepper
- 10g Cilantro
- 5g Mint
- ½ stalk Celery
- 1 Onion
- 2 Carrots
- 1 Lime
- 1tbsp Mayonnaise
- 2 Baguettes
- Olive Oil
- Salt
- Pepper

PREPARATION

STEP 1 In a frying pan, sauté bacon over medium-low heat for approx. 5 - 8 min. until crisp and golden. Set aside. (You can use kitchen towel to remove the excess grease)

STEP 2 Cut beef into thin strips, approx. 2 cm thick.

STEP 3 Peel and seed the cucumber and cut into small cubes. Remove seeds and finely cut chilies (remove or add seeds to desired spice). Chop herbs. Thinly slice celery. Cut the onion and carrots using a graper (If you don't have one, you can cut it in fine strips)

STEP 4 In a bowl, add half of the cilantro and the cubes of cucumber. Season slightly with salt and pepper.

STEP 5 Add some oil onto a high temperature pan. Cook the beef strips, approx 5-7 minutes. Season the beef with salt and pepper while cooking.

STEP 6 Cut the bread horizontally but leaves the halves attached to eachother. Cover both sides of the baguette with mayonnaise. Top with the bacon, beef, vegetables and spices. Top the sadwich with your leftover cilantro and sprinkle with some lime juice.

Wrap in Greek Style

4 Persons

INGREDIENTS

100g tzatziki
10g mint
½ lemon
150g salad
50g olives
½ red onion
½ cucumber
1 red pepper
4 wraps/tortilla
50g pepper cottage
cheese
100g feta

PREPARATION

STEP 1 Combine tzatziki, mint, and lemon zest in a small bowl. Mix well.

STEP 2 Chop lettuce. Halve olives. Cut onion, cucumber, and bell pepper into strips. In the middle of the tortilla, layer lettuce, onion, cucumber, bell pepper, tzatziki mixture, and bell pepper cream. Crumble feta on top and drizzle with lemon juice. Be careful not to overfill.

STEP 3 Fold in the sides of the tortilla, use your thumbs to bring forward the bottom of the tortilla, and continue to roll. Tightly seal. Cut in half and enjoy!



Syrnyky

2 Persons

INGREDIENTS

1 Egg

3 tbsp Flour

3 tbsp Sugar

350g Cottage Cheese
(30%fat)

Salt

Frying oil

Blueberries (for serving)

PREPARATION

STEP 1 In a large bowl, add the cottage cheese and smash it to decompose the block of cheese

STEP 2 Put the flour, sugar and the egg in the same bowl and mix

STEP 3 When the mixture is firm, create pancakes with a width of about 10cm.

STEP 4 In a large frying pan, add the frying oil and cook the pancakes on high heat for about 1 minute on each side





Chicken Fajitas

2 Persons

INGREDIENTS

300g chicken
4 tortilla wraps
1 red pepper
1 tomato
1 red onion
1 chilipepper
1tsp tomato purree
100 ml red wine
100 ml tomato sauce
0.25 lime (juice)
Guacamole (for
servingà)
Grated cheese (for
serving)
oil , salt, pepper

PREPARATION

STEP 1 Remove seeds from the chili pepper and chop finely. Finely dice pepper, tomato, and onion. Cut chicken breast into pieces (approx 1cm x 1cm).

STEP 2 Salt chicken and sear in some vegetable oil until golden. Add pepper, tomato, onion, and tomato paste and sauté. Deglaze with red wine.

STEP 3 Add tomato sauce and simmer for approx. 5 – 7 min. Season with chili, lime juice, salt and pepper. Heat the tortillas and roll with guacamole, chicken filling, and grated cheese to enjoy the fajitas.

Summer Salad

2 Persons

INGREDIENTSx

300g beef tenderloin (or rump steak)

100g rucola

1 nectarine

3 tomatoes

10 mint

30g nut mix

1 chilipepper (red)

1 tsp mustard (mild)

1 tsp balsamicoazijn

4 tsp olijfolie

1 tsp sugar

salt, pepper

PREPARATION

STEP 1 Preheat the oven to 60°C. Drizzle some olive oil on both sides of the steak and pre-cook in the oven for approx. 15 – 20 min. Remove meat from the oven and grill for approx. 2 – 3 min. per side. Cover with aluminum foil and allow to rest for 5 – 10 min. Season with salt and pepper.

