

Let's Get Cooking Confidently!



Hi! I'm Courtney, and I'm so excited to share with you a weekly meal plan to break out of your dinnertime rut. I am passionate about giving people the tips, tricks, and tools to help you get cooking confidently in your kitchen. And this includes recipes and meal plans like this in your toolbox. I hope to inspire you to try some new dishes and would love for you to share as you go. If you're sharing on social media, please tag me using [@cookingconfidently.w.courtney](https://www.instagram.com/cookingconfidently.w.courtney), or post in my VIP group (<https://bit.ly/courtneyVIP>). I'd love to see what you and your family think, and if there are any major wins/flops. Happy cooking 😊

Monday – General Tso Chicken Stir-fry
Tuesday - Rush Hour Chicken Fajitas
Wednesday – Red Lentil & Spinach Soup
Thursday - LEFTOVERS!
Friday – White Pizza
Saturday – One-Pot Chicken & Gnocchi
Sunday – Hibachi Shrimp & Vegetables

Groceries you'll need: Check off what you've got at home before you head to the grocery store!

Produce:

- 1 whole garlic bulb
- 4-5 Basil leaves
- 1 small piece of fresh ginger
- 2 cups broccoli florets
- 5 large carrots
- 2 stalks celery
- 4 medium yellow onions + 1 small yellow onion
- 1 medium zucchini

- ¼ head purple cabbage (about 250g)
- 3 red bell peppers
- 1 cup snap peas
- 1 bunch green onions
- 5 cups fresh baby spinach leaves

Meats:

- 3.5lbs chicken breasts
- 1 small pack of bacon (4-6 slices needed)
- 6-10 chicken thighs

Pantry:

- Cornmeal
- Cornstarch
- Salt & Pepper
- Olive Oil
- Vegetable/Canola Oil
- 60 ml oil-packed, sun-dried tomatoes
- 60 ml Mayonnaise
- 15 ml ketchup
- 10 ml sesame oil
- 32 ml Sriracha sauce
- 80 ml reduced-sodium soy sauce
- Rice
- 50 ml honey
- 1 box vegetable stock (~4 cups)
- 1 cup (250ml) dry red lentils
- 1 tsp ground cumin
- ½ cup canned coconut milk
- 1 Tbsp Italian Seasoning
- 12 (6-7") flour tortillas
- Salsa for serving

Deli/Dairy

- 125g mozzarella cheese
- 75 g parmesan cheese (a small wedge will be good!)
- 125 ml whole milk ricotta
- 175g cheddar cheese
- ½ cup sour cream
- ½ lb prepared pizza dough
- 1 lb potato gnocchi
- ½ lb prepared pizza dough
- 1L 2% or whole milk

Frozen:

- 450g large shrimp (31-40 size)
- ½ cup frozen peas

Recipes

Monday:



► SERVES 6

Sauce

- ¼ cup (50 mL) honey
- ⅓ cup (75 mL) low-sodium and gluten-free soy sauce
- 1½–2 tbsp (22–30 mL) Sriracha sauce
- 3 garlic cloves

Chicken

- 1½ lbs. (700 g) chicken tenders
- ¼ cup (50 mL) cornstarch
- 3 tbsp (45 mL) canola oil, divided

Rice

- 1 cup (250 mL) long-grain white rice
- 1½ cups (375 mL) water

Vegetables

- 1 small onion
- 1 medium zucchini
- ¼ head purple cabbage (about 8 oz./250 g)
- 2 medium carrots, peeled
- 1 red bell pepper
- 1 cup (250 mL) snap peas

