



14 One Pot Wonders

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Recipe

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One Pan Italian Chicken & Veggies



Ginger Turmeric Salmon & Potatoes



Beef & Bean Minestrone



Moroccan Chicken Stew



Peanut Butter Curry Chickpea Stew



One Pan Pork Chops with Potatoes & Green Beans



Lemon Blueberry Baked Oats



Spinach & Sweet Potato Frittata



Peanut Butter Breakfast Bars



One Pan Lemon Spiced Chicken & Potatoes



Citrus Coconut White Fish



One Pan Steak, Asparagus & Mushrooms



Veggie Pita Pizza



Cinnamon Keto Porridge



One Pan Italian Chicken & Veggies

4 servings

25 minutes

Ingredients

567 grams Chicken Breast (cut into large cubes)
 182 grams Broccoli (cut into small florets)
 80 grams Red Onion (cut into thick slices)
 149 grams Cherry Tomatoes
 2 Zucchini (chopped)
 30 milliliters Extra Virgin Olive Oil
 3 grams Italian Seasoning
 3 grams Garlic Powder
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	279
Fat	11g
Carbs	10g
Fiber	3g
Sugar	5g
Protein	35g

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Add the oil and season with Italian seasoning, garlic powder, salt, and pepper.
- 3 Bake for 16 to 18 minutes or until the chicken is cooked through and the vegetables are just tender, stirring halfway through if needed. Season with additional salt and pepper if needed.
- 4 Divide evenly between plates or meal prep containers and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add other dried herbs and spices to taste, like red pepper flakes, onion powder, and/or parsley.

Serve it With: Rice, cauliflower rice, or quinoa. Add avocado or dipping sauce, like tzatziki or hummus.



Ginger Turmeric Salmon & Potatoes

4 servings

25 minutes

Ingredients

- 567 grams Salmon Fillet
- 2 Sweet Potato (medium, sliced or chopped)
- 400 grams Snap Peas (trimmed)
- 30 milliliters Coconut Oil (melted)
- 3 grams Turmeric (ground)
- 2 grams Ground Ginger
- 3 grams Sea Salt

Nutrition

Amount per serving	
Calories	353
Fat	16g
Carbs	21g
Fiber	5g
Sugar	6g
Protein	31g

Directions

- 1 Preheat the oven to 375°F (190°C) and line a large baking sheet with parchment paper.
- 2 Arrange the salmon fillets, sweet potato, and snap peas onto the baking sheet.
- 3 In a small bowl, stir together the coconut oil, turmeric, ginger, and salt. Coat the salmon fillets and toss the veggies in the mixture.
- 4 Roast for 20 minutes, or until the salmon is cooked through and the veggies are tender. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately five ounces of salmon, one cup of sweet potatoes, and one cup of snap peas.

More Flavor: Add lemon juice or herbs.



Beef & Bean Minestrone

6 servings

1 hour 15 minutes

Ingredients

15 milliliters Extra Virgin Olive Oil
 227 grams Extra Lean Ground Beef
 1 Yellow Onion (medium, finely chopped)
 2 Carrot (medium, chopped)
 2 stalks Celery (finely chopped)
 4 Garlic (cloves, minced)
 4 grams Italian Seasoning
 6 grams Sea Salt
 64 grams Tomato Paste
 946 milliliters Beef Broth
 847 grams Diced Tomatoes (from the can)
 354 grams Mixed Beans (cooked)
 1 Bay Leaf
 1 Zucchini (medium, chopped)
 60 grams Baby Spinach

Nutrition

Amount per serving	
Calories	237
Fat	7g
Carbs	27g
Fiber	7g
Sugar	9g
Protein	17g

Directions

- 1 In a large pot, heat the oil over medium-high heat. Add ground beef to the pot. With a wooden spoon or spatula, break the beef into small pieces as it cooks. Stir until it is cooked through and no longer pink.
- 2 Add the onions, carrots, celery, garlic, Italian seasoning and salt. Cook until onions are just translucent, about 7 minutes. Add tomato paste and stir to incorporate.
- 3 Add the beef broth, diced tomatoes, mixed beans and bay leaf. Stir to incorporate then bring soup to a gentle boil.
- 4 Stir in the zucchini and the spinach. Reduce heat to a simmer and cook uncovered for about 40 minutes until vegetables are very tender and soup has reduced slightly.
- 5 Remove the bay leaf. Divide into bowls and enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days. Store in the freezer for longer.

