

Low mess, low stress: One pot dinners for busy weeknights



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Between school runs, work, exercise, and everything in between, getting a wholesome meal on the table when you're finally home can feel like one step too far. That's where our one pot and one tray recipes come in.

With just a single pot or tray, these recipes do the hard work for you. They bring together simple ingredients and bold, exciting flavours with minimal fuss and (best of all) minimal washing up.

Cancer Council SA has put together a collection of wholesome, one pot and tray recipes designed to be delicious, nutritious, and which encourage more home cooking. A simple meal planner and shopping list are also included to make home cooking that little bit easier. Each recipe can be adapted to suit your household's tastes or the ingredients you already have on hand.

All recipes average less than \$6 per serve and can be on the table in about an hour or less. Here are a few simple ways to make meal preparation for the week even simpler:

- Wash and cut up ingredients like veggies on the weekend or straight after you return from the shops. Store them in a sealed container with water in the fridge to keep them fresh. They'll be ready for your dinners or you could also use them for snacks.
- Prep extra proteins and grains, like boiled eggs, quinoa or pasta, to bulk out leftovers for an easy lunch.
- Cook once, eat twice—double the recipe so you have lunch ready for the next day.
- Make an extra tray of roast veggies when you cook your tray bake to use for lunches or snacks during the week.
- Prep one pot breakfasts like overnight oats or chia puddings while you are waiting for dinner to cook.



Fast weekly family dinner plan

Monday



Thai coconut curry salmon tray bake

Fragrant, creamy and on the table in no time; this vibrant tray bake brings Thai-inspired flavours to your weeknight routine.

Tuesday



One-pot Moroccan chicken rice

Warm spices, tender chicken, a hint of sweetness, and all the magic of Moroccan cooking in a single pot.

Wednesday



15-minute shakshuka (baked eggs)

Baked in a rich, spiced tomato sauce, this egg-cellent one-pan dish is as good for dinner as it is for breakfast.

Thursday



One-pot cheesy chicken and broccoli rice

Creamy, cheesy, comforting: this crowd-pleasing one-pot is destined to become a regular on your dinner rotation.

Friday



Peri peri pork bake

Bold peri peri heat, tender pork, and a rainbow of roasted vegetables—this recipe is great for using those leftover veggies in your fridge.

Recipe shopping list

Fruits and vegetables

- 1 red onion
- 2 garlic cloves[^]
- 120g baby spinach
- 2 zucchinis
- 400g green beans
- 8 Medjool dates
- 2 tbsp fresh oregano[^]
- 1 head of broccoli
- 500g baby potatoes
- 2 red capsicums
- 200g cherry tomatoes
- 425g corn cobs
- 2 limes
- vegetables or salad to serve on the side —check your fridge first
- *optional*: fresh coriander to serve with the pork and salmon

Dairy, fridge and freezer

- 4 eggs
- 40g Sicilian olives^{*}
- 500ml skim milk
- 1 cup mozzarella cheese

Meat

- 800g chicken thighs
- 400g lean pork medallion steaks
- 4 skinless salmon fillets^{**}

Shelf-stable ingredients

- 800g finely chopped tomatoes (polpa)
- 400g can no-added salt four bean mix
- 2 tsp Moroccan seasoning (ras el hanout)
- 450g long grain rice
- ¼ cup flaked almonds
- 400g cannellini beans
- 1 tbsp peri peri seasoning
- 270ml light coconut milk
- 2 tbsp Thai Panang curry paste
- 150g vermicelli noodles
- *optional*: bread to serve with the shakshuka.

Pantry staples you may have at home

- olive oil
- 1 tsp cumin
- 1 tsp sweet paprika
- 5 reduced-salt chicken stock cubes
- 1.5tbsp cornflour

[^]can be substituted with minced or dried

^{*}available from the deli or pantry section

^{**}can be substituted with frozen



How to create a balanced dinner



cancersa.org.au

Refer to the Australian Dietary Guidelines for information on how to eat a well balanced diet.



Simple tips for healthy meals

A balanced diet can give you and your family more energy to take on the day. Choosing nutritious meals and snacks throughout the day also helps contribute to good gut health and can reduce the risk of certain cancers.

