

Cookbook: Quick and Easy Meals

Chapter 1: Breakfast

1.1 Pancakes

Ingredients:

- 1 cup all-purpose flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup milk
- 2 tablespoons melted butter
- 1 large egg

Instructions:

1. In a bowl, mix flour, sugar, baking powder, and salt.
2. In another bowl, whisk milk, melted butter, and egg.
3. Combine the wet and dry ingredients.
4. Heat a non-stick skillet over medium heat.
5. Pour batter onto the skillet and cook until bubbles form.
6. Flip and cook until golden brown.

1.2 Scrambled Eggs

Ingredients:

- 4 large eggs
- 1/4 cup milk
- Salt and pepper to taste
- 1 tablespoon butter

Instructions:

1. In a bowl, whisk together eggs, milk, salt, and pepper.
2. Melt butter in a non-stick skillet over medium heat.
3. Pour the egg mixture into the skillet.
4. Stir gently with a spatula until eggs are fully cooked.

Chapter 2: Lunch

2.1 Grilled Cheese Sandwich

Ingredients:

- 2 slices of bread
- 2 slices of cheese
- 1 tablespoon butter

Instructions:

1. Butter one side of each bread slice.
2. Place cheese between the unbuttered sides.
3. Heat a skillet over medium heat.
4. Grill the sandwich until golden brown and the cheese is melted.

2.2 Chicken Caesar Salad

Ingredients:

- 2 cups chopped romaine lettuce
- 1 grilled chicken breast, sliced
- 1/4 cup grated Parmesan cheese
- 1/2 cup croutons
- Caesar dressing

Instructions:

1. In a large bowl, combine lettuce, chicken, Parmesan cheese, and croutons.
2. Drizzle with Caesar dressing and toss to coat.

Chapter 3: Dinner

3.1 Spaghetti Bolognese

Ingredients:

- 200g spaghetti
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 200g ground beef
- 1 can (400g) diced tomatoes
- 2 tablespoons tomato paste
- Salt and pepper to taste

Instructions:

1. Cook spaghetti according to package instructions.
2. In a pan, heat olive oil over medium heat.
3. Sauté onion and garlic until softened.
4. Add ground beef and cook until browned.
5. Stir in diced tomatoes and tomato paste.
6. Season with salt and pepper.
7. Simmer for 15 minutes.
8. Serve sauce over spaghetti.

3.2 Baked Salmon

Ingredients:

- 2 salmon fillets
- 1 tablespoon olive oil
- 1 lemon, sliced
- Salt and pepper to taste

- Fresh dill for garnish

Instructions:

1. Preheat the oven to 200°C (400°F).
2. Place salmon on a baking sheet lined with parchment paper.
3. Drizzle with olive oil and season with salt and pepper.
4. Place lemon slices on top of the salmon.
5. Bake for 15-20 minutes until the salmon is cooked through.
6. Garnish with fresh dill before serving.