Serving Size: One serving is roughly 1 1/2 cups.

No Ground Beef: Use ground turkey or ground chicken instead.

More Carbs: Stir in cooked pasta or noodles before serving.

Likes it Cheesy: Sprinkle with parmesan or nutritional yeast.



Moroccan Chicken Stew

4 servings

30 minutes

Ingredients

59 milliliters Coconut Oil
 283 grams Chicken Breast (skinless, boneless, diced into chunks)
 2 Yellow Onion (medium, diced)
 3 grams Turmeric
 1 gram Cinnamon
 1 gram Cardamom
 450 milligrams Cayenne Pepper
 9 grams Sea Salt
 3 Tomato (large, diced)
 30 grams Parsley (finely chopped and divided)
 42 grams Raw Honey
 55 grams Raisins

Nutrition

Amount per serving	
Calories	320
Fat	16g
Carbs	29g
Fiber	4g
Sugar	22g
Protein	18g

Directions

- 1 Heat coconut oil over medium heat in a large pot or saucepan. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
- 2 Stir in tomatoes, half the parsley, honey and raisins. Cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick.
- 3 Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

Notes

Serve it With: Crusty bread, brown or white rice, quinoa, brown rice tortillas, roasted squash, sweet potato, or our Paleo Tabbouleh recipe.

Storage: Refrigerate in an airtight container up to 3 days, or freeze if longer.

Make it Vegan or Vegetarian: Use chickpeas instead of chicken and maple syrup instead of honey.



Peanut Butter Curry Chickpea Stew

4 servings

45 minutes

Ingredients

15 milliliters Coconut Oil
 1 Yellow Onion (medium, diced)
 2 Garlic (cloves, minced)
 6 grams Ginger (grated)
 2 grams Cumin
 2 grams Coriander
 3 grams Cinnamon
 9 grams Turmeric
 59 milliliters Water
 65 grams All Natural Peanut Butter
 475 milliliters Vegetable Broth
 240 milliliters Unsweetened Almond Milk
 6 grams Sea Salt
 1 Red Bell Pepper (sliced)
 1 Zucchini (sliced)
 2 Carrot (medium, peeled and sliced)
 656 grams Chickpeas (cooked)
 1 Lime (juiced)
 4 grams Cilantro (chopped)

Directions

- 1 Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
- 2 Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the peanut butter.
- 3 Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
- 4 Add the pepper, zucchini, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
- 5 Stir in the lime juice and cilantro. Divide into bowls, and top with more cilantro if desired. Enjoy!

Notes

Leftovers: Store in the fridge up to 4 days or freeze.

Serving Size: One serving is approximately 2 cups.

Nutrition

Amount per serving	
Calories	467
Fat	17g
Carbs	63g
Fiber	17g
Sugar	17g
Protein	21g



One Pan Pork Chops with Potatoes & Green Beans

4 servings

25 minutes

Ingredients

600 grams Mini Potatoes (quartered)
 400 grams Green Beans (trimmed and halved)
 15 milliliters Extra Virgin Olive Oil
 2 grams Oregano (divided)
 6 grams Sea Salt (divided)
 700 grams Pork Chop (bone-in, 1/2-inch thick)
 2 grams Smoked Paprika
 1 gram Cumin

Nutrition

Amount per serving	
Calories	477
Fat	20g
Carbs	34g
Fiber	6g
Sugar	5g
Protein	41g

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Place the potatoes and green beans on the baking sheet. Drizzle with the olive oil and season with two-thirds of the oregano and half of the salt. Toss well to coat. Bake for 15 minutes.
- 3 Meanwhile, season the pork chops on both sides with the smoked paprika, cumin, remaining oregano, and salt.
- 4 Remove the pan from the oven and stir the vegetables. Add the pork chops to the center of the pan. Place the sheet back in the oven and bake for 10 minutes or until the pork chops are cooked through.
- 5 Remove the baking sheet from the oven. Divide the pork chops, green beans, and potatoes between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic powder, onion powder, ground coriander or chili powder to the pork chop seasoning.

No Green Beans: Use broccoli or sliced carrots instead.

Cooking Time: Thicker pork chops may require additional cooking time.



