SIX RECIPES / TWO PEOPLE / ONE ORGANISED SHOP

The Weeknight Dinner Kit

A little planning. Six lovely dinners.



01

Plan it

A flexible week with a bonus dinner.

02

Shop it

One shared list, grouped by aisle.

03

Cook it

Six photo recipe cards with clear steps.

SAMPLE EDITION · ORIGINAL STUDIO DEMONSTRATION
Illustrative food photography. Recipe results will vary.

01 / PLAN AROUND YOUR ACTUAL WEEK

Your week, mapped out

Put your easiest meal on your busiest night. Swap the order to suit your diary and ingredient use-by dates.

MON	**Smoky chickpea and tomato bowls**	25 minutes · recipe on page 4
TUE	**Lemon white bean and spinach pasta**	25 minutes · recipe on page 5
WED	**Smoky mushroom and pepper wraps**	25 minutes · recipe on page 6
THU	**Spinach and tomato frittata**	25 minutes · recipe on page 7
FRI	**Crispy chickpea and pepper flatbreads**	30 minutes · recipe on page 8
BONUS	**Tomato and red lentil soup**	30 minutes · recipe on page 9

A 15-minute head start

Check your cupboard, group the tins and spices by recipe, and set aside two food containers. Keep vegetables whole until needed. Prepare only the next meal’s chopping if you want a head start.

The five-night plan makes 10 portions. All six recipes make 12 portions. This is not a plan to refrigerate five days of cooked food; see page 10 for storage guidance.

02 / BUY ONLY WHAT YOU NEED

One organised shop

For all six recipes: 12 portions in total. Tick off what you already own. Tin weights are before draining; sides and optional swaps are extra.

Fresh produce

- [ ] 3 small onions
- [ ] 8 garlic cloves (buy 1 large bulb or enough bulbs to yield 8 cloves)
- [ ] 2 peppers
- [ ] 250 g mushrooms
- [ ] 220 g baby spinach (a 250 g bag gives a small spare handful)
- [ ] 150 g cherry tomatoes
- [ ] 2 lemons (recipes use about 1 1/2; keep the rest for seasoning)

Chilled

- [ ] 4 medium eggs
- [ ] 200 g plain yoghurt
- [ ] 70 g cheddar, optional

Tins and dry goods

- [ ] 2 x 400 g tins chickpeas
- [ ] 1 x 400 g tin white beans
- [ ] 2 x 400 g tins chopped tomatoes
- [ ] 120 g dry couscous
- [ ] 180 g dried short pasta
- [ ] 120 g dried red lentils
- [ ] 4 small tortilla wraps
- [ ] 2 ready-made flatbreads
- [ ] Vegetable stock to make 600 ml

Pantry check

- [ ] 6 tbsp olive oil in total
- [ ] 3 tsp smoked paprika
- [ ] 1 1/2 tsp ground cumin
- [ ] 1/2 tsp dried oregano
- [ ] Salt and black pepper

SAMPLE
NICHEFOLD STUDIO

A little spare, on purpose

A 250 g spinach bag leaves about 30 g spare. Add it to the soup near the end or use it in a fresh side salad, following its storage and use-by instructions. Keep the spare lemon half for seasoning.

Check every packet for allergens. Individual recipe cards identify common allergens, but brands, stock and substitutions vary.

RECIPE 01 / SERVES 2 / ABOUT 25 MINUTES

Smoky chickpea and tomato bowls



A warmly spiced tomato topping over fluffy couscous. A good first dinner when you want something comforting without much washing up.

KITCHEN CUE

The sauce should mound softly on a spoon. If it looks watery, simmer a little longer before adding the spinach.

What you need

- 120 g dry couscous
- 1 tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, finely chopped
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1 x 400 g tin chickpeas, drained and rinsed
- 1 x 400 g tin chopped tomatoes
- 70 g baby spinach
- 1/2 lemon, juice
- Salt and black pepper

How to make it

1. Prepare the couscous following its packet instructions. Cover while it hydrates, then fluff with a fork.
2. Warm the oil in a large frying pan over medium heat. Soften the onion for 5 minutes. Add the garlic, paprika and cumin; stir for 30 seconds.
3. Add the chickpeas and chopped tomatoes. Simmer uncovered for 10-12 minutes, stirring occasionally, until the sauce thickens. Add a splash of water if it starts to catch.
4. Stir in the spinach until wilted. Add lemon juice and seasoning to taste. Divide the couscous between two bowls and spoon over the chickpeas.

MAKE IT YOURS

No couscous? Serve with cooked quinoa or a baked potato instead; follow the packet or cooking instructions for your choice.

