15-Minute Miso Soup with Greens and Tofu

https://minimalistbaker.com/15-minute-miso-soup-with-greens-and-tofu/

## Ingredients:

4 cups vegetable broth (use dashi for more traditional miso soup // see notes above)

1 sheet nori (dried seaweed // optional // cut into large rectangles // 1 sheet yields 1/4 cup)

3-4 Tbsp white or yellow miso paste (fermented soy bean or chickpea paste) with or without bonito (fish flavor, though bonito makes it non vegan-vegetarian-friendly)

1/2 cup chopped green chard or other sturdy green

1/2 cup chopped green onion

1/4 cup firm tofu (cubed // use silken tofu for more traditional miso soup)

## Instructions:

* Place vegetable broth in a medium sauce pan and bring to a low simmer.
* In the meantime, place miso (starting with lesser end of range) into a small bowl, add a little hot water and whisk until smooth. This will ensure it doesnt clump when added to the soup later. Set aside.
* To the broth add chard (or other greens of choice), green onion, and tofu (if using silken, add at the end of cooking) and cook for 5 minutes. Then add nori and stir. Remove from heat, add miso mixture, and stir to combine.
* Taste and add more miso or a pinch of sea salt if desired. Serve warm. Best when fresh.

Easy Mongolian Beef

https://dinnerthendessert.com/mongolian-beef/

## Ingredients:

1 pound flank steak

1/4 cup cornstarch

1/4 cup canola oil

2 teaspoons fresh ginger , minced

1 tablespoon garlic , minced

1/3 cup lite soy sauce , low sodium

1/3 cup water

1/2 cup dark brown sugar

4 stalks scallions , green parts only, cut into 2 inch pieces

## Instructions:

* Slice the flank steak against the grain (the grain is the length of the steak) the long way 1/4 inch think pieces and add it to a ziploc bag with the cornstarch.
* Press the steak around in the bag making sure each piece is fully coated with cornstarch and leave it to sit.
* Add the canola oil to a large frying pan and heat on medium high heat.
* Add the steak, shaking off any excess corn starch, to the pan in a single layer and cook on each side for 1 minute.
* If you need to cook the steak in batches because your pan isn't big enough do that rather than crowding the pan, you want to get a good sear on the steak and if you crowd the pan your steak with steam instead of sear.
* When the steak is done cooking remove it from the pan.
* Add the ginger and garlic to the pan and saut for 10-15 seconds.
* Add the soy sauce, water and dark brown sugar to the pan and let it come to a boil.
* Add the steak back in and let the sauce thicken for 20-30 seconds.
* The cornstarch we used on the steak should thicken the sauce, if you find it isn't thickening enough add 1 tablespoon of cornstarch to 1 tablespoon of cold water and stir to dissolve the cornstarch and add it to the pan.
* Add the green onions, stir to combine everything, and cook for a final 20-30 seconds.
* Serve immediately.

Baked French Fries (Oven Fries)

https://www.spendwithpennies.com/crispy-oven-fries/

## Ingredients:

4 large baking potatoes

2-3 tablespoons olive oil

1 tablespoon seasoned salt or lemon pepper

## Instructions:

* Preheat oven to 375F.
* Wash potatoes leaving skin on (you can peel them if you prefer). Cut potatoes into desired size fries.
* Let potatoes soak in cold water in the sink or in a bowl for at least 30 minutes. Remove from water and dry very well.
* Toss with oil and seasonings. Spread evenlyin a single layeron a parchment-lined pan.
* Bake for 20 minutes. Turn the oven up to 425 and cook fries until golden, about 20-25 minutes more.