BREAKFAST	• choose wholemeal or wholegrain breads and cereals • top cereals with fruit • top grainy toast with nutritious spreads (e.g. eggs, tomato, avocado, peanut butter or baked beans)	  
LUNCH	• choose wholemeal or wholegrain bread or crackers • include salad or vegetables	  
DINNER	• include plenty of vegetables • choose lean meats or meat alternatives, trim visible fat, remove chicken skin • choose high fibre grain foods	  
SNACKS	• choose a variety from the five food groups (e.g. fruit, vegetables, grainy crackers, low fat cheese and yoghurt, nuts and seeds)	  
LIMIT OR AVOID	• foods high in fat, sugar or salt • sugary drinks • alcohol	  

For these recipes and more head to cancersa.org.au/cancer-prevention/recipes

Thai coconut curry salmon tray bake

Packed with fragrant Thai flavours, this easy tray bake comes together for a quick weeknight meal.



Serves: 4

Preparation time: 10 minutes

Cooking time: 15 minutes

Diet and allergies: Nut free. Gluten free. Dairy free.

Ingredients

- 1 reduced-salt chicken stock cube
- 2 limes
- 270ml can light coconut milk
- 2 tbsp **Thai Panang curry paste***
- 1 red capsicum, thinly sliced
- 200g green beans, trimmed
- 4x 115g skinless **salmon** fillets
- 50g vermicelli noodles
- 1/3 cup fresh coriander leaves (optional)

*may contain soy or prawn

Method

1. Preheat the oven to 180°C.
2. Crumble and dissolve the stock cube in 1/4 cup (60ml) boiling water in a large heat-proof jug. Zest and juice one lime. Add the coconut milk, curry paste, lime zest and juice to the stock and stir to combine.
3. Cut the other lime into wedges and set aside.
4. Put the capsicum, beans and salmon in a large, deep baking tray and pour over the stock mixture. Bake for 12–15 minutes, until the salmon is cooked to your liking and the vegetables are tender-crisp.
5. Meanwhile, put the noodles in a heat-proof bowl and cover with boiling water. Soak for 2–3 minutes until al dente. Drain, then rinse under cold water and drain well.
6. Scatter the coriander over the salmon and serve with noodles and the lime wedges.



Variations

Use a firm, white fish fillet such as barramundi, snapper or ling instead.

**Serving tip**

Serve with steamed Asian greens like Chinese broccoli or bok choy.

**Cooking tip**

When buying salmon from the local fishmonger, ask them to take the skin off for you.

**Money-saving tips**

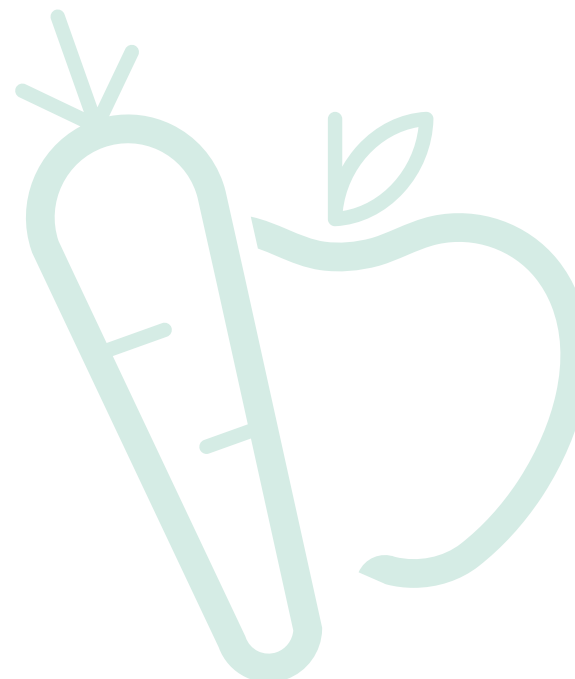
Use frozen salmon fillets instead of fresh and simply thaw before use.

**Storage tip**

TO REFRIGERATE: Store in a reusable container for up to 2 days. Reheat in the microwave until heated through to serve.

**Nutrition tips**

The skin of the salmon has a concentration of omega-3s and is a good source of vitamins D and B. If you would like to leave the skin on, pan fry the salmon, skin-side down, for 3–5 minutes before adding to the traybake for a crispy skin. Then reduce the oven cook time slightly to ensure it doesn't overcook.



One-pot Moroccan chicken rice

A spiced dish balanced with both savoury and sweet flavours



Serves: 4

Preparation time: 10 minutes

Cooking time: 25 minutes

Diet and allergies: Nut free*. Gluten free. Dairy free.

