

FREE RECIPE CARDS FROM NOCHEFAI

# 15 Four-Ingredient Dinners

Real dinners from what's already in your fridge. Salt, pepper and oil don't count.

PART ONE

# Eggs & rice rescue



01

15 min

## Spinach egg fried rice

INGREDIENTS

- 2 cups (300 g) day-old rice
- 2 cups (60 g) spinach
- 3 eggs
- 2 tbsp soy sauce

METHOD

Scramble the eggs, add the rice and fry 3 min, toss in spinach and soy sauce.



02

20 min

## Eggs in tomato sauce

INGREDIENTS

- 1 can (400 g) chopped tomatoes
- 1 onion
- 4 eggs
- 1 tsp cumin

METHOD

Soften onion with cumin, simmer tomatoes 8 min, crack in eggs, cover until set.



03

20 min

## Spinach & tomato frittata

INGREDIENTS

- 6 eggs
- 1 cup (150 g) cherry tomatoes
- 2 cups (60 g) spinach
- 1/2 cup (75 g) feta

METHOD

Cook in an oven-safe pan for 5 min, then bake at 200°C / 400°F for 10 min.

PART TWO

# One-tray wonders



04

25 min

## Lemon garlic chicken traybake

INGREDIENTS

- 2 chicken breasts (500 g)
- 3 garlic cloves
- 1 lemon
- 2 cups (180 g) broccoli

METHOD

Roast everything at 220°C / 425°F for 20 to 22 min, until the chicken is cooked through.



05

20 min

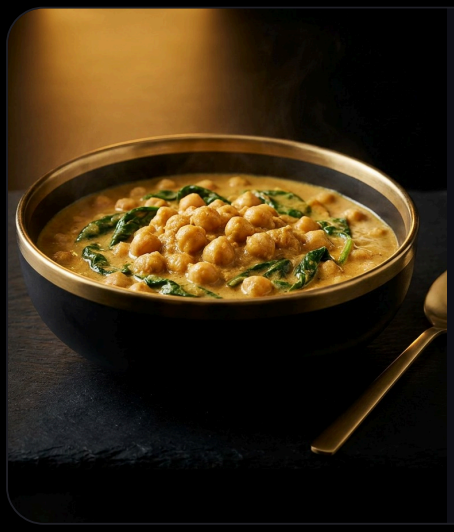
## Honey soy salmon

INGREDIENTS

- 2 salmon fillets (300 g)
- 2 tbsp soy sauce
- 2 tbsp honey
- 1 cup (200 g) rice

METHOD

Glaze the salmon, bake 12 min at 200°C / 400°F, serve over rice.



06

20 min

## Chickpea coconut curry

INGREDIENTS

- 1 can (400 g) chickpeas
- 2 tbsp curry paste
- 1 can (400 ml) coconut milk
- 2 cups (60 g) spinach

METHOD

Fry the paste 1 min, add coconut milk and chickpeas, simmer 10 min, stir in spinach.

PART THREE

# Weeknight comfort



07

15 min

## Beef & broccoli

INGREDIENTS

- 300 g beef strips
- 3 tbsp oyster sauce
- 3 cups (270 g) broccoli
- 2 garlic cloves

METHOD

Sear the beef, add garlic and broccoli, toss with the sauce.



08

15 min

## Pesto chicken pasta

INGREDIENTS

- 200 g pasta
- 1 cup (150 g) cherry tomatoes
- 1/2 cup (120 g) pesto
- 1 cooked chicken breast

METHOD

Toss hot pasta with pesto, halved tomatoes and shredded chicken.



09

15 min

## Black bean quesadillas

INGREDIENTS

- 4 tortillas
- 1 cup (100 g) grated cheddar
- 1 can (400 g) black beans
- 1/2 cup (130 g) salsa

METHOD

Fill, fold and toast 2 to 3 min per side.

