

The 5 Ingredient Dinner

A collection of 5 ingredient, vegetarian recipes, designed to help you cook smarter and faster during the week.

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Introduction

Thank you so much for downloading The 5 Ingredient Dinner! This is the printer friendly version of this document, so you can print out all the recipes if you like without wasting any of your precious printer ink!

[Click here for the full version of the book with all the pictures included.](#)

I wrote this book to provide you with a collection of foolproof, no fuss recipes that you can always count on.

I've been there – working long hours in a corporate job, feeling like the last thing I wanted to do in the evening was cook a meal. But too many nights eating toast for dinner made me realise that I needed some more reliable and healthy options that would be achievable even when I'm feeling drained.

Somehow, cooking a meal that only contains 5 ingredients seems much less daunting. It means a shorter shopping list, less preparation, and less mess. Do you like the sound of a proper dinner, and more time to spend doing the things you really want to after a long day? If that's you, this book is for you!

A few notes about the recipes in this book... all recipes contain only 5 ingredients. This does not include seasonings and any oil necessary for cooking. I've listed these separately in an "Extras" section (and no recipe has more than two extras). All recipes serve 4 people, and can be scaled up or down as necessary.

I hope you enjoy reading this book and cooking the recipes! Please feel free to send me an email at lauren@laurencariscooks.com if you have any questions.

[Click here to visit Lauren Caris Cooks for our full collection of vegetarian recipes!](#)



Quick Green Stir Fry

Prep: 5 minutes Cook: 10 minutes Total: 15 minutes

Stir fry is a quick win when it comes to dinner. Crunchy sweet green vegetables are complimented by soy sauce and a runny egg for good measure!

INGREDIENTS

300g Dried Egg Noodles
70g (1/2 cup) Frozen Peas
50g (1 cup) whole sugar snap peas
3 Tablespoons Soy Sauce
4 Eggs

EXTRAS

1 Tablespoon Sesame Oil
Salt and Pepper

STEPS

Heat the sesame oil in a wok or large frying pan. Add the sugar snap peas and frozen peas and stir fry for 2-3 minutes.

Boil the egg noodles according to the instructions (normally around 3 minutes. Once cooked, strain and add to the pan with the soy sauce and mix until everything is coated.

Serve onto four plates and add a fried egg on top of each person's portion.



Garlic Mushroom Risotto

Prep: 10 minutes Cook: 30 minutes Total: 40 minutes

Risotto is a versatile dish and a low effort dinner. This garlic mushroom risotto is a great staple to have up your sleeve when you need a delicious dinner on the table fast!

INGREDIENTS

1 litre (4.5 cups) Vegetable Stock
200g (1 cup) Risotto Rice
500g (5 cups) Sliced Mushrooms
2 Cloves Garlic
Bunch of Fresh Parsley

EXTRAS

2 Tablespoons Olive Oil
Salt & Pepper to taste

STEPS

Heat 1 Tablespoon of Olive oil in a large frying pan. Add the rice and cook for 2-3 minutes. Add the stock 1 ladle at a time, allowing the rice to soak up all of the liquid before adding more. Once you have added half the stock you can add more in each addition. Continue to add stock while you prepare the mushrooms.

Heat the other tablespoon of olive oil in another large frying pan and add the sliced mushrooms. Cook on a medium to high heat until the mushrooms have released all of their moisture and then the liquid has evaporated. The mushrooms should be golden and slightly crispy around the edges.

Mince the garlic cloves and add them to the pan with the mushrooms and cook for 2-3 minutes.

By this time you should have added all the liquid to the risotto and it should be creamy and thick and the rice should be cooked through. Season with salt and pepper to taste.

Serve on a plate and top with the mushrooms. Sprinkle some finely chopped fresh parsley over the top.

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Spanish Style Frittata

Prep: 10 minutes Cook: 30 minutes Total: 40 minutes

Frittata is a quick and easy dinner, full of protein. It's warm and comforting and convenient to throw together at the end of a busy day!

INGREDIENTS

6 Eggs
325g (2 1/2 Cups) Sliced Potatoes
2 Onions
Large Handful Watercress
10-12 Coloured Cherry Tomatoes

EXTRAS

1 Tablespoon Olive Oil
Salt & Pepper to taste

STEPS

Preheat the oven to 180 degrees Celsius (350 degrees Fahrenheit).

Slice the potatoes into 1/4 inch thick slices. Fry in a frying pan with the onion and 1 tablespoon of olive oil until golden brown, around 5-10 minutes.

Beat the eggs and season with salt and pepper. Pour over the potatoes and cook on the stove for 2-3 minutes, until the edges just begin to set. At this point transfer the pan to the oven and bake for 20 minutes until the frittata is puffy and cooked through.

Serve with fresh watercress and chopped cherry tomatoes.



Simple Macaroni Cheese

Prep: 5 minutes

Cook: 40-45 minutes

Total: 50 minutes

Macaroni cheese is a classic family favourite, made even more special when it's made from scratch. This easy recipe is perfect for those times you need a warm, comforting dinner.

