



30 MINUTE DINNERS

October Meal Plan 3

OVERVIEW

Here's what's on the dinner menu this week:

Day 1: [Korean Pork Bowls](#) // [Instant Pot White Rice](#) // [Pan-Seared Broccoli](#)

Day 2: [Orzo Salad](#) // [Roasted Root Vegetables](#)

Day 3: [Maple Glazed Pork Chops](#) // [Broccoli Salad](#) // [Roasted Sweet Potatoes](#)

Day 4: [Best Minestrone Soup](#) // [Basic Biscuits](#)

Day 5: [Cashew Chicken](#) // [Instant Pot White Rice](#)

(These links should be used for reference only. The step-by-step cooking instructions for each meal are below.)

GET AHEAD ACTION PLAN

*Anytime you're in the kitchen, you should be doing SOMETHING. This **Get Ahead Action Plan (GAAP)** helps you do just that, whether it's dicing one extra onion or freezing an entire meal. Everything listed below is optional, therefore any extra ingredients are not included in the shopping list.*

Be sure to update your shopping list accordingly if you choose to follow any GAAP ideas!

Day 1: Korean Pork Bowls // Instant Pot White Rice // Pan-Seared Broccoli

- 3x or 4x **Instant Pot White Rice** for leftovers or to freeze

Day 2: Orzo Salad // Roasted Root Vegetables

- 2x **Orzo Salad** for leftovers

Day 3: Maple Glazed Pork Chops // Broccoli Salad // Roasted Sweet Potatoes

- 2x **Broccoli Salad** for leftovers
- 2x **Roasted Sweet Potatoes** for leftovers

Day 4: Best Minestrone Soup // Basic Biscuits

- 2x **Best Minestrone Soup** for leftovers or to freeze
- 2x **Basic Biscuits** for leftovers or to freeze

Day 5: Cashew Chicken // Instant Pot White Rice

- N/A

WEEKLY

Mise En Place

Instant Pot White Rice (2x)

- 4 cups jasmine rice
- 4 cups water
- 2 tsp salt

Broccoli Salad

- 1 lb bacon (optional)

Red Wine Vinaigrette

- 1/2 cup red wine vinegar
- 1/4 cup lemon juice
- 2 tsp honey
- 2 tsp salt
- 3/4 tsp pepper
- 1 cup olive oil

Maple Glazed Pork Chops Sauce

- 1/4 cup maple syrup
- 3/4 tsp cayenne (!)
- 3/4 tsp garlic powder
- 3/4 tsp salt
- 1/2 tsp pepper
- 2 Tbsp olive oil

Basic Biscuits

- 2 cups flour
- 2 1/2 tsp baking powder
- 3/4 tsp salt
- 6 Tbsp butter cold, cubed

Vegetables

- 6 carrots

- 4 oz mushrooms
- 4 heads broccoli
- 2 parsnips
- 2 turnips
- 2 beets
- 2 ribs celery
- 2 cups kale
- 2 onions
- 2 red onions
- 5 garlic cloves

Equipment

- Instant Pot or pressure cooker
- Baking sheet with aluminum foil (optional)
- Cooling rack (optional)
- Blender
- Small jar
- Large bowl
- Measuring cups + spoons
- Cutting board + knife

Step-by-Step

1. Preheat the oven to 425F.

2. Start the Instant Pot White Rice. In an Instant Pot, combine rice, water and salt. Cook on high pressure for 4 minutes. Release the pressure using Quick Pressure Release. Fluff the rice with a large fork. Divide into two portions.

3. Cook the bacon for Broccoli Salad (optional). Line a baking sheet with aluminum foil and a cooling rack. Place the bacon slices across the cooling rack and bake in the oven for 15 minutes. Set a timer!

4. Make the Red Wine Vinaigrette. Mix the vinegar, lemon juice, honey, salt, and pepper in a blender. With the machine running, gradually blend in the oil. Season the vinaigrette, to taste, with more salt and pepper, if desired.

5. Mix the Maple Glazed Pork Chops Sauce in a small jar. Shake well to combine.

6. Start the Basic Biscuits. Combine the flour, baking powder and salt in a large bowl. Cut in the butter with a pastry blender or your hands, taking care not to melt the butter or create a paste. The mixture should resemble coarse breadcrumbs. Store in the refrigerator.