General Tso Chicken Stir-Fry

1. For the sauce, combine the honey, soy sauce, Sriracha, and garlic pressed with the **Garlic Press** in a small bowl.
2. Cut the chicken into bite-sized pieces and place them into a bowl. Add the cornstarch and *1 tbsp (15 mL)* of the sauce to the bowl and toss to coat the chicken.
3. Heat *1 tbsp (15 mL)* of the oil in the **Stainless Steel Nonstick Wok** over medium-high heat for 3–5 minutes.
4. Add the rice and water to the **3-qt. (3-L) Micro-Cooker® Plus**. Microwave, covered, on HIGH, for 12–15 minutes, or until the rice is cooked; set aside.
5. Add the chicken to the wok and cook, undisturbed, for 3 minutes. Use the **Teak Wooden Spatula** to stir-fry for 2–3 minutes, or until the chicken is evenly browned; remove from the pan and set aside. (The chicken won't be fully cooked).
6. Use the **Quick Prep Food Grater** fitted with the slicing blade to slice the onion, zucchini, and cabbage. Use the coarse grating blade to grate the carrot.
7. Cut the top off the bell pepper. Use the **Scoop Loop™** to remove the seeds and veins. Cut the pepper into quarters and use the **Quick Slice** to slice it into strips.
8. Add the remaining oil to the wok and heat over medium-high heat for 2–3 minutes. Add the onion, carrot, and bell pepper, and stir-fry for 2–3 minutes, or until the vegetables are lightly browned.
9. Add the zucchini and snap peas and continue cooking for 2–3 minutes.
10. Add the chicken, remaining sauce, and cabbage to the pan. Cook for 3–4 minutes, or until all the vegetables are crisp-tender and the sauce has reduced. Serve over rice.

VALUE FOR YOUR COOKWARE! Save **50%** when you purchase the Stainless Steel Nonstick Wok using your host credits! Not sure what hosting is all about, [let's chat!](#)

Link to online version → [General Tso Chicken Stir-fry](#)

Tuesday:



► SERVES 6

- 2 medium green or red bell peppers or combination
- 2 medium onions
- 2 garlic cloves, peeled
- 1 ½ lbs. (700 g) boneless, skinless chicken breasts
- 2 tbsp (30 mL) **Chipotle Rub**
- 12 (6–7"/15–18 cm) flour tortillas
- 1 ½ cups (6 oz.) shredded cheddar cheese
- ½ cups sour cream
- ½ cups prepared salsa

Rush Hour Chicken Fajitas

1. Cut the bell peppers lengthwise into ¼" (6 mm) strips and thinly slice the onions lengthwise.
2. Slice the garlic with the **Garlic Slicer**. Place the vegetables in the **Deep Covered Baker**.
3. Combine the chicken and rub in a **Classic Batter Bowl** and turn the chicken to coat. Place the coated chicken over the vegetables.
4. Microwave, covered, on HIGH for 12–15 minutes, or until the internal temperature of the chicken reaches 165°F (74°C) in the thickest part and the juices run clear.
5. Scoop the **Salad Chopper** under the chicken, avoiding the vegetables if possible, and cut the chicken into small pieces. Stir the chicken into the vegetables.
6. Place the tortillas into a **3-qt. (3-L) Micro-Cooker® Plus** and microwave, covered, on HIGH for about 30 seconds, or until they're warm. To serve the fajitas, spoon the chicken and vegetable mixture onto the centers of the tortillas. Serve immediately with cheese, sour cream, and salsa.

TOOL TIP: Use the Deep Covered Baker, Rock Crok Everyday Pan, or Rock Crok Dutch Oven to make this recipe.

Link to online version → [Rush Hour Chicken Fajitas](#)

Wednesday:



► **SERVES 6**

Prep Time: 10 mins • Total Time: 33 mins

- 3 large carrots, peeled
- 2 stalks celery
- 1 medium onion
- 1 tbsp (15 mL) olive oil
- 2 garlic cloves
- 4 cups (1 L) vegetable stock
- 1 cup (250 mL) uncooked red lentils, rinsed
- 1 tsp (5 mL) ground cumin
- 1 bay leaf
- ½ tsp (2 mL) each salt and black pepper
- 5 cups (1.25 L) fresh baby spinach leaves
- ½ cup (125 mL) canned coconut milk
- ½ lime