INGREDIENTS

175g Dried Macaroni or Other Pasta

50g Butter

50g Plain Flour

600ml Milk

200g Strong Cheddar Cheese

EXTRAS

Salt & Pepper to taste

STEPS

Preheat the oven to 180 degrees Celsius.

Grate the cheese. Set aside approximately 30g for topping the macaroni cheese and keep the rest for adding to the sauce.

Boil the macaroni pasta as per the instructions on the packet. Normally 7-9 mins. Once boiled, drain and place in a roasting dish.

In a large non-stick saucepan melt the butter on a medium heat. Once melted add the flour and stir to fully combine. You will end up with a buttery paste which will make the base of the sauce. This is called making a roux sauce. Cook the paste on the heat for about 1 minute to cook the flour.

5. Take the pan off the heat. Very gradually add the milk, stirring thoroughly between each addition. Once all the milk is added return the pan to a medium/high heat. Once the sauce reaches a boil, let it boil for 1 minute to thicken then take off the heat.

6. Add the cheese to the sauce and stir until it is fully melted and combined.

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7. Pour the sauce over the macaroni in the roasting dish and stir to mix in. Top with the grated cheese you set aside earlier. Bake for 25-30 minutes until the top is golden and crispy.

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Spinach and Ricotta Cannelloni

Prep: 15 minutes Cook: 20 minutes Total: 35 minutes

A simple take on an Italian classic. This spinach and ricotta cannelloni is creamy, warm, comforting and on the table in just over 30 minutes.

INGREDIENTS

200g (3/4 Cup) Ricotta Cheese
3 Large Handfuls Baby Spinach
10 Cannelloni Shells
250g (1 Cup) Tomato Passata
30g (1/8 Cup) Grated Parmesan Cheese

EXTRAS

Salt & Pepper to taste

STEPS

Preheat the oven to 180 degrees Celsius (350 degrees Fahrenheit).

In the bottom of an ovenproof baking dish, mix together half of the passata and 3 tablespoons of the ricotta cheese to make a creamy base.

Wash the spinach and shake off any excess water. Place the spinach straight into a frying pan on a medium heat and keep it moving until it has wilted and reduced in size. Add the rest of the ricotta cheese and mix until the spinach is completely coated in the cheese. Season with salt and pepper.

Use a teaspoon to stuff each of the cannelloni tubes with the spinach mixture, and then lay them on top of the sauce in the baking dish.

Add the rest of the tomato passata on top of the cannelloni tubes and sprinkle with the parmesan cheese.

Bake for 20 minutes, or until the top is just golden brown.



Roasted Vegetable Tart

Prep: 10 minutes Cook: 30 minutes Total: 40 minutes

A deliciously light tart layered with tomatoes, aubergines and courgette. A Mediterranean delight to brighten up any day. You won't believe how easy this tart is to make!

INGREDIENTS

1 Roll Puff Pastry
1 Aubergine
1 Courgette
3-4 Large Tomatoes
6 Tablespoons Passata

EXTRAS

Drizzle of Olive Oil
Salt & Pepper to taste

STEPS

Preheat the oven to 180 degrees Celsius.

Slice all vegetables into thin slices. Spoon the passata onto the puff pastry and spread it out leaving a 1/2 inch gap around the edge.

Layer the vegetables in rows to completely cover the passata, alternating between aubergine, courgette and tomato, until you have completely cover the passata.

Drizzle a little olive oil over the top, season with salt and pepper and bake for 30 minutes or until the puff pastry is golden brown.

Serve with fresh watercress and chopped cherry tomatoes.



Pea and Mint Soup

Prep: 5 minutes Cook: 25 minutes Total: 30 minutes

A thick, creamy soup you won't believe is made with only 5 ingredients.! Frozen peas will totally suffice for this recipe, so if you've got a bag lying around, this easy recipe is perfect to have up your sleeve!

INGREDIENTS

1 Baking Potato (approximately 350g)
1 White Onion
500g (4.5 cups) Frozen Peas
750ml (3 1/4 cups) Vegetable Stock
1 Tablespoon Fresh Mint

EXTRAS

1 Tablespoon Olive Oil
Salt and Pepper for Seasoning

STEPS

Heat 1 Tablespoon of Olive oil in a large stock pot on a low/medium heat. Saute the onion for 2-3 minutes until it just begins to soften.

Peel and dice the potatoes and add them to the pot. Cook for 5 minutes.

Add the vegetable stock and bring to a simmer for 12-15 minutes.

Add the peas and simmer for a further 5 minutes.

Add the fresh mint leaves and then blend the soup thoroughly until it is completely smooth. If the soup is too thick for you, you can add some more vegetable stock to thin it out until you have a consistency you like.

If you want your soup more minty, simply add more mint leaves!

Great on it's own, but I love eating it with some croutons, a dollop of creme fraiche and some fresh sliced spring onions.

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