7. Prep the vegetables:

- Carrot: Chop 2 for Korean Pork Bowls
- Carrot: Dice 2 into 1/2-inch pieces for Roasted Root Vegetables
- Carrot: Dice 1 cup for Best Minestrone Soup
- Mushroom: Chop 4 oz for Korean Pork Bowls
- Broccoli: Slice 2 heads includes stems by cutting the entire head of broccoli in half.
Laying the flat side down, cut off each floret from the base of the floret all the way down to the bottom of the stem. For Pan-Seared Broccoli
- Broccoli: Cut 2 heads into bite sized florets for Broccoli Salad
- Parsnip: Dice 2 into 1/2-inch pieces for Roasted Root Vegetables
- Turnip: Dice 2 into 1/2-inch pieces for Roasted Root Vegetables
- Beet: Dice 2 into 1/2-inch pieces for Roasted Root Vegetables
- Celery: Dice 1 cup for Best Minestrone Soup
- Kale: Chop 2 cups for Best Minestrone Soup

What to Cut Last:

- Onion: Chop 1 onion for Korean Pork Bowls
- Onion: Chop 1 onion for Best Minestrone Soup
- Red Onion: Finely chop 3/4 for Orzo Salad
- Red Onion: Dice 1/4 for Broccoli Salad
- Garlic: Mince 3 cloves garlic for Korean Pork Bowls
- Garlic: Mince 2 cloves for Best Minestrone Sou

Step-by-Step Cooking Instructions

Day 1: Korean Pork Bowls // Instant Pot White Rice // Pan-Seared Broccoli

Mise en Place

Instant Pot White Rice (2x for Day 5)

- 4 cups jasmine rice
- 4 cups water
- 2 tsp salt

Korean Pork Bowls

- 1 onion chopped
- 2 carrots chopped
- 4 oz mushrooms chopped
- 1 lb ground pork
- 3 cloves garlic minced
- 1 Tbsp butter
- ¼ cup brown sugar packed
- ¼ cup coconut aminos (or soy sauce or liquid aminos)
- 2 tsp sesame oil
- ¼ tsp ground ginger
- ¼ tsp red pepper flakes (!)
- ¼ tsp pepper
- ¼ cup green onions (optional) sliced

Pan-Seared Broccoli

- 2 Tbsp olive oil
- 2 heads broccoli includes stems
- ½ tsp pepper
- ½ tsp salt

Equipment

- Cutting board + sharp knife
- 12-inch cast iron skillet
- Small bowl

- Instant Pot or pressure cooker
- Measuring cups + spoons
- Large fork
- Cast iron skillet or heavy-bottom pan
- Wooden spoon

Step-by-Step

1. Start the Instant Pot White Rice. In an Instant Pot, combine rice, water and salt. Cook on high pressure for 4 minutes. Release the pressure using Quick Pressure Release. Fluff the rice with a large fork.

Reserve half the rice for Day 5, about 4 cups.

2. Start the Korean Pork. In a large skillet cook the pork and garlic breaking it into crumbles over medium heat until no longer pink. Add carrots, onions, and mushrooms. Cook until onions are translucent.

In a small bowl whisk brown sugar, soy sauce, sesame oil. Ginger, red pepper flakes (!) and pepper.

Pour over the pork and vegetables and let simmer for another minute or two.

3. Cook the Pan-Seared Broccoli. In a cast iron skillet or heavy-bottom pan, heat olive oil over medium-low heat for 2-3 minutes.

Meanwhile, prepare the broccoli by cutting the entire head of broccoli in half. Laying the flat side down, cut off each floret from the base of the floret all the way down to the bottom of the stem.

When the oil is hot, add all the broccoli to the pan, arranging so that as many pieces as possible are touching the bottom of the pan. Season with 1/2 tsp salt plus pepper to taste and allow to cook for 5 minutes, undisturbed.

After 5 minutes, stir and rearrange the broccoli so that the sides that were down are now facing up. Season again with salt and pepper and cover with a lid. Allow to cook for 3 more minutes.