Allergens: Wheat (couscous). Check packaged ingredients.

Illustrative serving image. Check packet instructions and cook to the cues in the method.

SAMPLE NICHEFOLD STUDIO

RECIPE 02 / SERVES 2 / ABOUT 25 MINUTES

Lemon white bean and spinach pasta



Mash a few beans into starchy pasta water for a creamy sauce without cream. Lemon keeps the finish fresh.

KITCHEN CUE

Keep the pan on a gentle heat. Adding all the reserved water at once makes the sauce thin; add it a spoonful at a time.

What you need

- 180 g dried short pasta
- 1 tbsp olive oil
- 2 garlic cloves, thinly sliced
- 1 x 400 g tin white beans, drained and rinsed
- 70 g baby spinach
- 1/2 lemon, zest and juice
- Salt and black pepper

How to make it

1. Cook the pasta in salted water following the packet. Before draining, scoop out 250 ml of the cooking water.
2. Warm the oil in a wide frying pan over medium-low heat. Stir in the garlic for 30 seconds without browning it. Add the beans and 60 ml of the pasta water.
3. Mash about a third of the beans with the back of a spoon. Add the spinach and stir until wilted.
4. Add the drained pasta and lemon zest. Toss, adding small splashes of pasta water until the sauce clings to the pasta. Add lemon juice gradually, season and serve.

MAKE IT YOURS

Cannellini or butter beans both work. Use gluten-free pasta if needed and check its label.

Allergens: Wheat in standard pasta; some pasta contains egg. Check the packet.

Illustrative serving image. Check packet instructions and cook to the cues in the method.

SAMPLE
NICHEFOLD STUDIO

RECIPE 03 / SERVES 2 / ABOUT 25 MINUTES

Smoky mushroom and pepper wraps



Brown the mushrooms first, then add sweet pepper and a cool yoghurt drizzle. Four small wraps make two generous plates.

KITCHEN CUE

If your pan is small, cook the mushrooms in two batches. Crowding the pan makes them steam instead of brown.

What you need

- 250 g mushrooms, sliced
- 1 pepper, sliced
- 1 small onion, thinly sliced
- 1 garlic clove, finely chopped
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 4 small tortilla wraps
- 100 g plain yoghurt
- Salt and black pepper

How to make it

1. Heat the oil in a large frying pan over medium-high heat. Add the mushrooms in a single layer and cook for 5-7 minutes, stirring occasionally, until their liquid cooks away and the edges colour.
2. Add the pepper and onion. Cook for 7-8 minutes, lowering the heat if needed, until tender. Add the garlic and paprika for the final minute.
3. Warm the wraps following the packet. Stir a pinch of pepper into the yoghurt.
4. Divide the filling between the wraps, spoon over the yoghurt and fold. Serve straight away so the wraps stay soft rather than soggy.

MAKE IT YOURS

Use an unsweetened dairy-free yoghurt for a dairy-free version. Check wraps for wheat and other allergens.

Allergens: Wheat (wraps) and milk (yoghurt), unless suitable alternatives are used.

Illustrative serving image. Check packet instructions and cook to the cues in the method.

SAMPLE
NICHEFOLD STUDIO

RECIPE 04 / SERVES 2 / ABOUT 25 MINUTES

Spinach and tomato frittata



A simple stovetop frittata with soft spinach and sweet tomatoes. Serve it warm with toast or a side salad if you like.

KITCHEN CUE

A small pan makes a thicker frittata. Keep the heat low so the centre sets before the base becomes too dark.

What you need

- 4 medium eggs
- 80 g baby spinach
- 150 g cherry tomatoes, halved
- 1 tbsp olive oil
- 1/2 tsp dried oregano
- 30 g grated cheddar, optional
- Salt and black pepper

How to make it

1. Beat the eggs with the oregano and a little seasoning. Heat the oil in a 20 cm non-stick frying pan with a well-fitting lid over medium heat.
2. Add the tomatoes cut-side down and cook for 3 minutes. Stir in the spinach for 1-2 minutes until wilted and allow excess moisture to cook away.
3. Lower the heat. Pour in the eggs, distribute the vegetables evenly and scatter over the cheese if using. Cover with the lid.
4. Cook gently for 8-12 minutes until set through the centre with no runny egg. Check the underside does not catch; reduce the heat if it browns too quickly. Cut into wedges and serve.

MAKE IT YOURS

Use grated dairy-free cheese or leave the cheese out. A handful of cooked peas can replace the spinach.