PART FOUR

# Fast, fresh, done



10

15 min

## Garlic butter shrimp

INGREDIENTS

- 300 g shrimp
- 4 garlic cloves
- 3 tbsp butter
- 1 cup (200 g) rice

METHOD

Melt butter with garlic, cook shrimp 2 min per side, spoon over rice.



11

15 min

## Beef taco lettuce cups

INGREDIENTS

- 400 g lean ground beef
- 1 head of lettuce
- 1 tbsp taco seasoning
- 1/2 cup (130 g) salsa

METHOD

Brown beef with the seasoning, spoon into lettuce leaves, top with salsa.



12

10 min

## Tuna rice bowl

INGREDIENTS

- 2 cans (2 × 150 g) tuna
- 1 avocado
- 2 cups (300 g) cooked rice
- 2 tbsp soy sauce

METHOD

Build the bowls and drizzle with soy sauce.

PART FIVE

# Cozy finishes



13

25 min

## Red lentil tomato soup

INGREDIENTS

- 1 cup (200 g) red lentils
- 1 onion
- 1 can (400 g) tomatoes
- 4 cups (1 L) stock

METHOD

Simmer everything 20 min, then blend until smooth.



14

25 min

## Teriyaki chicken thighs

INGREDIENTS

- 500 g boneless chicken thighs
- 2 cups (200 g) green beans
- 1/3 cup (80 ml) teriyaki sauce
- 1 cup (200 g) rice

METHOD

Pan-fry the thighs, glaze with sauce, steam the beans, serve over rice.



15

25 min

## Potato egg hash

INGREDIENTS

- 3 medium potatoes (450 g)
- 1 onion
- 4 eggs
- 1 bell pepper

METHOD

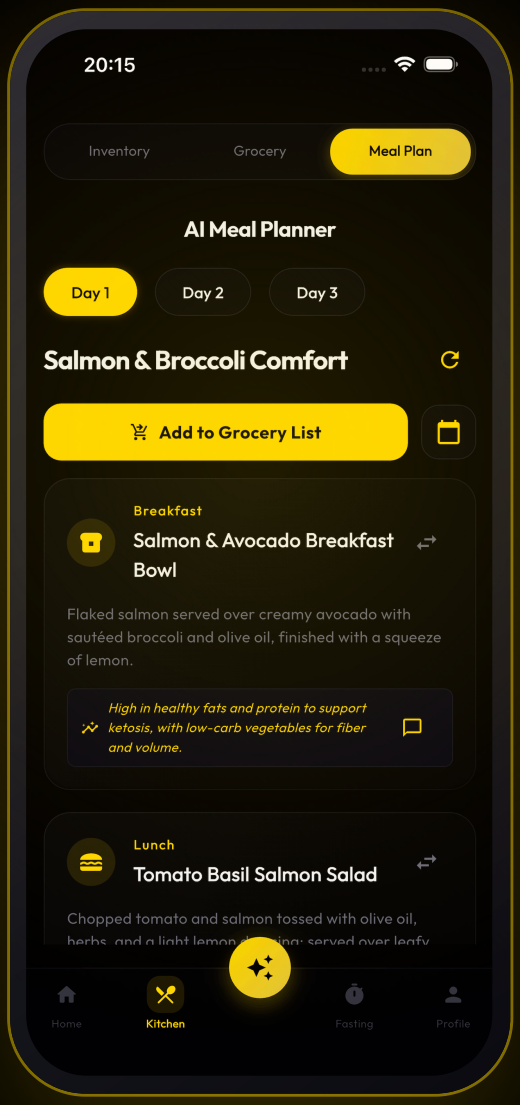
Crisp diced potatoes 15 min, add onion and pepper, crack in the eggs.

Halal tip: some soy, teriyaki and oyster sauces contain alcohol. Choose halal-certified brands.

YOUR FRIDGE HAS MORE

# Your fridge has more dinners than this.

Snap a photo of your fridge. NoChefAI finds every ingredient and writes a recipe in seconds, with calories and macros.




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