4. Serve Korean Pork and Broccoli over the White Rice.

Day 2: Orzo Salad // Roasted Root Vegetables

Mise en Place

Roasted Root Vegetables

- 2 Tbsp coconut oil melted
- 2 carrot
- 2 parsnips
- 2 turnips
- 2 beets
- 1 tsp salt
- 1/2 tsp pepper

Orzo Salad

- 4 cups chicken broth or stock
- 1 1/2 cups orzo
- 1 (15 oz) can garbanzo beans drained and rinsed
- 1 1/2 cups grape tomatoes halved
- 3/4 cups red onion finely chopped
- 1/2 cup fresh basil chopped
- 1/4 cup fresh mint chopped
- 1/2 tsp salt
- 1/4 tsp pepper

Red Wine Vinaigrette

- 1/2 cup red wine vinegar
- 1/4 cup lemon juice
- 2 tsp honey
- 2 tsp salt
- 3/4 tsp pepper
- 1 cup olive oil

Equipment

- Cutting board + sharp knife

- Large bowl
- Baking sheet
- Large saucepan
- Blender

Step-by-Step

1. Preheat the oven to 425F.

2. Start the Roasted Root Vegetables. Cut the carrots, parsnips, and turnips and beets into ½-inch pieces. Toss with 1 Tbsp of coconut oil in a large bowl. Season with salt and pepper and pour into a single layer on a large baking sheet.

Even if the oven isn't completely preheated yet, place the root vegetables in the oven to cook for 20-25 minutes. Use a kitchen timer!

Tip: Save the large bowl to make the salad in without rinsing in between!

3. Make the Orzo. Pour the broth into a heavy large saucepan. Cover the pan and bring the broth to a boil over high heat. Stir in the orzo. Cover partially and cook until the orzo is tender but still firm to the bite, stirring frequently, about 7 minutes. Drain the orzo through a strainer. Transfer the orzo to a large wide bowl and toss until the orzo cools slightly. Set aside to cool completely.

4. Make the Red Wine Vinaigrette. Mix the vinegar, lemon juice, honey, salt, and pepper in a blender. With the machine running, gradually blend in the oil. Season the vinaigrette, to taste, with more salt and pepper, if desired.

5. Make the Orzo Salad. Toss the orzo with the beans, tomatoes, onion, basil, mint, and enough vinaigrette to coat. Season the salad, to taste, with salt and pepper, and serve at room temperature.

Day 3: Maple Glazed Pork Chops // Broccoli Salad // Roasted Sweet Potatoes

Mise en Place

Roasted Sweet Potatoes

- 4 sweet potato
- 1 tsp salt
- 1/3 cup olive oil
- 1 1/2 tsp pepper

Maple Glazed Pork Chops

- 1/4 cup maple syrup
- 3/4 tsp cayenne (!)
- 3/4 tsp garlic powder
- 3/4 tsp salt
- 1/2 tsp pepper
- 2 Tbsp olive oil
- 4 boneless pork chops thick cut

Broccoli Salad

- 2 heads broccoli chop into bite sized florets
- 1/4 red onion diced
- 1/2 cup raisins
- 3 Tbsp apple cider vinegar
- 2 Tbsp sugar (optional)
- 1 cup Greek yogurt
- 1 cup sunflower seeds
- 1 lb bacon (optional)

Equipment

- Cutting board + sharp knife
- 2 sheet pans
- Parchment paper (optional)
- Aluminum foil

- Measuring cups + spoons
- 12-inch cast iron skillet
- Meat thermometer
- Skillet
- Large salad bowl

Step-by-Step

1. Preheat the oven to 425F.

2. Make the Roasted Sweet Potatoes. Cut 2-3 lb sweet potatoes into ½-inch pieces and place on a baking sheet. Drizzle olive oil over the sweet potatoes and sprinkle with salt. Roast in the oven for 20-25 minutes. Set a timer!

3. Cook the bacon for Broccoli Salad (optional). Line a baking sheet with aluminum foil and a cooling rack. Place the bacon slices across the cooling rack and bake in the oven for 15 minutes. Set a timer!

4. Start the Maple Glazed Pork Chops. Combine everything in a large bowl. Preheat a cast iron skillet or a heavy bottom pan to medium heat. When a drop of water sizzles on the skillet, place the pork chops and the sauce into the skillet in a single layer. Let the pork chops cook undisturbed for 6 minutes.

Carefully flip each pork chop over, swirl around in the glaze and rearrange as necessary so that they're cooking evenly on all the edges. Let the pork cook undisturbed for 4 minutes.

Using an instant digital thermometer, test the smallest pork chop for doneness (145F). If the pork chops are done, remove the pan from the stove and set aside for 10 minutes to allow the juices to redistribute.

If the pork chops are not done, swirl in the glaze again and continue cooking for an additional 2-3 minutes, or until the internal temperature reaches 145F.