30 Minute Ginger Beef

https://www.lordbyronskitchen.com/30-minute-ginger-beef/

## Ingredients:

1 pound skirt steak, sliced thinly (flank steak or beef tenderloin will work too)

1 cup cornstarch

2 tablespoons vegetable oil, plus more for frying

1 large white onion, finely chopped

1 1/2 cups carrots, julienned (can use grated or shredded carrots too)

3 cloves garlic, minced

1 tablespoon fresh ginger, grated

1/2 teaspoon dried red chili flakes

1/2 cup light soy sauce

2 tablespoons vinegar (rice vinegar or white vinegar)

1 tablespoon sesame oil

1/2 teaspoon black pepper

1/2 cup brown sugar, lightly packed

2 tablespoons sesame seeds, toasted

1/4 cup green onions, thinly sliced

## Instructions:

* Toss the steak with the corn starch in a large bowl and set aside.
* Over medium heat, add the vegetable oil and onions to a sauce pan. Saut for two minutes until onions are translucent.
* Add the carrots to the onions and saut for 3-4 minutes until tender.
* Next, add the garlic, ginger, and chili flakes. Stir into the carrots and onions. Cook for 1-2 minutes.
* Lastly, add the soy sauce, vinegar, sesame oil, black pepper, brown sugar, and sesame seeds. Whisk together.
* Lower the heat to a simmer and allow the sauce to slightly thicken.
* In the meantime, bring about 2-3 cups of vegetable oil to optimum frying temperature in a deep skillet. Shake the excess corn starch off the beef and fry each piece in batches until crispy. This process takes about 3-4 minutes. Drain the fried beef on paper towels.
* Toss the fried beef with the sauce mixture. Garnish with green onions. Serve immediately.

Veggie Garlic Noodles

https://tasty.co/recipe/veggie-garlic-noodles

## Ingredients:

2 tablespoons vegetable oil (30 mL)

5 cloves garlic, minced

4 spring onions, divided

2 carrots, cut into matchsticks

1 cup snap pea (100 g)

2 tablespoons brown sugar

3 tablespoons soy sauce

9 oz dried rice noodles (250 g), cooked

## Instructions:

* Heat the oil in a skillet over medium heat. Add the garlic and 3 spring onions and cook for 2-3 minutes.
* Add the carrots and peas, before stirring in the brown sugar and soy sauce.
* Add the noodles and mix together for another couple of minutes.
* Season with salt and pepper, then slice remaining spring onion and top to serve.
* Enjoy!

Easy to Make Pad Thai w/ Chicken, Shrimp or Tofu

https://www.feastingathome.com/15-minute-pad-thai/

## Ingredients:

4 ounces dry pad thai noodles (rice noodles)

Boiling water to cover noodles

1 large shallot, finely diced ( much better than onion here)

4 chopped garlic cloves

1 teaspoon chopped ginger (optional)

2 eggs, whisked with a fork with a generous 3-finger pinch salt ( if vegan, leave it out)

