



# Amazing 20 Minute Dinners

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10 tried and tested dinners everyone RAVES about

Arman Liew

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## MEET THE AUTHOR

The Big Man's World is a food and lifestyle blog dedicated to delicious, healthy, and easy-to-make recipes. Our philosophy is simple - we believe that healthy food doesn't have to be boring or tasteless. In fact, we're all about making healthy food that's both delicious and fun to make!





## **ABOUT THE BOOK**

This recipe e-book is a collection of some of our most popular and favorite dinner recipes, all of which have been carefully selected to provide you with nutritious, flavorful, and satisfying meals. Whether you're a seasoned home cook or a beginner in the kitchen, you'll find something in this cookbook to inspire and delight your taste buds.

You'll find our 10 favorite dinner recipes. There are options for vegetarians and vegans, and all of them are quick, easy, and delicious!



PREP 1 MIN



COOK 8 MIN



SERVES 4

# GRILLED CHICKEN TENDERS

## INGREDIENTS

- 8 chicken tenderloins
- 1/4 cup olive oil
- 3 cloves garlic (minced)
- 2 tablespoons lemon juice
- 1 lemon zest
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon smoked paprika

## INSTRUCTIONS

1. In a mixing bowl, add all the ingredients and mix well. Cover the bowl and let everything sit for 5 minutes or up to 20 minutes.
2. Preheat and grease a grill or barbecue to medium heat. Alternatively, you can use a grill pan with grates on it.
3. Add the chicken tenders to the grill and cook for 3-4 minutes on each side.
4. Serve immediately.

## NOTES

**TO STORE:** Leftovers can be stored in an airtight container for up to 3-4 days.

**TO REHEAT:** Transfer the chicken to a baking sheet lined with parchment paper and bake at 180C/350F for 10-12 minutes. Alternatively, you can also reheat them in an air fryer at 350°F for 5-6 minutes.

**TO FREEZE:** Allow the chicken tenders to cool completely, then transfer them to an airtight container or freezer-safe bag and store them for 6 months.

## NUTRITION

Calories: 168kcal | Carbohydrates: 2g | Protein: 21g | Fat: 7g







PREP 1 MIN



COOK 10 MIN



SERVES 4



# MILANESA (MILANESA DE RES)

## INGREDIENTS

- 4 cube steaks (4-6 ounces each)
- 1/3 cup (all-purpose flour)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 large eggs (whisked)
- 1 cup bread crumbs
- 1/3 cup parmesan cheese
- 2 tablespoons parsley (finely chopped)
- 1/4 cup oil (to deep fry)

## INSTRUCTIONS

1. Pound the steaks until they are ½-inch in thickness.
2. On a small plate, mix the flour, salt, and pepper. In one bowl, add the eggs and whisk together. In another bowl, combine the bread crumbs, parmesan cheese, and finely chopped parsley.
3. Dip each steak in the flour mix, shake off any excess, then the egg wash, shaking off any excess. Finally, dip both sides in the breadcrumb mixture, pressing firmly to ensure they stick.
4. Add two inches of oil to a pan and place over medium heat. Once hot, add 1-2 milanesa to it and cook for 2-3 minutes on each side, or until golden and crispy.
5. Place the cooked milanesa on a paper towel to soak up any excess oil. Repeat the process until all the breaded steak is cooked.

## NOTES

**TO STORE:** Place leftovers in an airtight container in the fridge for up to 3 days.

**TO REHEAT:** No thawing is necessary; reheat refrigerated or frozen milanesa by using the oven. Transfer them to a baking sheet lined with parchment paper and bake them at 400°F/204°C for 10-15 minutes, stopping halfway through to flip them. Frozen steaks will take a few minutes longer.

**TO FREEZE:** Allow the steaks to cool completely and transfer them to an airtight container or freezer-safe bag. Freeze them for up to 6 months.

