

THE ORGANIZED COOK

*Ingredient
Preparation*

CHEAT SHEET

INGREDIENT PREP CHEAT SHEET

	PREP METHOD+	STORAGE	USAGE IDEAS+
Vegetables			
Butternut Squash	roast whole 200C/400F 1hr	fridge 2-3w freezer 6m+	soup, salad, curry, hummus
Rainbow Veg	grate carrot, beets, cauli and/or broccoli	fridge 1-2w freezer NO	+eggs for breakkie, salad, +curry
Kale	wash, slice, wilt with olive oil in a covered pot	fridge 1-2w freezer 6m+	+eggs, cabonara, +ragu
Legumes & Grains			
Lovely Lentils	boil like pasta 20min, drain, season (3Tsoy + 4Tvinegar)	fridge 2-3w freezer 6m+	beet salad, +ricotta, +roast chicken
Steamed Rice	boil like pasta 10min, drain	fridge 1-2w freezer 6m+	egg fried rice, +curry, +stir fry
Protein			
Boiled Eggs	cover with water, simmer 8mins, drain + run cold water over	fridge 2-3w freezer NO	portable snack, curry, breakkie
Pork Ragu	brown 4 sausages, add 1 can tomatoes + 3T butter, simmer 5min	fridge 1-2w freezer 6m+	+baby spinach, +kale, +pasta
Baked Meatballs	500g(1lb) minced meat + 75g (3oz) almond meal.bake 30min 200C/400F	fridge 1-2w freezer 6m+	+tomato sauce, +pesto, +lentils
Sauces			
Sicilian Pesto	bunch basil, 1C cashews, 1/2C EVOO & 1clove garlic	fridge 3-4w freezer 12m+	on steak, +lentils, +chicken
Mayo	2 yolks, 2T water, 1T mustard, 2T vinegar, 3C oil	fridge 1-2w freezer NO	+eggs, +kale, on everything!
Go-to Dressing	1C EVOO, 4T vinegar, 1T soy sauce	pantry 6m+ freezer 12m+	salad, on cooked veg, sauce for meats