Quick Cooker Red Lentil & Spinach Soup

1. Slice the carrots and celery with the **Simple Slicer** on the No. 3 setting. Cut the onion into chunks and place them in the **Manual Food Processor**; process until coarsely chopped.
2. Set the **Quick Cooker** to **(SEAR)** and press **(START)**. Heat the oil for 3 minutes. Add the carrots, celery, onion, and garlic pressed with the **Garlic Press**. Cook uncovered for 4 minutes, stirring frequently.* Press **(CANCEL)**.
3. Add the stock, lentils, cumin, bay leaf, salt, and pepper. Lock the lid and select the **(SOUP/STOCK)** setting. Adjust the time to 10 minutes and press **(START)**.
4. When the timer is up, press **(CANCEL)**. Press the steam-release button **(⊖)** to manually release the pressure.
5. Carefully remove the bay leaf. Stir in the spinach, coconut milk, and juice from the lime pressed with the **Citrus Press**.* Let the mixture stand, covered, for 5 minutes before serving.

Cook's Tip

Red lentils start out red, but turn pale yellow as they cook. They have a subtle flavor that complements the cumin, coconut, and lime in this soup.

Safety Tip: *The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.

TOOL TIP: The Quick Cooker does exactly that – it cooks quicker! It means you can have nutritious and flavourful lentils without needing to cook them a long time on the stovetop! Don't have the Quick Cooker? Any electric pressure cooker would work (use a Sear or Sauté setting for step 2!)

Link to online version → [Pressure Cooker Red Lentil & Spinach Soup](#)

Thursday:

LEFTOVERS!!!



Get creative! Eat through the fridge or better yet, put a spin on something you've already made this week. Need some more leftover inspo? Check out [this post!](#)

Friday:



► **SERVES 6**

Prep Time: 5 mins Total Time: 20 mins

- ½ lb. (250 g) prepared pizza dough
- Cornmeal for dusting
- 1 tbsp (15 mL) olive oil
- 2 garlic cloves, pressed
- 4 oz. (125 g) mozzarella cheese, coarsely grated (1 cup/250 mL)
- ½ oz. (15 g) Parmesan cheese, finely grated (¼ cup/60 mL)
- ½ cup (125 mL) whole milk ricotta cheese
- ¼ cup (60 mL) oil-packed, sun-dried tomatoes, drained and chopped
- Salt and pepper
- 4–5 chopped basil leaves

White Pizza

1. Place the **Pizza Stone** on the middle rack of the oven, and preheat the oven to 450°F (230°C) for up to 30 minutes (see cook's tips).
2. Place the dough on a lightly floured surface and flatten with your hands. Starting at the center and working outwards, turn and stretch the dough into a 12" (30-cm) round disk, forming a lip around the edge. Fold the dough in half twice.
3. Transfer the dough to a pizza peel dusted with cornmeal and unfold.
4. Combine the olive oil and garlic; brush on the dough. Sprinkle with mozzarella and Parmesan. Spoon on dollops of ricotta. Top with chopped tomatoes, salt, and pepper.
5. Transfer the pizza onto the stone in the oven and bake until the crust is browned and the cheese is melted, about 12–15 minutes. Top with basil just before serving.

Cook's Tips

Pizza crust gets even crispier when cooked on a preheated stone. If you don't have a stone that can be preheated, add a few extra minutes to the cook time.

Check out your local pizzeria or supermarket for fresh or frozen dough. Or, you can easily make your own. See our website for our *Homemade Pizza Dough* and *5-Minute Dough* recipes.

Leftover dough? Tightly wrap and freeze it. You can thaw it overnight in the fridge or let it sit on the counter for about an hour.

CHEF'S TIP! The Pizza Peel will make you look like a pro as you slide your dough onto your hot stone in the oven. Crust alert! A preheated stone will give you a crisp crust on the outside while still leaving the inside chewy and delicious!