Ingredients

- 2 tsp Moroccan seasoning (ras el hanout)
- 400g chicken thighs, fat-trimmed, cut into 2cm pieces
- 1 cup long-grain rice
- 2 reduced-salt chicken stock cubes, crumbled
- 1 zucchini, thinly sliced
- 200g green beans, trimmed
- 40g green Sicilian olives, pitted, sliced
- 8 Medjool dates, pitted, roughly chopped
- ¼ cup flaked **almonds***, toasted (optional)

*Nut free if almonds omitted or replaced.

Method

1. Put the Moroccan seasoning and chicken in a bowl and turn to coat.
2. Lightly spray a large, deep frying pan with olive oil and heat over medium-high heat. Cook the chicken, stirring, for 2–3 minutes, until browned but not cooked through.
3. Add the rice to the chicken and stir to coat.
4. Add the stock and 2 cups (500ml) water and stir to combine. Bring to the boil. Reduce heat to low. Simmer, covered, for 10 minutes.
5. Stir through the zucchini, beans, olives and dates. Lightly season with salt and pepper.
6. Cook, covered, for a further 10 minutes or until the chicken is cooked through and the rice is tender.
7. Scatter the chicken with almonds, if using. Serve.



Variations

Use chicken or turkey breast instead of chicken thighs.

**Serving tip**

Scatter with fresh coriander leaves to serve.

**Cooking tip**

Moroccan seasoning (also known as ras el hanout) can be found in the spice aisle of major supermarkets.

**Money-saving tips**

Use dried pitted dates instead of fresh Medjool dates. Soak them in some boiling water for a few minutes then drain to plump them up before adding to the dish.

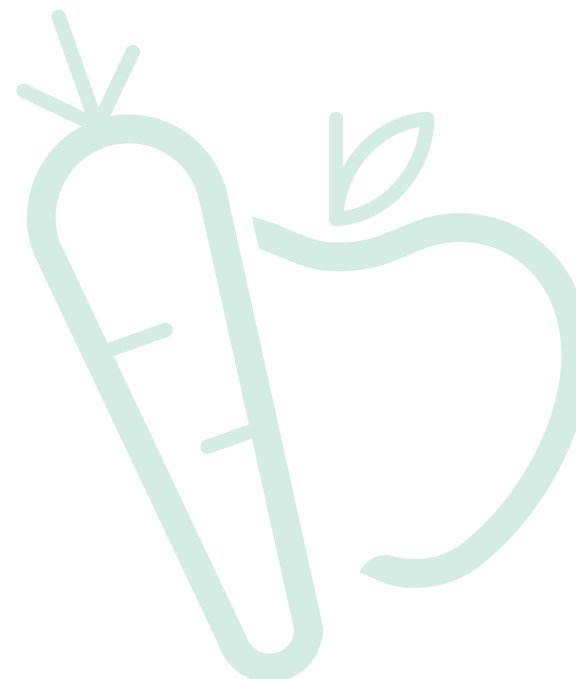
**Storage tip**

TO REFRIGERATE: Store rice in a reusable container for up to 2 days. Reheat in the microwave until heated through to serve.

TO FREEZE: Store rice, as above, for up to 3 months. Thaw in the refrigerator overnight and reheat as above to serve.

**Nutrition tips**

Stir through baby spinach leaves at the end for extra iron.



15-minute shakshuka (easy baked eggs)

A deliciously savoury, high-fibre option that's versatile enough for breakfast, lunch or dinner.



Serves: 4

Preparation time: 5 minutes

Cooking time: 10 minutes

Diet and allergies: Nut free. Gluten free. Dairy free. Vegetarian.

Ingredients

- 1 red onion, finely chopped
- 2 garlic cloves, crushed
- 1 tsp ground cumin
- 1 tsp sweet paprika
- 2x 400g cans finely chopped tomatoes (polpa)
- 120g baby spinach leaves
- 400g can no-added salt four bean mix, drained and rinsed
- 4 **eggs**

Method

1. Lightly spray a large frying pan with olive oil and heat over medium heat. Cook the onion, stirring, for 3 minutes or until softened.
2. Add the garlic, cumin and paprika and cook, stirring, for 1 minute or until fragrant.
3. Add the tomatoes and bring to a simmer.
4. Add the beans and spinach and cook, stirring, for 1 minute or until the spinach is just wilted.
5. Using the back of a spoon, make 4 indentations in the tomato mixture.
6. Gently crack 1 egg into each indentation.
7. Cover and cook for 4–5 minutes, or until the egg whites have set but the yolks are runny. Serve.



