QUICK WEEKNIGHT 30-MINUTE DINNERS CHECKLIST

FAST DINNER MASTER ROSTER | 20 TESTED 30-MINUTE MEALS ACROSS 4 COOKING STYLES

THE 3 GOLDEN EFFICIENCY LAWS OF 30-MINUTE COOKING:

1. Cut proteins into thin strips or cutlets | 2. Preheat oven/pans before prepping veggies | 3. Maximize sheet pans & single-skillet workflows

1. SHEET PAN ONE-PAN ROASTS (Prep: 10m | Bake: 20m)

- [ ] **Lemon Herb Chicken & Asparagus**
  Thin cutlets, fresh lemon slices, asparagus spears, olive oil
- [ ] **Sheet Pan Sausage, Peppers & Onions**
  Smoked kielbasa coins, tri-color bell peppers, red onion wedges
- [ ] **Honey Dijon Salmon & Green Beans**
  Atlantic salmon fillets, trimmed green beans, dijon glaze
- [ ] **Mediterranean Shrimp & Feta Bake**
  Jumbo shrimp, cherry tomatoes, kalamata olives, crumbled feta
- [ ] **Crispy Gnocchi & Burst Tomato Tray**
  Shelf-stable gnocchi (no boil), cherry tomatoes, basil, mozzarella

2. 15-MINUTE SKILLET SAUTÉ & SEARS (Prep: 10m | Cook: 15m)

- [ ] **Creamy Tuscan Garlic Chicken**
  Seared cutlets in sun-dried tomato, spinach & parmesan cream
- [ ] **Cast Iron Butter Basted Ribeye**
  1-inch steak seared with rosemary, crushed garlic, and butter
- [ ] **Blackened Fish Tacos & Slaw**
  Tilapia or cod with blackened rub, warm tortillas, lime cabbage slaw
- [ ] **Pork Chops in Apple Cider Pan Sauce**
  Pan-seared chops deglazed with cider, dijon, and a splash of cream
- [ ] **Skillet Chicken Fajitas**
  Sliced chicken breast, sizzling peppers and onions, warm tortillas

3. 20-MINUTE WOK STIR-FRIES & BOWLS (Prep: 10m | Cook: 10m)

- [ ] **Classic Beef & Broccoli**
  Flank steak thin strips, fresh broccoli florets, savory ginger soy
- [ ] **Thai Basil Chicken (Pad Krapow)**
  Ground chicken stir-fried with bird's eye chilies, holy basil & fried egg
- [ ] **Honey Garlic Shrimp Fried Rice**
  Day-old chilled rice, peas, carrots, scrambled eggs, sesame oil
- [ ] **Cashew Chicken & Snap Peas**
  Chicken tenders, sugar snap peas, toasted cashews, sweet hoisin
- [ ] **Sesame Tofu & Bok Choy Stir-Fry**
  Crispy cubed pressed tofu, baby bok choy, garlic chili crisp sauce

4. 1-POT PASTAS & GRAIN BOWLS (Prep: 8m | Cook: 15-20m)

- [ ] **Creamy 1-Pot Tomato Basil Penne**
  Penne simmered directly in broth and marinara, topped with ricotta
- [ ] **15-Minute Garlic Parmesan Tortellini**
  Refrigerated cheese tortellini tossed with butter, peas, and prosciutto
- [ ] **Lemon Ricotta Spinach Spaghetti**
  Spaghetti tossed with whole milk ricotta, fresh lemon zest, and baby spinach
- [ ] **Southwest Black Bean & Quinoa Bowl**
  Quick-cook quinoa, black beans, sweet corn, salsa, and avocado
- [ ] **Cacio e Pepe (Classic Roman)**
  Spaghetti tossed vigorously with freshly grated Pecorino & cracked pepper

PANTRY HACKS THAT CUT 15 MINUTES OFF EVERY WEEKNIGHT DINNER

Keep Pre-Mince Garlic & Ginger in Fridge:	Freezes or refrigerates pureed aromatics; eliminates daily cutting board peeling and mincing.
Use High-Heat Thin Cutlets:	Pound chicken breasts flat or buy cutlets. They cook in 6 minutes instead of 25 minutes.
Shelf-Stable Gnocchi & Fresh Pasta:	Fresh tortellini and vacuum-packed potato gnocchi cook in 3 minutes flat compared to 12 minutes for dry pasta.
Stock Pre-Washed Greens & Slaws:	Pre-washed baby spinach and cabbage slaws require zero washing or chopping and wilt into sauces in 60 seconds.