5. Make the Broccoli Salad. Combine broccoli, onion and raisins in a large bowl. In a smaller bowl, whisk vinegar, sugar and yogurt. Add dressing to broccoli and combine well. Add sunflower seeds and bacon before serving.

Day 4: Best Minestrone Soup // Basic Biscuits

Mise en Place

Best Minestrone Soup

- 1 Tbsp coconut oil
- 1 cup onion diced
- 1 cup celery diced
- 1 cup carrots diced
- 2 Tbsp minced garlic
- 2 bay leaves
- 1 cup frozen corn
- 1 cup frozen peas
- 1 cup frozen green beans
- 1 (28 oz) spaghetti sauce
- 6-8 cups chicken broth or stock
- 2 (15 oz) can white beans drained and rinsed
- 1/2 tsp curry powder
- 1/2 tsp sage
- 1/2 tsp thyme
- 1/2 tsp salt
- 1/4 tsp red pepper flakes (!)
- 2 cups kale chopped
- 8 oz small pasta (macaroni, shells, etc.)
- 6 Tbsp Parmesan shredded

Basic Biscuits

- 2 cups flour
- 2 1/2 tsp baking powder
- 3/4 tsp salt
- 6 Tbsp butter cold, cubed
- 3/4 cup milk (any)

Equipment

- Cutting board + sharp knife
- Large stock pot
- Medium pot
- Baking sheet
- Measuring cups + spoons
- Knife
- Stand Mixer or large bowl with hand mixer
- Silpat mat
- Rolling pin

Step-by-Step

1. Preheat the oven to 450F.

2. Start the Best Minestrone Soup. In a large stockpot, warm coconut oil (or other healthy cooking fat) over medium heat. Add onion, celery, and carrot and cook until the onion is translucent, about 3-4 minutes. Add the garlic and cook JUST until fragrant.

Add the bay leaves, frozen corn, frozen peas, frozen green beans, spaghetti sauce, chicken stock, beans, curry powder, sage, thyme, and salt.
Simmer the soup over medium heat for 20-30 minutes.

3. Make the Basic Biscuits. Combine the flour, baking powder and salt in a large bowl. Cut in the butter with a pastry blender or your hands, taking care not to melt the butter or create a paste. The mixture should resemble coarse breadcrumbs.

Add 1/2 cup of milk and combine until the flour is moistened. Knead the dough into a ball, pressing against the sides of the bowl to pick up any small pieces of dough. If additional milk is needed, add just 2 Tbsp at a time, kneading thoroughly after each addition.

Note: The dough should not be wet enough to stick to your hands or the bowl. It should be dry enough to handle easily, and when you're done kneading, the bowl should be fairly clean.

For drop biscuits: Pull off a golf ball-sized portion and form into a ball. Press down slightly and place the biscuits on a large cookie sheet, 1-inch apart.

For rolled biscuits: Roll out the dough into a rectangle, approximately 1/2-inch thick. Cut into equal pieces and place on a large cookie sheet, 1-inch apart.
Bake for 8 minutes.

Rotate the pan 180 degrees and bake for another two minutes, if needed. The biscuits should be light golden brown on the bottom, and barely browning on top.

4. Cook the Pasta for Best Minestrone Soup. Turn a burner to high while you fill a medium pot to boil for pasta. Cover askew.

When the water boils, add 8 oz of small pasta and set a timer for 7 minutes. Cover askew. When the pasta is done, drain in a colander.

5. Finish the Best Minestrone Soup. Five minutes before serving, add the kale and stir, letting the heat from the soup wilt the greens. To serve, ladle soup over the pasta. Top with shredded parmesan as desired.

Day 5: Cashew Chicken // Instant Pot White Rice

Mise en Place

Cashew Chicken

- 1 lb boneless chicken breasts, pounded out to 1/4-inch thick and cut into 2-inch strips
- 4 cups frozen stir fry vegetables
- $\frac{2}{3}$ cup cashews
- 3 green onions white and green parts sliced
- $\frac{1}{2}$ cup chicken broth or stock
- 4 Tbsp soy sauce or aminos
- 1 Tbsp sriracha (!)
- 2 tsp minced garlic or 2 garlic cloves, minced
- $\frac{1}{4}$ cup corn starch
- 2 Tbsp honey
- 2 tsp sesame oil
- 1 tsp sesame seeds (optional)
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp pepper

Instant Pot White Rice

- Reserved White Rice from Day 1
- $\frac{1}{4}$ cup water

Equipment

- Cutting board + sharp knife
- 9x13 baking dish
- Measuring cups + spoons
- Small bowl
- Whisk
- Small pot

Step-by-Step

1. Preheat the oven to 350F.

2. Start the Cashew Chicken. Spray a 9x13-inch glass pan with cooking spray or grease with a butter wrapper. Place the chicken pieces in a single layer in the pan. Top with the cashews and 4 cups of vegetables.

