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30-Minute Meals





Baked Orzo

Yield:

8 servings

 Prep 5 min | Cook 25 min | **Ready in 30 min**

INGREDIENTS

2 tbsp (30 mL) olive oil
1 onion
2 bell peppers, any color
2 cups (500 mL) vegetable broth
2 cups (500 mL) orzo pasta
1 can (14.5 oz./411 g) fire-roasted diced tomatoes, undrained
1 can (15.5 oz./440 g) chickpeas, drained and rinsed
2 tbsp (30 mL) [Greek Rub](#)
¼ tsp (1 mL) red pepper flakes
¼ tsp (1 mL) salt
5 oz. (150 g) baby spinach leaves
Optional: Crumbled feta cheese, sliced kalamata olives

DIRECTIONS

1. Preheat the oven to 400°F (200°C).
2. Heat the oil in the [6-qt. \(5.7-L\) Enameled Cast Iron Dutch Oven](#) over medium heat for 3-4 minutes.
3. Working in batches, chop the onion and bell peppers in the [Manual Food Processor](#). Add to the Dutch oven and cook until softened, about 3–4 minutes.
4. Add the broth, orzo, tomatoes, chickpeas, rub, red pepper flakes, and salt; bring to a simmer.
5. Remove from the heat. Stir in the spinach. Cover and bake until the liquid has been absorbed and the orzo is soft, about 12–14 minutes.
6. If you like, top with feta and olives.



Chicken Vegetable Soup

Yield:

6 servings

 Prep 3 min | Cook 27 min | **Ready in 30 min**

INGREDIENTS

1 lb. (450 g) boneless skinless chicken thighs
1 tsp (5 mL) salt
1 tbsp (15 mL) vegetable oil
1 medium leek, green top removed
2 garlic cloves, pressed
2 qts. (2 L) low-sodium chicken broth
8 oz. (250 g) green beans, trimmed and cut into bite-sized pieces
2 small zucchinis, cut in half lengthwise
1 pkg (5 oz./150 g) baby spinach (about 5 cups/1.25 L)
1 cup (250 mL) loosely packed fresh basil
Zest from 1 lemon
Optional: Lemon wedges

Cook's Tips:

Sometimes leeks hold dirt within their layers. By washing them after they're sliced, you make sure that they're clean.

The bright, delicate flavors of basil and lemon zest can become dull when cooked for too long. By adding them just before serving, you'll keep those flavors vibrant.

DIRECTIONS

1. Cut the chicken into bite-sized pieces and season with the salt.
2. Heat the oil in the [6-qt. \(5.7-L\) Enameled Cast Iron Dutch Oven](#) over medium heat for 3–4 minutes.
3. Add the chicken to the Dutch oven and cook, stirring occasionally, until the chicken has browned, 5–6 minutes (the chicken will not be fully cooked). Remove the chicken.
4. Meanwhile, slice the leek on the No. 3 thickness of the [Rapid-Prep Mandoline](#) and clean the leek in a bowl of cold water (see cook's tips). Once the chicken has browned, drain the leek and add it to the Dutch oven. Cook the leek, stirring occasionally, until it has softened 3–4 minutes. Add the garlic and cook it until fragrant, about 1 minute.
5. Add the broth and green beans. Bring to a simmer, covered, over high heat (covering helps speed the time it takes for the soup to come to a simmer).
6. Meanwhile, slice the zucchini into half-moons on the No. 3 setting of the mandoline. Once the soup has come to a simmer, return the chicken to the pot and add the zucchini. Continue to simmer until the zucchini is just tender, about 3 minutes. Remove from the heat and stir in the spinach.



Baked Ziti With Sausage

Yield:

8 servings

🕒 Prep 5 min | Cook 30 min | **Ready in 35 min**

INGREDIENTS

1 tbsp (15 mL) oil
1 medium onion
1 lb. (450 g) ground Italian sausage
2 garlic cloves, pressed
2 cans (14.5 oz./411 g) diced tomatoes, undrained
1 can (8 oz./250 g) tomato sauce
2 tbsp (30 mL) tomato paste
2 tsp (10 mL) [Italian Seasoning Mix](#)
¼ tsp (1 mL) red pepper flakes
3 cups (750 mL) water
1 lb. (450 g) ziti pasta
1 pkg (8 oz./250 g) fresh whole milk mozzarella cheese
1 oz. (30 g) Parmesan cheese, finely grated (½ cup/125 mL)

Cook's Tips:

If you can't find ziti, you can use any tube-shaped pasta like penne, rigatoni, or mostaccioli.