STEP 2 Remove seeds from chili pepper and finely chop. Chop up mint leaves as well. Slice tomatoes and nectarines into wedges.

STEP 3 For the dressing, mix olive oil, balsamic vinegar, mustard, chopped mint and chili pepper, sugar, and salt and pepper.

STEP 4 Toast nut mix in a pan until golden brown. A combination of hazelnuts, almonds, cashews, and Brazil nuts works well.

STEP 5 In a salad bowl, toss arugula, tomatoes, and nectarines with the dressing and place on serving plates. Slice up tenderloin and arrange on top of the salad. Sprinkle with toasted nuts and season again with salt and pepper before serving.





Breakfast Burrito

2 PERSONS

INGREDIËNTEN

½ red pepper

1 onion

½ bouquet of chives

20g cheddar

5 eggs

2 tortilla's (soft)

tabasco

PREPARATION

STEP 1 Finely dice bell pepper. Thinly slice onion into half rings. Finely chop chives.

STEP 2 Using a box grater, roughly grate cheese.

STEP 3 In a large bowl, beat together a little bit of Tabasco sauce with the eggs.

STEP 4 Heat up butter in a frying pan and sauté onions over medium heat for approx. 1 – 2 minutes. Then, add the bell pepper and continue to sauté for an additional 2 – 3 min

STEP 5 Add eggs to the pan and continue to sauté, stirring occasionally, for approx. 3 – 5 min. Then, add the cheese and stir until melted.

STEP 6 Place some of the eggs in the middle of the tortilla, taking care not to overfill. Sprinkle some chives on top. Fold tortilla in from the sides. Then, roll forward from bottom with thumbs until burrito is tightly rolled. Enjoy!

One-Pan Pasta

2 Persons

INGREDIENTS

250g pasta

200g baby spinazie

200g cherry tomatoes

800 ml vegetable stock

1 onion

1 clove of garlic

3 branches of thym

¼ basilicum bush

60g parmesan cheese

3 tbsp of olive oil

salt

pepper

PREPARATION

STEP 1 Clean the spinach. Cut the onion and the clove of garlic in small pieces. Cut the cherry tomatoes in half.

STEP 2 Heat the olive oil in a deep pan. Saté the onion and garlic for around 3 minutes.

STEP 3 Add the uncooked pasta, the spinach and the cherry tomatoes to the pan. Poor in the vegetable stock along with thyme and the basilicum leaves. Stir the pasta until soft and let simmer for approx. 12 minutes.

STEP 4 Season royale with salt and pepper. Add parmesan on top along with some fresh basil leaves.





Spicy Vodka Pasta

4 Persons

INGREDIENTS

1tsp butter

1 shallot, minced

2 cloves garlic, minced

70g tomato paste

1tsp crushed red pepper flakes

2tsp Vodka

100cl heavy cream

500g tubed pasta, such as penne or rigatoni

100g Parmesan

Basil for serving

PREPARATION

STEP 1 In a large skillet over medium heat, melt butter. Add shallot and garlic and cook, stirring frequently, until softened, 4 to 5 minutes.

STEP 2 Add tomato paste and red pepper flakes and cook, stirring frequently, until paste has coated shallots and garlic and is beginning to darken, 5 minutes.

STEP 3 Add vodka to pot and stir to incorporate, scraping up any browned bits from the bottom of the pot. Turn off heat.

STEP 4 Bring a large pot of salted water to a boil and cook pasta until al dente. Reserve 2 cups of pasta water before draining.

STEP 5 Return sauce to medium heat and add 1/4 cup of pasta water and heavy cream, stirring to combine. Add half the Parmesan and stir until melted. Turn off heat and stir in cooked pasta. Fold in remaining Parmesan, adding more pasta water (about a tablespoon at a time) if the sauce is looking dry. Season with salt if needed. Serve topped with more Parmesan and torn basil leaves.