

Three evenings. *Already sorted.*

Three vegetarian dinners for two. One grocery list.
A little less wondering what to cook tonight.



DAY 1 | 25 MINUTES (ESTIMATE)

Tomato & spinach pasta

Two servings. Read the full recipe on page 3.



DAY 2 | 25 MINUTES (ESTIMATE)

Cozy chickpea & spinach skillet

Two servings. Read the full recipe on page 4.



DAY 3 | 25 MINUTES (ESTIMATE)

Black bean & pepper quesadillas

Two servings. Read the full recipe on page 5.

Before you shop

Check your cupboards first. The list gives total amounts to use; choose suitable pack sizes. Keep chilled products refrigerated and follow package storage instructions. Cook one dinner fresh each evening.

A small, thoughtful shop.

Total ingredients for all three dinners. Tick off what you already have.

Fresh, chilled & canned

☐ Dry penne	180 g
☐ Chopped canned tomatoes	800 g
☐ Baby spinach	200 g
☐ Parmesan or vegetarian alternative	30 g
☐ Drained canned chickpeas	240 g
☐ Small onion	1
☐ Plain yogurt	120 g
☐ Bread	120 g
☐ Medium flour tortillas	4
☐ Drained canned black beans	240 g
☐ Bell pepper	1
☐ Cheddar	80 g
☐ Lime	1

Check your cupboard

☐ Olive oil	3 tbsp
☐ Garlic	4 cloves
☐ Dried oregano	0.5 tsp
☐ Fine salt	1.25 tsp
☐ Black pepper	0.5 tsp
☐ Ground cumin	2 tsp
☐ Smoked paprika	1.5 tsp

Shopping notes: 480 g of drained beans means roughly two 400 g cans in total: one chickpea and one black bean. Check drained weights. Choose vegetarian cheese where needed.

Tomato & spinach pasta

25 minutes estimated | Pantry friendly | vegetarian

Ingredients

180 g Dry penne
400 g Chopped canned tomatoes
100 g Baby spinach
30 g Parmesan or vegetarian alternative
1 tbsp Olive oil
2 cloves Garlic
0.5 tsp Dried oregano
0.5 tsp Fine salt
0.25 tsp Black pepper

Make dinner

1. Bring a medium pot of water to a boil. Add the pasta and cook following the pack instructions. Reserve a mug of cooking water before draining.
2. Meanwhile, warm the olive oil in a deep skillet over medium-low heat. Add finely chopped garlic and stir for 30 seconds without browning.
3. Add the tomatoes, oregano, salt and pepper. Simmer uncovered for 12–15 minutes, stirring occasionally, until slightly thickened.
4. Stir in the spinach until wilted. Add the drained pasta and a splash of reserved water. Toss, divide into two bowls and finish with grated Parmesan.

A practical swap

Use any short pasta. Choose cheese made with vegetarian rennet if needed.

Add pasta water a little at a time so the sauce coats the pasta without becoming watery.

Cozy chickpea & spinach skillet

25 minutes estimated | One pan | vegetarian

Ingredients

240 g Drained canned chickpeas

400 g Chopped canned tomatoes

100 g Baby spinach

1 Small onion

2 cloves Garlic

1 tbsp Olive oil

1 tsp Ground cumin

1 tsp Smoked paprika

60 g Plain yogurt

120 g Bread

0.5 tsp Fine salt

0.25 tsp Black pepper

Make dinner

- 1.** Finely chop the onion and garlic. Warm the oil in a skillet over medium heat and cook the onion for 5–7 minutes until softened.
- 2.** Add the garlic, cumin and paprika. Stir for 30 seconds, then add the tomatoes, drained chickpeas, salt and pepper.
- 3.** Simmer for 12 minutes, stirring occasionally. Add a splash of water if the sauce becomes too thick.
- 4.** Fold in the spinach and cook until wilted. Divide between two bowls, top with yogurt and serve with the bread.

A practical swap

Use a dairy-free yogurt to make the meal vegan, checking the bread ingredients too.

Drain and rinse the chickpeas before weighing. One 400 g can usually provides roughly 240 g drained; check the label.

Black bean & pepper quesadillas

25 minutes estimated | Quick comfort | vegetarian

Ingredients

4 Medium flour tortillas

240 g Drained canned black beans

1 Bell pepper

80 g Cheddar

1 tbsp Olive oil

1 tsp Ground cumin

0.5 tsp Smoked paprika

60 g Plain yogurt

1 Lime

0.25 tsp Fine salt

Make dinner

- 1.** Dice the pepper. Warm half the oil in a skillet over medium heat and cook the pepper for 5–6 minutes until softened.
- 2.** Add the drained beans, cumin, paprika, salt and 2 tbsp water. Cook for 3 minutes, then roughly mash half the beans. Move the filling to a bowl.
- 3.** Divide the filling and grated cheese over one half of each tortilla. Fold closed. Wipe the skillet, brush with the remaining oil and cook the tortillas in batches for 2–3 minutes per side until golden and hot through.
- 4.** Cut into wedges. Serve two tortillas per person with yogurt and lime.

A practical swap

Use corn tortillas if preferred, adjusting the number to their size. Check ingredients if avoiding gluten.

Keep the heat moderate so the cheese melts before the tortillas brown too deeply.