DIRECTIONS

1. Preheat the oven to 475°F (240°C). Heat the oil in the [6-qt. \(5.7-L\) Enameled Cast Iron Dutch Oven](#) over medium heat for 3–4 minutes.
2. Finely chop the onion in the [Manual Food Processor](#).
3. Cook the sausage for 1–2 minutes, then break into crumbles. Add the onion and garlic; cook until the sausage is no longer pink, about 5–6 minutes.
4. Add the diced tomatoes, tomato sauce, tomato paste, Italian seasoning, and red pepper flakes. Simmer 5–7 minutes, stirring occasionally.
5. Add the water and pasta; cook until the pasta is almost al dente, about 10 minutes. (Since the pasta continues to cook in the oven, it's best if not cooked all the way through.)
6. Cut the mozzarella into small cubes.
7. Remove the Dutch oven from the heat. Stir in the Parmesan and half of the mozzarella. Top with the remaining mozzarella. Bake, uncovered, until the cheese is melted, about 7–8 minutes.



Shrimp Boil

 Prep 5 min | Cook 5 min | **Ready in 10 min**

Yield:

4 cups

2-3 servings

INGREDIENTS

11 oz. (325 g) red-skinned new potatoes (about 3)

2 tbsp (30 mL) chicken broth or water

1 large ear of corn, husked

8 oz (250 g) large raw frozen shrimp (31-40 count)

2 tbsp (30 mL) butter

2 tsp (10 mL) [Seasoning Salt](#)

DIRECTIONS

1. Thinly slice the potatoes using the [Simple Slicer](#) on the No. 2 setting. Cut the corn into 1" (2.5-cm) pieces.
2. Place the potatoes into the [Large Reusable Storage Bag](#), and add the broth to the bag. Seal the bag, leaving 1" (2.5 cm) open to release steam. Place the bag flat on a microwave-safe plate, ensuring the potatoes are in a single layer. Microwave for 4 minutes.
3. Carefully open the bag. Add the corn, shrimp, butter, and [Seasoning Salt](#) to the bag and toss to coat.
4. Microwave for 3–4 minutes, or until the potatoes are tender and the shrimp is cooked. Let the bag stand for 2 minutes before serving.

Cook's Tips:

We like using frozen shrimp because it saves time, but you can make this recipe with thawed shrimp, too! Just reduce the cooking time in step 4 by 1–2 minutes.

Switch up your seasonings to customize!



Pizza Grilled Cheese

 Prep 15 min | Cook 5 min | **Ready in 20 min**

INGREDIENTS

1/4 cup (60 mL) butter, softened (1/2 stick)
3 garlic cloves, pressed
8 slices Italian bread
1 oz. (30 g) Parmesan cheese, finely grated (1/2 cup/125 mL)
1 lb. (450 g) chicken tenders
1 1/2 tbsp (22 mL) [Everything but the Pizza Seasoning](#)
1 tsp (5 mL) vegetable oil
8 slices low-moisture, part-skim mozzarella cheese

Optional: Ranch dressing or marinara for serving

Cook's Tips:

This is a great recipe to make when everyone likes something different. Just add any toppings like grilled peppers, onions, or mushrooms, and you'll have easy, made-to-order restaurantquality sandwiches. Clean your griddle with ease. While the grill is open, hold a piece of damp paper towel with your tongs, and then wipe the griddle.

Yield:

4 servings

DIRECTIONS

1. Set the [Deluxe Electric Grill & Griddle](#) with the griddle plates to "GRIDDLE".
2. Combine the butter and garlic in small bowl. Spread one side of each slice of bread with the butter mixture, then sprinkle the Parmesan over the buttered bread slices.
3. Season the chicken with the seasoning and oil in a medium bowl. Add the chicken to the grill and cook, closed, until the internal temperature reaches 165°F (74°C), 3–4 minutes.
4. Remove the chicken and cut it into thirds. Carefully wipe the griddle with a paper towel (see cook's tips).
5. Place 4 slices of bread, butter-side down on the grill. Add the chicken and 2 slices mozzarella cheese. Top with the remaining bread, butter-side up.
6. Close the grill and adjust the lid so it touches the top of the bread. Cook the sandwich until the bread is golden brown and the cheese is melted.
7. Cut each sandwich into thirds and dip them in ranch dressing or marinara, if you'd like.