Lemon Blueberry Baked Oats

4 servings

30 minutes

Ingredients

162 grams Oats
490 grams Cow's Milk, Reduced Fat
80 grams Maple Syrup
1 Lemon (large, juiced)
5 milliliters Vanilla Extract
12 grams Chia Seeds
5 grams Baking Powder
148 grams Blueberries (plus extra for garnish)

Nutrition

Amount per serving	
Calories	309
Fat	6g
Carbs	55g
Fiber	6g
Sugar	23g
Protein	10g

Directions

- 1 Preheat the oven to 350°F (175°C) and grease a baking pan, or line it with parchment paper.
- 2 Add the oats, milk, maple syrup, lemon juice, vanilla, chia seeds, and baking powder to the pan. Mix to combine. Fold in the blueberries.
- 3 Bake for 25 to 30 minutes or until cooked through. Remove from the oven and let it cool for ten minutes. Divide between plates and enjoy!

Notes

Leftovers: Cover the dish and refrigerate for up to four days. Eat it cold or heat it up.

Serving Size: One serving is equal to one square piece. An 8 x 8-inch baking dish was used to make four servings.

More Flavor: Before baking, mix in some lemon zest.

Additional Toppings: Yogurt, maple syrup, lemon zest, cinnamon, berries, sliced almonds, other nuts and seeds.

Dairy-Free: Use an alternative milk.



Spinach & Sweet Potato Frittata

4 servings

25 minutes

Ingredients

15 milliliters Extra Virgin Olive Oil
1 Sweet Potato (medium, peeled and cut into small cubes)
90 grams Baby Spinach (chopped)
8 Egg (whisked)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	206
Fat	13g
Carbs	8g
Fiber	1g
Sugar	2g
Protein	14g

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 3 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 4 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

Additional Toppings: Salsa, hot sauce, or ketchup.

No Spinach: Use kale or swiss chard instead.



Peanut Butter Breakfast Bars

9 servings

25 minutes

Ingredients

160 grams All Purpose Gluten-Free Flour
 2 grams Baking Soda
 28 grams Stevia Powder
 3 Egg
 59 milliliters Coconut Oil (melted, then measured)
 5 milliliters Vanilla Extract
 65 grams All Natural Peanut Butter (runny, chunky)
 60 grams Dark Chocolate Chips (or chunks)
 20 grams Oats (rolled)

Nutrition

Amount per serving	
Calories	233
Fat	14g
Carbs	24g
Fiber	3g
Sugar	4g
Protein	5g

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
- 2 In a mixing bowl, stir together the flour, baking soda, and stevia. Then stir in the eggs, coconut oil, and vanilla extract.
- 3 Transfer the mixture to the baking dish and spread into an even layer. Drop the peanut butter in dollops across the top, then sprinkle the chocolate chips and oats across the top. Bake for about 12 to 15 minutes or until lightly golden brown and cooked through. Let cool before slicing and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week, or freeze if longer.

Serving Size: A 8 by 8-inch baking dish was used to make 9 servings.

Flour: This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that if using another brand of flour, results may vary.



One Pan Lemon Spiced Chicken & Potatoes

4 servings

30 minutes

Ingredients

1 Lemon (divided)
 454 grams Chicken Breast
 750 grams Mini Potatoes (quartered)
 298 grams Cherry Tomatoes (halved)
 15 milliliters Extra Virgin Olive Oil
 3 grams Turmeric
 950 milligrams Ground Allspice
 3 grams Sea Salt
 113 grams Plain Greek Yogurt
 30 grams Parsley (chopped)

Nutrition

Amount per serving	
Calories	354
Fat	7g
Carbs	39g
Fiber	5g
Sugar	5g
Protein	33g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper. Cut half the lemon into slices and set aside.
- 2 Add the chicken, potatoes, tomatoes, olive oil, turmeric, allspice, and sea salt to the baking sheet. Squeeze the juice from the remaining lemon over top and toss until well coated. Layer the lemon slices over top and cook for 25 to 30 minutes or until the chicken is cooked through.
- 3 Slice the chicken and garnish with yogurt and parsley. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add red pepper flakes, cayenne, paprika, black pepper, garlic and/or pomegranate seeds.