Allergens: Egg; milk if using cheddar. Check any sides and substitutions.

Illustrative serving image. Check packet instructions and cook to the cues in the method.

SAMPLE
NICHEFOLD STUDIO

RECIPE 05 / SERVES 2 / ABOUT 30 MINUTES

Crispy chickpea and pepper flatbreads



Roasted chickpeas and pepper turn two flatbreads into a colourful dinner. Add the yoghurt after baking for a cool finish.

KITCHEN CUE

Dry chickpeas roast better than wet ones. Leave space on the tray and expect a crisp edge with a soft centre.

What you need

- 1 x 400 g tin chickpeas, drained and rinsed
- 1 pepper, cut into small pieces
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1 garlic clove, finely grated
- 2 ready-made flatbreads
- 100 g plain yoghurt
- 1/2 lemon, juice
- 40 g grated cheddar, optional
- Salt and black pepper

How to make it

1. Heat the oven to 200 C fan / 220 C conventional. Pat the chickpeas dry. Toss them and the pepper with the oil, paprika, cumin and seasoning on a baking tray.
2. Roast for 18-22 minutes, turning halfway, until the pepper is tender and the chickpeas have coloured. Stir the garlic into the hot filling.
3. Place the flatbreads on another tray. Add the filling and cheese if using, then bake for 4-6 minutes, or as directed on the flatbread packet, until hot and crisp at the edges.
4. Mix the yoghurt with lemon juice to taste. Drizzle over the hot flatbreads just before serving.

MAKE IT YOURS

Try pitta breads instead, following their heating instructions. For a dairy-free version, use suitable yoghurt and omit the cheese.

Allergens: Wheat (flatbreads) and milk (yoghurt/optional cheese), unless substituted.

Illustrative serving image. Check packet instructions and cook to the cues in the method.

SAMPLE
NICHEFOLD STUDIO

RECIPE 06 / SERVES 2 / ABOUT 30 MINUTES

Tomato and red lentil soup



A bonus dinner for the night your plans change. Red lentils thicken a tomato broth into a filling, spoonable soup.

KITCHEN CUE

Lentils vary. Check the packet and cook until soft rather than relying only on the timer.

What you need

- 120 g dried red lentils, rinsed
- 1 small onion, finely diced
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- 1/2 tsp ground cumin
- 1 x 400 g tin chopped tomatoes
- 600 ml vegetable stock, plus extra water as needed
- Salt and black pepper

How to make it

1. Warm the oil in a saucepan over medium heat. Cook the onion for 5 minutes until soft. Add the garlic and cumin for 30 seconds.
2. Add the lentils, tomatoes and stock. Bring to a simmer, stirring well so the lentils do not settle on the base.
3. Simmer gently for 18-22 minutes, stirring often, until the lentils are completely soft. Add water if the soup gets too thick before the lentils soften.
4. Taste and season. Leave chunky or blend carefully with a stick blender, off the heat. Serve on its own or with bread if you wish.

MAKE IT YOURS

Use a low-salt stock if preferred. A pinch of chilli flakes adds heat; a spoonful of yoghurt adds a cool finish.

Allergens: Stock may contain celery, wheat or other allergens. Check the label; bread and toppings add their own allergens.

Illustrative serving image. Check packet instructions and cook to the cues in the method.

SAMPLE
NICHEFOLD STUDIO

04 / KEEP THE NEXT DINNER SIMPLE

A little less waste. A little more flexibility.

Use the recipes as a starting point. Adjust seasoning, choose suitable ingredients and build a routine that fits your household.

Cool, label and store

Divide cooked leftovers into smaller containers so they cool more quickly. Refrigerate within two hours and eat within 48 hours, or freeze. Follow ingredient use-by dates and storage instructions.

Reheat once

Reheat only the portion you need, until steaming hot throughout. Stir while reheating so the heat reaches the whole portion. Only reheat leftovers once.

Make the swap before you shop

Check that a substitute works for the dish and for your dietary needs. Gluten-free pasta, dairy-free yoghurt and stock products vary; read the full labels. Substitutions and extra sides are not included in the shared list.

Keep a cupboard dinner in reserve

The lentil soup is useful when fresh plans change. Freeze suitable bread in portions if you want a simple side, and label any cooked soup you save.

Your kitchen notes

The dinner we would make again:

The ingredient swap we liked:

What we would change next week:

Food storage: Food Standards Agency, chilling and cooking guidance.
food.gov.uk/safety-hygiene/chilling · food.gov.uk/safety-hygiene/cooking-your-food
Original studio recipes; no claim of kitchen testing or nutritional analysis.

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