Baja Cod Air Fryer Tostadas

Yield:

4 servings

 Prep 20 min | Cook 10 min | **Ready in 30 min**

INGREDIENTS

Pineapple Salsa

1 small red bell pepper, seeded and quartered

1 jalapeño pepper, seeded and quartered

1 lime, juiced

½ tsp (2 mL) salt

⅓ cup (75 mL) cilantro leaves, loosely packed

2 cups (500 mL) cubed fresh pineapple

Fish

1 lb. (450 g) cod filets, fresh or frozen (thawed), cut into 4 pieces

2 tsp (10 mL) [Chili Lime Rub](#)

Cabbage Slaw

½ cup (250 mL) sour cream

2 limes, juiced

1 tsp (5 mL) Chili Lime Rub

1 head napa cabbage, shredded (4 cups/1 L)

To Serve

8 corn tostadas

2 ripe avocados, smashed

DIRECTIONS

1. To make the salsa, place the bell pepper, jalapeño, lime juice, and salt in a food processor and pulse about 8 times or until coarsely chopped. Add the cilantro and top with the pineapple (this helps to evenly blend), and pulse about 12 times or until coarsely chopped and well blended.
2. Pat the fish dry with paper towels; season the top with the rub.
3. Spray one tray of the [Deluxe Air Fryer](#) with oil; add the cod in a single layer and place on the top rack. Cook on ROAST for 9 minutes, or until the fish flakes easily with a fork.
4. To make the slaw, combine the sour cream, lime juice, and rub in a medium bowl; fold in the cabbage.
5. To assemble, spread each tostada shell with smashed avocado, then top with flaked fish, cabbage slaw, and pineapple salsa. Sprinkle with chopped cilantro, if you'd like.

Cook's Tips:

We chose cod for its mild, buttery flavor that works with a variety of ingredients. And, we like how it flakes into juicy, bite-sized pieces. Because it's a saltwater fish, it can have a slightly salty flavor. If you prefer, you can substitute tilapia or another mild white fish.



Air Fryer Pork Kebabs

 Prep 25 min | Cook 10 min | **Ready in 35 min**

Yield:

4 servings

INGREDIENTS

Kebabs

1 pork tenderloin (about 1 lb./450 g), trimmed (see cook's tips)

1 large ripe mango

1 large red bell pepper

Marinade

¼ cup (60 mL) orange juice

2 tbsp (30 mL) honey

2 tbsp (30 mL) vegetable oil

1 tbsp (15 mL) [Rotisserie Seasoning](#)

Salad

1 pkg (5 oz./142 g) baby arugula

1 ripe avocado, cut into cubes

¼ red onion, thinly sliced

½ cup (125 mL) canned black beans, drained and rinsed

DIRECTIONS

1. Cut the tenderloin into 16 pieces about 1¼" (3 cm) thick. Cut the mango and bell pepper into 16 pieces about 1" (2.5 cm) thick each.
2. Whisk the marinade ingredients together in a small bowl.
3. In a large bowl, add the pork, mango, bell pepper, and ¼ cup (60 mL) of the marinade; stir to coat.
4. Thread 2 pieces of the pork, 2 pieces of the mango, and 2 pieces of the bell pepper on each of the [Deluxe Air Fryer Skewers](#).
5. Insert the assembled skewers in the [Deluxe Air Fryer](#) and cook on "ROTISSERIE" until the pork reaches 145°F (63°C), 10–12 minutes.
6. Meanwhile, combine the arugula, avocado, onion, and black beans in a large serving bowl. Toss with 2 tbsp (30 mL) of the marinade just before serving. Drizzle the kebabs with the remaining marinade.

Cook's Tips:

Silver skin is a tough membrane on the outside of the tenderloin. It doesn't get tender when cooked, so it's best to remove it. To remove the skin from the pork tenderloin, insert the knife blade underneath the skin, keeping the blade angled away from the meat as you cut along the entire length of the skin. You can find precut mango in most supermarkets. You can also buy frozen mango chunks and defrost them for this recipe.