68 ounces tofu, chicken breast or peeled prawns

salt and pepper to taste

2 tablespoons peanut oil, wok oil or coconut oil

1 lime

## Instructions:

* COOK NOODLES: Cook noodles according to package instructions (or place rice noodles in a shallow bowl orbaking dish and boil enough water to cover them. Cover with boiling water for 7- 8 minutes, until tender, then drain. They dont have to be totally soft, just bendy and pliable)
* Chop shallot, garlic and ginger and set aside.
* Whisk the two eggs in a bowl with a fork and add a generous, 3-finger pinch of salt. Set aside.
* Make the Pad Thai SauceWhisk fish sauce, rice vinegar, brown sugar and soy sauce. (see notes) in a small bowl. Set aside.
* Prep and Cook the protein: Chicken: slice chicken into very thin strips and season with salt and pepper. CrispyTofu:Blot tofu with paper towels pressing down firmly. Cut tofu into inch cubes, sprinkle with salt and pepper, and for extra crispy, dredge in a little corn starch. Shrimp: Peel and season with salt and pepper. COOK: Sear the seasoned chicken, shrimp or tofu in a wok with hot oil until cooked through over medium-high heat. Set aside, on top of a paper towel, wipe out the pan. Turn heat off.
* STIR FRY the PAD THAI: Gather your chopped shallots, whisked eggs, cooked noodles, cooked protein and Pad Thai sauce around the stove.Heat 2 tablespoons peanut oil in the wok over medium heat, add shallot-garlic-ginger and stir, cooking just a few minutes until golden and fragrant.
* Make a well in the center of the wok, scooting the shallot mixture to the side of the pan,add the whisked eggs. With a metal spatula, scramble them and break them apart into little bits, letting them brown just a little, and incorporate them into the shallots continuing to break them into small bits.
* Add the drained, semi-soft noodles and toss with the egg mixture, stirring, flipping, frying constantly for 3-4 minutes until noodles become soft and pliable.
* Add the Pad Thai Sauce and cook 1 minute. It will smell quite fishy at first turn your fan on but it will mellow out perfectly. Addthe cooked chicken, tofu or shrimp and turn and toss the noodles for a few more minutes. Cook until the noodles are soft (but still a little chewy) adding just a little water if it seems too dry.
* Toss in the bean sprouts and roasted peanuts (or serve on the side) and sprinkle with chili flakes and scallions. Squeeze with a little lime juice. Taste. Adjust salt, lime and sweetness to your liking adding a pinch of salt, more lime or more a pinch moresugar to taste.Give one more toss and serve immediately.Divide among two plates.
* Garnish with more bean sprouts, fresh scallions, cilantro or basil, chili flakes, lime wedges and roasted crushed peanuts. Or make this Peanut Chili Crunch!

Fried Rice Vermicelli

https://rasamalaysia.com/fried-rice-vermicelli/

## Ingredients:

8 oz. (226 g) rice vermicelli

1 handful fresh bean sprouts

8 oz. (226 g) boneless & skinless chicken breast, cut into small pieces

1 teaspoon corn starch

4 tablespoons cooking oil

3 cloves garlic, minced

3 stalks scallion, cut into 2-inch (5 cm) length

## Instructions:

* Soak the rice vermicelli in warm water for 30 minutes or until they turn soft. Drain the rice noodles in a colander.
* Rinse the bean sprouts with water and set aside to drain. Lightly coat the chicken meat with the corn starch. This step will tenderize the chicken.
* Mix all the Seasoning Sauce ingredients in a small bowl. Set aside.
* Heat up a wok or skillet on high heat. Add the cooking oil. When the oil is heated, add the minced garlic. Stir-fry until aromatic or turn light brown. Add in the chicken and stir fry until the chicken turn white on the surface.
* Add the rice vermicelli noodles and the Seasoning Sauce. Stir the rice noodles continuously to blend well with the sauce. Continue to stir fry for 2-3 minutes or until noodles turn soft or no longer wet. Add the bean sprouts and scallions. Stir-fry for another minute or until the bean sprouts are cooked. Dish out and serve immediately.

The Best Homemade Tacos

https://www.thewholesomedish.com/the-best-homemade-tacos/

## Ingredients:

1 lb. 90% to 93% lean ground beef

1 Tablespoon chili powder

1 teaspoon ground cumin

3/4 teaspoon salt

1/2 teaspoon dried oregano

1/2 teaspoon garlic powder

1/4 teaspoon ground black pepper

1/2 cup tomato sauce

1/4 cup water

12 taco shells - either hard shells or small 6-inch soft flour tortillas will work

Optional Taco Toppings: shredded cheese shredded lettuce, chopped tomatoes, diced red onion, taco sauce, sour cream, guacamole, etc.

## Instructions:

* Add the beef to a large skillet over medium-high heat. Break the meat apart with a wooden spoon. Add the chili powder, cumin, salt, oregano, garlic powder, and pepper to the meat. Stir well. Cook until the meat is cooked through, about 6-8 minutes, stirring occasionally.
* Reduce the heat to medium. Add the tomato sauce and water. Stir to combine. Cook, stirring occasionally, for 7-8 minutes, until some of the liquid evaporates but the meat mixture is still a little saucy. Remove from the heat.
* Warm the taco shells according to their package directions.
* Fill the taco shells with 2 heaping tablespoons of taco meat. Top with desired taco toppings: shredded cheese, shredded lettuce, chopped tomatoes, diced red onion, taco sauce, sour cream, guacamole, etc.