Variations

For a Mediterranean twist, add antipasto vegetables like sundried tomatoes, olives and artichokes.

**Serving tip**

Serve sprinkled with sumac, and with crusty bread on the side.

**Cooking tip**

You can use an oven-proof pan and bake the eggs in the oven for 7 minutes in step 3.

**Money-saving tips**

Use jarred minced garlic and frozen chopped spinach.

**Storage tip**

TO REFRIGERATE: Store shakshuka in a reusable container for up to 2 days. Reheat in the microwave until heated through to serve.

**Nutrition tips**

For a nutrient boost, add extra vegetables with the onion such as capsicum, zucchini or eggplant.



One-pot cheesy chicken and broccoli rice

A tasty dish made in one pan that will become a family favourite.



Serves: 4

Preparation time: 10 minutes

Cooking time: 30 minutes

Diet and allergies: Nut free. Gluten free.

Ingredients

- 400g chicken thighs, fat-trimmed, cut into 2cm pieces
- 1½ tbsp cornflour
- 2 cups (500ml) **skim milk**
- 1¼ cups (225g) long-grain rice
- 2 reduced-salt chicken stock cubes, crumbled
- 2 tbsp fresh oregano leaves, plus extra to serve
- 1 head of broccoli, cut into small florets
- 400g can cannellini beans, drained and rinsed
- 1 cup (100g) shredded light **mozzarella**

Method

1. Lightly spray a large, deep, flame-proof frying pan with olive oil and heat over medium-high heat. Cook the chicken, stirring, for 2–3 minutes, until browned but not cooked through.
2. Reduce the heat to medium and add the cornflour. Cook, stirring, for 1 minute or until the chicken is coated. Add one-quarter of the milk (half-cup) and stir until combined. Gradually add the remaining milk, stirring constantly, until combined.
3. Stir through the rice, stock, oregano, 2 cups (500ml water) and lightly season with salt and pepper. Bring to a simmer, reduce heat to medium-low and cook, covered, for 12 minutes or until the rice is al dente.
4. Stir through the broccoli and beans. Cook, covered, for a further 8 minutes or until the chicken is cooked through and the rice is tender.
5. Heat the grill in your oven to high heat. Stir through half of the cheese and sprinkle the remaining over the top. Place under the grill for 2 minutes or until the cheese has melted. Sprinkle with extra oregano and serve.



Variations

Use chicken breast or mince instead of thighs if preferred.

**Serving tip**

Serve with a fresh garden salad on the side.

**Cooking tip**

If you don't have a grill or suitable grill pan, simply scatter the cheese on top and then cover with the lid and heat on the stovetop until the cheese has melted.

**Money-saving tips**

Use 1 teaspoon dried oregano instead of fresh oregano.

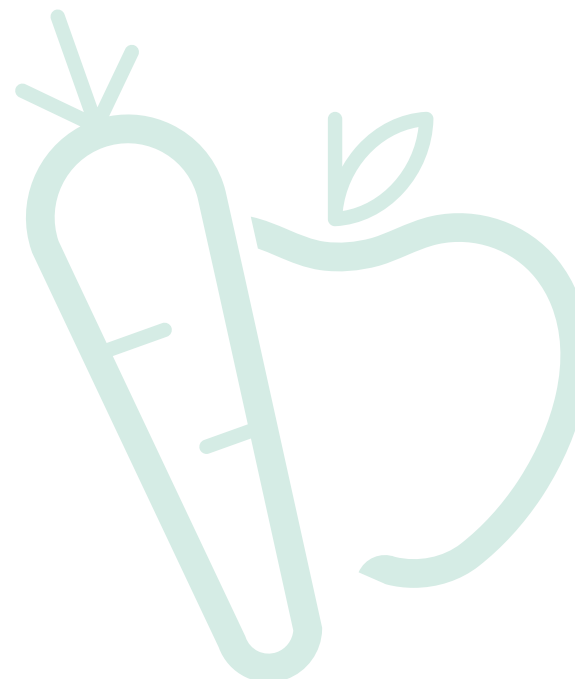
**Storage tip**

TO REFRIGERATE: Store chicken rice in a reusable container for up to 2 days. Reheat in the microwave until heated through to serve.