Citrus Coconut White Fish

2 servings

20 minutes

Ingredients

15 milliliters Extra Virgin Olive Oil
 1/2 Yellow Onion (medium, chopped)
 2 Garlic (cloves, minced)
 2 grams Cumin
 750 milligrams Sea Salt
 1/2 Tomato (large, diced)
 59 milliliters Orange Juice (freshly squeezed)
 61 milliliters Canned Coconut Milk (full-fat)
 4 grams Cilantro (chopped)
 2 Cod Fillet

Nutrition

Amount per serving	
Calories	341
Fat	14g
Carbs	9g
Fiber	1g
Sugar	5g
Protein	43g

Directions

- 1 In a pot just large enough to fit the fillets, heat the oil over medium heat. Add the onions and cook for three to five minutes or until the onions start to soften. Add the garlic, cumin, salt, and tomato and stir to combine. Cook for another minute.
- 2 Add the orange juice and simmer for two to three minutes until the tomatoes begin to soften. Stir in the coconut milk and cilantro and bring the liquid to a simmer.
- 3 Add the cod fillets to the pot and cover with the lid. Steam the cod for six to 10 minutes or until cooked through and flakey. The cooking time will depend on the thickness of the fillets.
- 4 Divide the filets between plates and top with the citrus coconut sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.

Additional Toppings: More cilantro, lime wedges, or red pepper flakes.

No Cod: Use another white fish, like haddock, instead.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.



One Pan Steak, Asparagus & Mushrooms

2 servings

10 minutes

Ingredients

7 milliliters Extra Virgin Olive Oil (divided)
454 grams Top Sirloin Steak
2 grams Sea Salt (divided)
268 grams Asparagus (woody ends trimmed)
12 Cremini Mushrooms (sliced)

Nutrition

Amount per serving	
Calories	566
Fat	36g
Carbs	9g
Fiber	4g
Sugar	5g
Protein	51g

Directions

- 1 Heat half the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 2 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
- 3 Reduce the heat to medium and add the remaining oil to the skillet. Cook the asparagus and mushrooms for about five minutes, or until cooked through seasoning with the remaining salt.
- 4 Divide the asparagus, mushrooms, and steak slices onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Serve with garlic butter sauce, chimichurri, salsa or caramelized onions.

Serving Size: One serving is approximately 3/4 cup asparagus, 1/4 cup mushrooms, and 8 ounces (227 grams) steak.



Veggie Pita Pizza

2 servings

15 minutes

Ingredients

2 Whole Wheat Pita
 61 grams Tomato Sauce
 85 grams Mozzarella Cheese (grated)
 8 grams Baby Spinach (chopped)
 20 grams Red Onion (chopped)
 1 Tomato (small, diced)
 1/4 Red Bell Pepper (chopped)

Nutrition

Amount per serving	
Calories	299
Fat	9g
Carbs	41g
Fiber	5g
Sugar	4g
Protein	15g

Directions

- 1 Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper. Place the pita on the baking sheet and top with the tomato sauce, cheese, and vegetables. Place in the oven and bake for 10 minutes or until the cheese has melted and the pitas are warmed through.
- 2 Remove from the oven, slice, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one pita pizza.

Gluten-Free: Use a gluten-free pita or tortilla.

Dairy-Free: Use dairy-free cheese.

No Tomato Sauce: Use marinara sauce, pizza sauce or pesto instead.



Cinnamon Keto Porridge

2 servings

10 minutes

Ingredients

480 milliliters Unsweetened Almond Milk

48 grams Chia Seeds

15 grams Unsweetened Shredded Coconut (plus more for topping)

20 grams Ground Flax Seed

4 grams Cinnamon

2 grams Stevia Powder (or to taste)

Nutrition

Amount per serving	
Calories	256
Fat	19g
Carbs	19g
Fiber	11g
Sugar	1g
Protein	8g

Directions

- 1 Heat the almond milk in a small pot over medium heat until hot but not boiling. Turn the heat off then add the chia seeds, coconut, flax, cinnamon, and stevia. Stir for about a minute until the porridge has thickened.
- 2 Let the porridge rest for two to three minutes more to allow the chia seeds time to swell. Add more almond milk if needed to reach the desired consistency. Transfer to a bowl and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Enjoy cold or reheat with additional almond milk on the stove.

Nut-Free: Use oat milk instead of almond milk.

More Flavor: Add vanilla extract, a pinch of salt, or more stevia to taste.

Additional Toppings: Extra cinnamon, chopped nuts or seeds, almond butter, coconut butter, and/or fresh berries.

No Stevia Powder: Use liquid stevia, monk fruit sweetener drops, or liquid sweetener of choice to taste.