Link to online version → [White Pizza](#)

Saturday:



► **SERVES 6**

Prep Time: 10 mins Total Time: 30 mins

- 2 slices bacon, cut into ½" (1-cm) pieces
- 6 boneless, skinless chicken thighs (4 oz./125 g each)
- ¼ tsp (1 mL) salt
- ⅛ tsp (0.5 mL) black pepper
- 1 tbsp (15 mL) **Italian Seasoning Mix**, divided
- 3 garlic cloves, pressed
- 2 cups (500 mL) 2% or whole milk
- 1 lb. (450 g) potato gnocchi
- 2 oz. (60 g) Parmesan cheese, finely grated (1 cup/250 mL)
- ½ cup (125 mL) frozen peas

One-Pot Chicken & Gnocchi

1. Heat the **Enameled Cast Iron Skillet** over medium-high heat for 2–3 minutes. Add the bacon and cook until crisp, 5–7 minutes, stirring occasionally. Remove the bacon with a slotted spoon and set aside.
2. Season the chicken with the salt, pepper, and 2 tsp (10 mL) of the seasoning mix. Add the chicken to the skillet and cook, 5–7 minutes per side, or until the temperature reaches 165°F (74°C). Remove the chicken from the pan and set aside.
3. Reduce the heat to medium, add the garlic, and cook until fragrant, 10–20 seconds. Add the milk, gnocchi, cheese, bacon, and remaining seasoning mix. Bring to a boil, reduce the heat to medium, and cook, stirring frequently, until the milk has reduced slightly and started to thicken, about 3 minutes.
4. Stir in the peas. Add the chicken and cook on medium-low for an additional 3–5 minutes, or until the sauce thickens slightly.

Cook's Tip

We love that this sauce doesn't use heavy cream. The gnocchi releases starch as it simmers in milk, transforming it into a rich sauce.

PRODUCT TIP: First off, double the bacon! Secondly, this can be made with up to 10 thighs (you just may need to brown them in batches). This recipe is amazing to serve to guests. It comes together quickly, the flavours taste fancy, and you will look like a BOSS!

Link to online version → [One-Pot Chicken & Gnocchi](#)

Sunday:



► **SERVES 4**

Prep Time: 10 mins Total Time: 20 mins

Yum Yum Sauce

- ¼ cup (60 mL) mayonnaise
- 1 tbsp (15 mL) ketchup
- 1 tbsp (15 mL) milk
- 1 tsp (5 mL) toasted sesame oil
- 2 garlic cloves, pressed
- ½ tsp (2 mL) Sriracha sauce
- ¼ tsp (1 mL) fresh grated ginger

Shrimp

- 1 lb. (450 g) large shrimp (31–40 per pound), peeled, deveined, and tails removed
- 1 tsp (5 mL) toasted sesame oil
- 1 tsp (5 mL) reduced-sodium soy sauce
- ½ tsp (2 mL) fresh grated ginger

Vegetables

- 2 cups (500 mL) broccoli florets
- 2 large carrots, peeled and thinly sliced (1½ cups/375 mL)
- ½ medium yellow onion, cut into ½" (1-cm) wedges (1 cup/250 mL)
- 1 tbsp (15 mL) vegetable oil
- ¼ tsp (0.5 mL) salt

To serve: Steamed rice and sliced green onion

Hibachi Shrimp & Veggies With Yum Yum Sauce

1. For the sauce, combine all the ingredients in a small bowl; cover and refrigerate.
2. Set the **Deluxe Electric Grill & Griddle**, with the griddle plates, on **GRILL** for 10 minutes.
3. Toss the shrimp, sesame oil, soy sauce, and ginger together in a medium bowl. Set aside.
4. Toss all the vegetables together in a medium bowl.
5. Once the grill has preheated, add the vegetables to the bottom plate in an even layer. Close the lid and cook for 2 minutes.
6. Place the grill in the Flat position. Add the shrimp in a single layer to the empty side of griddle; cook until the shrimp are lightly browned and pink, 1–2 minutes per side. Flip the vegetables while the shrimp cooks.
7. Serve the shrimp and vegetables with the rice, sliced green onion, and sauce.

SHOPPING TIP: Fresh ginger looks like a root and can be found in the produce department. You can break off a small piece, the size of your thumb will be more than enough for this recipe but don't worry, you can toss it in the freezer if you're not using it all up in the next few weeks!

Link to online version → [Hibachi Shrimp & Vegetables](#)