Honey Garlic Chicken Breast

https://www.recipetineats.com/honey-garlic-chicken/

## Ingredients:

500g / 1 lb chicken breast , boneless and skinless (2 pieces)

Salt and pepper

1/4 cup (60g) flour (Note 1)

3.5 tbsp (50g) unsalted butter (or 2 1/2 tbsp olive oil)

2 garlic cloves , minced

1.5 tbsp apple cider vinegar (or white or other clear vinegar)

1 tbsp soy sauce , light or all purpose (Note 2)

1/3 cup (90g) honey (or maple syrup)

## Instructions:

* Cut the breasts in half horizontally to create 4 steaks in total. Sprinkle each side with salt and pepper.
* Place flour in a shallow dish. Coat chicken in flour and shake off excess.
* Melt most of the butter in a large skillet over high heat - hold back about 1 tsp for later.
* Place chicken in skillet and cook for 2 - 3 minutes until golden. Turn and cook the other side for 1 minute.
* Turn heat down slightly to medium high.
* Make a bit of room in the pan and add garlic and top with remaining dab of butter. Stir garlic briefly once butter melts.
* Add vinegar, soy sauce and honey. Stir / shake pan to combine. Bring sauce to simmer, then simmer for 1 minute or until slightly thickened.
* Turn chicken to coat in sauce. If the sauce gets too thick, add a touch of water and stir.
* Remove from stove immediately. Place chicken on plates and drizzle over remaining sauce.

Six-Minute Seared Ahi Tuna Steaks

https://www.bowlofdelicious.com/six-minute-seared-ahi-tuna-steaks/

## Ingredients:

2 ahi tuna (yellowfin tuna) steaks (about 4 oz. each, at least 1.5" thick)

2 tablespoons soy sauce

1 tablespoon toasted sesame oil see notes

1 tablespoon honey see notes

1/2 teaspoon kosher salt

1/4 teaspoon black pepper to taste

1/4 teaspoon cayenne pepper (optional)

1 tablespoon canola oil or olive oil

green onions, toasted sesame seeds, and lime wedges for serving (optional)

## Instructions:

* Pat the ahi tuna steaks dry with a paper towel. Place on a plate or inside a plastic bag.
* Mix the soy sauce (2 tablespoons), toasted sesame oil (1 tablespoon), honey (1 tablespoon) kosher salt (1/2 teaspoon- OMIT if marinating for more than a couple hours, see notes), pepper (1/4 teaspoon), and cayenne pepper (1/4 teaspoon) until honey is fully dissolved. Pour over the ahi tuna steaks and turn over to coat completely. Optional: allow to marinate for at least 10 minutes, or up to overnight in the refrigerator. Also optional: Reserve a spoonful or two of the marinade before coating the fish for drizzling on top after you've cooked it.
* Heat a medium skillet (preferably non-stick or a well-seasoned cast iron skillet) on medium-high to high until very hot ( or medium medium-high for nonstick). I recommend giving cast iron 3-5 minutes to get hot and nonstick about 1 minute, depending on how thick it is.
* Add the canola oil (1 tablespoon) to the hot pan. Sear the tuna for 2 minutes on each side for medium rare (1.5 minutes on each side for rare; 3 on each side for medium). (Note: different burners get hotter depending on your stove. Use your best judgement whether you use medium, medium-high, or high heat, as the marinade may burn if too high heat is used)
* Remove to a cutting board and allow to rest for at least 3 minutes. Slice into 1/2 inch slices and serve garnished with green onions, toasted sesame seeds, and a squeeze of fresh lime juice, if desired.