

# 15 MINUTE MEAL PLAN

Households spend 10 hours a week preparing dinner. Here are 5 Cookidoo® recipes, ready in 30 mins, with less than 15 minutes of your active time required.

MONDAY



## Chiang Mai noodles

2,4 or 6 portions

Active time: 10 mins

Total time: 25 mins

TUESDAY



## Beef tacos

4 portions

Active time: 15 mins

Total time: 20 mins

WEDNESDAY



## Hearty seven vegetable soup

4 portions

Active time: 15 mins

Total time: 30 mins

THURSDAY



## Chinese style chicken

6 portions

Active time: 10 mins

Total time: 25 mins

FRIDAY



## Hug in a mug chicken soup

2 or 4 portions

Active time: 10 mins

Total time: 30 mins