Add all the white onions and about half of the green onions on top. In a small bowl, whisk together the ingredients for the sauce: stock, soy sauce, vinegar, sriracha, cornstarch, honey, garlic, and sesame seed oil.

Pour over the vegetables and chicken. Bake for 25-30 minutes, until the sauce is bubbly and the chicken is cooked through.

Let cool slightly for about 5 minutes for the sauce to thicken. Garnish with sliced green onions and sesame seeds. Add salt and pepper.

3. Reheat the Instant Pot White Rice. In a small pot, add rice and 1/4 cup water. Heat on medium, stirring frequently, until warmed through.



OCTOBER MEAL PLAN 3

Day 1: Korean Pork Bowls // Instant Pot White Rice // Pan-Seared Broccoli

Day 2: Orzo Salad // Roasted Root Vegetables

Day 3: Maple Glazed Pork Chops // Broccoli Salad // Roasted Sweet Potatoes

Day 4: Best Minestrone Soup // Basic Biscuits

Day 5: Cashew Chicken // Instant Pot White Rice

Cold Case

☐ butter	7 tbsp	☐ milk (any)	0.75 cup
☐ Greek yogurt*	1 cup	☐ Parmesan	6 tbsp

Frozen

☐ frozen corn	1 cup	☐ frozen peas	1 cup
☐ frozen green beans	1 cup	☐ frozen stir fry vegetables	4 cups

Meat

☐ bacon (optional)	1 lb	☐ boneless pork chop	4
☐ boneless chicken breasts	1 lb	☐ ground pork	1 lb

Pantry

☐ apple cider vinegar*	3 tbsp	☐ lemon juice	0.25 cup
☐ baking powder	2.50 tsp	☐ maple syrup	0.25 cup
☐ brown sugar*	0.25 cup	☐ olive oil	4 tbsp + 1.33 cups
☐ can garbanzo beans*	1 (15 oz)	☐ orzo	1.50 cups
☐ can white beans*	2 (15 oz)	☐ raisins	0.50 cup
☐ cashews	0.67 cup	☐ red wine vinegar	0.50 cup
☐ chicken stock or broth*	10.50 cups	☐ sesame oil	4 tsp
☐ coconut aminos (or soy sauce or liquid aminos)	0.25 cup	☐ small pasta (macaroni, shells, elbows, etc.)	8 oz
☐ coconut oil	3 tbsp	☐ soy sauce or aminos	4 tbsp

☐ corn starch	0.25 cup	☐ spaghetti sauce*	1 (28 oz)
☐ flour	2 cups	☐ sriracha (!)	1 tbsp
☐ honey	2 tsp + 2 tbsp	☐ sugar (optional)	2 tbsp
☐ jasmine rice	4 cups	☐ sunflower seeds	1 cup

Produce

☐ beet	2	☐ green onions (optional)	0.25 cup
☐ broccoli	4 heads	☐ kale	2 cups
☐ carrot	6	☐ minced garlic	2 tbsp + 2 tsp
☐ celery	1 cup	☐ mushrooms	4 oz
☐ fresh basil	0.50 cup	☐ onion	2
☐ fresh mint	0.25 cup	☐ parsnip	2
☐ garlic	3 cloves	☐ red onion	1
☐ grape tomatoes	1.50 cups	☐ sweet potato	4
☐ green onion	3	☐ turnip	2

Spices

☐ bay leaf	2	☐ red pepper flakes (!)	0.50 tsp
☐ cayenne (!)	0.75 tsp	☐ sage	0.50 tsp
☐ curry powder	0.50 tsp	☐ salt	9.50 tsp
☐ garlic powder	0.75 tsp	☐ sesame seeds (optional)	1 tsp
☐ ground ginger	0.25 tsp	☐ thyme	0.50 tsp
☐ pepper	4.50 tsp		

*Note: Items marked with * can be made from scratch if you have the time. Go to the recipe in 30 Minute Dinners to find the from scratch version.*