

30 Starter Recipes for the 5 Minute Meal Plan

Chicken

[Quick Chicken Curry with Vegetables](#)

[Chicken Enchiladas with Salsa Verde](#)

[Sticky Bourbon Chicken Skewers](#)

[One-Pan 20-Minute Lemon Chicken Piccata](#)

[Greek Chicken Sheet Pan Meal with Eggplant, Feta, and Olives](#)

[Sweet and Sour Couscous Chicken with Sweet Potatoes and Red Onion](#)

[White Chicken Chili in the Instant Pot](#)

[Creamy Weeknight Pumpkin Chicken Chili](#)

Pork

[Slow Cooker Thai Green Curry Pulled Pork](#)

[Sheet Pan Chimichurri Pork Chops](#)

[Slow Cooker Jambalaya](#)

[Smoked Kielbasa, Beer, and Vegetable Chowder](#)

Beef

[15 Minute Homemade Beef Lo-Mein with Bok Choy](#)

[Stuffed Poblano Peppers with Taco-Seasoned Beef](#)

[Weeknight Crispy Orange Beef](#)

[Swedish Meatballs](#)

[Teriyaki Steak Tips with Sesame Broccoli](#)

[Cottage Pie with Cheddar Mashed Potatoes](#)

Vegetarian/Vegan

[Tomato Rice Salad with Goat Cheese](#)

[Spiced Chickpea and Coconut Curry](#)

[Baked Spinach and Mushroom Ziti](#)

[Black Bean and Sweet Potato Chili](#)

[Indian Butter Curry](#)

[Black Bean "Meat"balls](#)

[Super Creamy Extra Cheesy Homemade Mac and Cheese](#)

[Easy Butternut Squash Pasta with Kale and Ricotta](#)

[20-Minute Cheese Tortellini and Vegetable Soup](#)

[Weeknight Kimchi Fried Rice with Vegetables](#)

Seafood

[Chili-Lime Tuna Salad Pita Pockets](#)

[Sheet Pan Korean BBQ Salmon and Bok Choy](#)

PERCOLATE KITCHEN



weeknight cooking
for working parents