

DINNER

RECIPES



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Arrabbiata Pasta

Get ready to fire up your taste buds with this Spicy Vegan Arrabbiata Pasta! This Italian-inspired recipe is packed with bold flavors, fresh ingredients, and a spicy kick! Perfect for weeknight dinners, meal preps, or anytime you crave something comforting yet healthy. It's easy, fast, and full of vibrant taste!



Ingredients :

- 2 cups crushed tomatoes
- 4 cloves garlic, minced
- 1-2 tsp red pepper flakes
- 1 small onion
- 1/2 onion
- 8 oz pasta of choice
- Fresh basil leaves
- 2 tbsp olive oil
- Salt and pepper to taste

How To Make :

- 1 In a large pot, bring water to a boil with a pinch of salt. Add your pasta and cook according to the package instructions until al dente. Drain and set aside.
- 2 Heat olive oil in a pan over medium heat. Add minced garlic and chopped onion, sauté until softened and fragrant (about 2-3 minutes).
- 3 Add the red pepper flakes and stir for another minute to release the flavors. Adjust the amount based on your preferred spice level!
- 4 Pour in the crushed tomatoes and season with salt and pepper. Reduce the heat to low and let it simmer for 10-15 minutes, stirring occasionally.
- 5 Toss the cooked pasta directly into the sauce and mix until well coated. Add fresh basil leaves for extra aroma and flavor.
- 6 Serve hot, topped with vegan parmesan or more basil if you like. Enjoy your spicy, flavorful, and 100% vegan arrabbiata pasta!

Veggie & Tofu Stir-Fry



Want a quick, flavorful dinner that's easy to make at home? This 15-Minute Veggie & Tofu Stir-Fry is packed with vibrant veggies, crispy tofu, and a tasty homemade sauce that comes together in no time! Perfect for busy nights or anyone looking for a healthy, plant-based meal full of flavor.

Ingredients :

- 1 cup broccoli florets
- 1 red bell pepper, sliced
- 1 carrot, julienned
- 1 cup mushrooms, sliced
- 200g firm tofu, cubed
- 1 tbsp vegetable oil
- 1 tbsp soy sauce
- 1 tbsp lemon or lime juice
- 1/2 tsp sriracha or chili flakes (optional)
- 1 tbsp maple syrup or honey (for non-vegan)
- 1 tsp cornstarch mixed with 2 tbsp water (for thickening)

How To Make :

- 1 Pat the tofu dry with a paper towel, then cut it into cubes. Heat vegetable oil in a skillet or wok over medium heat. Add the tofu and cook until golden on all sides, then remove and set aside.
- 2 In the same pan, add a bit more oil if needed, then toss in the broccoli, bell pepper, carrot, and mushrooms. Sauté for 3-4 minutes, until the veggies are slightly tender but still crisp.
- 3 In a small bowl, mix soy sauce, lemon or lime juice, sriracha (for spice), and maple syrup or honey. Pour the sauce over the veggies and add the tofu back to the pan. Stir until everything is coated, then add the cornstarch mixture to thicken if desired.
- 4 Serve your tasty stir-fry over steamed rice or noodles, and garnish with sesame seeds or chopped green onions if desired. Enjoy this quick and healthy meal at home!

One-Pot Pasta

Indulge in the effortless delight of our One-Pot Pasta, a quick and flavorful recipe perfect for busy weeknights. Ready in just 30 minutes, this dish combines the richness of heavy cream and Parmesan cheese with the freshness of basil, all cooked in a single pot to minimize cleanup.

Ingredients :

- 2 cups crushed tomatoes
- 4 cloves garlic, minced
- 1-2 tsp red pepper flakes
- 1 small onion
- 1/2 onion
- 8 oz pasta of choice
- Fresh basil leaves
- 2 tbsp olive oil
- Salt and pepper to taste

How To Make :

- 1 Heat olive oil in a large pot over medium heat. Add the chopped onion and sauté until translucent, about 5 minutes.
- 2 Add the minced garlic and cook for another 1-2 minutes until fragrant.
- 3 Pour in the diced tomatoes, broth, and heavy cream. Stir to combine.
- 4 Add the dried basil, dried oregano, salt, and pepper. Bring the mixture to a simmer.
- 5 Add the pasta to the pot, ensuring it's submerged in the liquid. Cook according to the pasta package instructions, usually around 10-12 minutes, stirring occasionally to prevent sticking.
- 6 Once the pasta is cooked and the sauce has thickened, stir in the grated Parmesan cheese until melted and well combined.
- 7 Garnish with fresh basil and serve hot. Enjoy your quick and easy one-pot pasta dinner!



Chicken Fettuccine Alfredo



Looking for a rich, creamy, and mouth-watering pasta dish? Look no further! This Chicken Fettuccine Alfredo recipe is super easy to make and is perfect for any occasion. Indulge in a comforting bowl of creamy goodness with tender chicken and perfectly cooked fettuccine.

Ingredients :

- 1 lb fettuccine pasta
- 2 boneless, skinless chicken breasts
- 2 cups heavy cream
- 1 cup grated Parmesan cheese
- 4 cloves garlic, minced
- 2 tbsp butter
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)
- Olive oil

How To Make :

- 1 Bring a large pot of salted water to a boil. Add the fettuccine and cook according to package instructions until al dente. Drain and set aside.
- 2 Season the chicken breasts with salt and pepper. Heat a bit of olive oil in a large skillet over medium heat. Cook the chicken for 6-7 minutes per side or until fully cooked. Remove from the skillet, let it rest for a few minutes, then slice into thin strips.
- 3 In the same skillet, melt the butter over medium heat. Add the minced garlic and sauté until fragrant (about 1 minute). Pour in the heavy cream and bring to a simmer. Cook for 5-7 minutes until the sauce thickens slightly. Stir in the grated Parmesan cheese until melted and the sauce is smooth. Season with salt and pepper to taste.
- 4 Add the cooked fettuccine and sliced chicken to the skillet. Toss everything together until the pasta is well coated with the creamy Alfredo sauce.

Oven-Baked Chicken Thighs

Get ready to enjoy the most delicious and juicy oven-baked chicken thighs! This easy-to-follow recipe will make your taste buds dance with delight. Perfect for a quick weeknight dinner or a weekend feast. Let's get cooking!

Ingredients :

- 6 chicken thighs (bone-in, skin-on)
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp salt
- 1/2 tsp black pepper
- Fresh parsley for garnish (optional)

How To Make :

- 1 Preheat your oven to 425°F (220°C).
- 2 Pat the chicken thighs dry with paper towels. This helps the skin get crispy.
- 3 In a small bowl, combine garlic powder, onion powder, paprika, dried thyme, dried oregano, salt, and black pepper.
- 4 Rub the chicken thighs with olive oil, then sprinkle the spice mixture evenly over both sides. Make sure the chicken is well coated.
- 5 Place the chicken thighs on a baking sheet lined with parchment paper or a baking dish. Bake in the preheated oven for 35-40 minutes, or until the internal temperature reaches 165°F (75°C) and the skin is crispy and golden brown.



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