TO FREEZE: Store chicken rice, as above, for up to 3 months. Thaw in the refrigerator overnight and reheat as above to serve.

**Nutrition tips**

Add extra veggies such as zucchini, brussels sprouts or capsicum to the dish for added nutrients.



Peri peri pork tray bake

A simple tray bake packed with flavour and colourful vegetables.



Serves: 4

Preparation time: 10 minutes

Cooking time: 55 minutes

Diet and allergies: Dairy free. Nut free. Gluten free.

Ingredients

- 500g baby potatoes, quartered
- 1½ tbsp olive oil
- 400g lean pork medallion steaks
- 1 tbs peri peri seasoning
- 1 red capsicum, cut into chunks
- 1 zucchini, cut into ½cm slices
- 200g cherry tomatoes
- 425g corn cobbettes

Method

1. Preheat the oven to 200°C. Place the potatoes and 1 tablespoon of oil in a large roasting tray and toss to coat. Lightly season with salt and pepper. Bake for 25 minutes or until the potatoes are tender.
2. Meanwhile, put the pork, seasoning and remaining oil in a bowl. Toss to coat. Set aside to marinate.
3. Add the capsicum, zucchini, tomatoes and corn to the potatoes and bake for 15 minutes or until vegetables are starting to soften.
4. Add the pork and bake for a further 15 minutes for medium rare or until cooked to your liking. Serve.



Variations

Use chicken tenderloins instead of pork, if preferred.

**Serving tip**

Serve sprinkled with fresh coriander leaves and a fresh side salad.

**Cooking tip**

Pork doesn't need to be overcooked to be safe. In fact, pork can be eaten with a hint of pink in the middle.

**Money-saving tips**

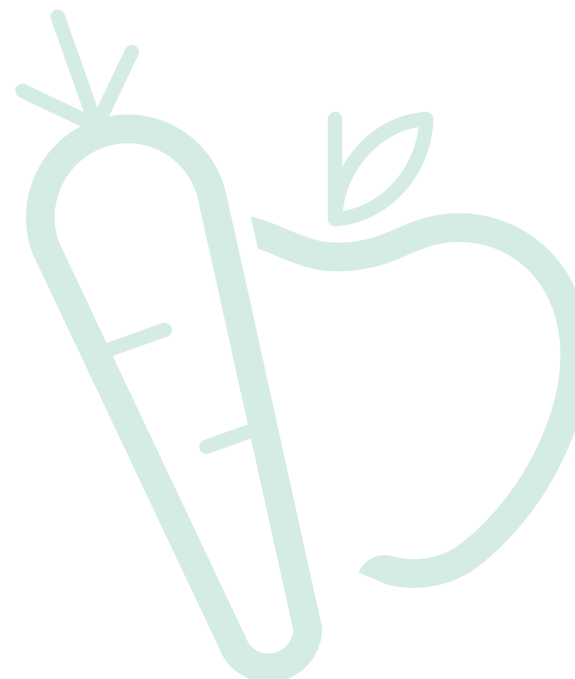
Use frozen corn cobs instead of fresh.

**Storage tip**

TO REFRIGERATE: Store pork and veggies in a reusable container for up to 2 days. Reheat in the microwave until heated through to serve.

**Nutrition tips**

Leaving the skin on the potatoes means they keep natural nutritional goodness like fibre, antioxidants, potassium and vitamin C.





About Cancer Council SA

As South Australia's leading cancer charity, we have been working across every aspect of every cancer for more than 90 years. Our purpose is to reduce the rate and impact of cancer for all South Australians through cancer prevention, research and support.

This collection of dinner recipes can help you and your family incorporate more nutritious ingredients in your diet. While no single recipe or food can protect against cancer, we know that a healthy, balanced diet can help lower your overall cancer risk. Home cooking means you can build meals around a variety of vegetables, legumes, wholegrains and antioxidants which are all bursting with flavour.

We hope you enjoy our quick and easy recipes. For even more healthy food and snack options, visit our website: cancersa.org.au

Acknowledgements:

Recipes:

Miche Bloch, Miche's Kitchen

Photography food preparation & styling:

Miche Bloch, Miche's Kitchen

Photography:

David Rouse, The Photography Business