## NUTRITION

Calories: 494kcal | Carbohydrates: 20g | Protein: 45g | Fat: 25g



PREP 1 MIN



COOK 18 MIN



SERVES 4

# CHICKEN CHOW MEIN

## INGREDIENTS

- 1/4 cup chicken soup (or water)
- 1/4 cup oyster sauce
- 3 tablespoons soy sauce
- 3 tablespoons sesame oil
- 2 tablespoons Shaoxing wine (or chicken broth)
- 1 tablespoon cornstarch
- 1 tablespoon brown sugar
- 1/4 teaspoon white pepper
- 10 oz chicken breast (cubed)
- 5 oz chow mein noodles (uncooked)
- 3 tablespoons oil
- 2 cloves garlic (minced)
- 2 cups cabbage (shredded)
- 1 large carrot (sliced into strips)
- 3 green onions (chopped)

## INSTRUCTIONS

1. Combine the chicken soup, oyster sauce, soy sauce, sesame oil, Shaoxing wine, corn starch, sugar, and pepper, and mix well.
2. Mix the chicken with 1/4 of the sauce and leave to marinate for 10 minutes.
3. Prepare the chow mein noodles per package instructions, drain, and set aside.
4. Heat the oil in a wok and cook garlic for 10 seconds. Add chicken and cook until it is no longer pink, stirring regularly.
5. Add cabbage, carrot, and spring onion. Cook for 2-3 minutes until the cabbage softens.
6. Add noodles and the rest of the sauce and cook until the chicken cooks through.

## NOTES

**TO STORE:** Place leftover chicken chow mein in an airtight container and store in the fridge for up to one week.

**TO REHEAT:** Transfer chicken chow mein to a skillet and heat at medium heat until the dish is fully reheated, frequently stirring. The microwave will also work. Simply heat in 30-second intervals until fully warmed.

**TO FREEZE:** Allow noodles to cool completely and transfer them to an airtight container or freezer bag and freeze for up to 6 months.

## NUTRITION

Calories: 473kcal | Carbohydrates: 38g | Protein: 23g | Fat: 25g







PREP 1 MIN



COOK 9 MIN



SERVES 4

# SPICY NOODLES

## INGREDIENTS

- 1 lb rice noodles
- 3 tablespoons soy sauce
- 3 tablespoons dark soy sauce
- 1/4 cup water
- 2 tablespoons sugar
- 2 tablespoons sesame oil
- 2 tablespoons vegetable oil
- 6 cloves garlic (sliced)
- 4 stalks green onion (sliced)
- 3 small red chilis
- 1 cup bean sprouts
- 2 tablespoons sesame seeds (to serve)

## INSTRUCTIONS

1. In a small bowl, whisk together the soy sauce, dark soy sauce, sesame oil, water, and sugar until combined.
2. Cook noodles as per instructions and set aside.
3. Add the vegetable oil to a large skillet and place over medium-high heat. Once hot, add garlic, the white part of the onion, and chili. Stir-fry for 2-3 minutes.
4. Add the noodles and pour the sauce over it and mix until the noodles are fully coated. Add the bean shoots and cook for 3 minutes.
5. Add the rest of the green onion and cook for a further 2 minutes, or until they are wilted.
6. Remove the noodles off the heat, sprinkle with sesame seeds and serve immediately.

## NOTES

**TO STORE:** Place leftover noodles in an airtight container and store them in the refrigerator for up to one week.

**TO FREEZE:** Place the cooked and cooled noodles in a shallow container and store them in the freezer for up to 6 months.

**TO REHEAT:** You can reheat them in the microwave for 30-40 seconds or in a non-stick pan (or skillet).

## NUTRITION

Calories: 359kcal | Carbohydrates: 41g | Protein: 11g | Fat: 10g





PREP 1 MIN



COOK 10 MIN



SERVES 4

# STUFFED CHICKEN BREAST

## INGREDIENTS

- 4 small chicken breasts skinless and boneless
- 1/3 cup parmesan cheese
- 1/3 cup feta cheese
- 1 teaspoon salt
- 1 cup baby spinach (chopped)
- 1/2 teaspoon pepper
- 1/4 cup sun dried tomatoes (packed in oil)
- 1 teaspoon smoked paprika
- 6 ounces + 2 tablespoons cream cheese
- 1 tablespoon butter (to cook)

## INSTRUCTIONS

1. Butterfly your chicken breasts and sprinkle the outside with salt, pepper, and smoked paprika.
2. In a small bowl, mix together the cream cheese, parmesan cheese, feta cheese, baby spinach, and sun dried tomatoes.
3. Stuff the chicken breasts with the filling, and use toothpicks to hold everything in place.
4. Place a skillet over medium heat. Add the butter and once hot, and the chicken and brown all sides of it. Cook until it reaches an internal temperature of 165.

## NOTES

**TO STORE:** Once the stuffed chicken breast cools, store the leftovers in an airtight container and refrigerate for up to 4 days.

**TO FREEZE:** Place the cooled and cooked chicken in a shallow container and store it in the freezer for up to 2 months.

**TO REHEAT:** Reheat covered in a pan on the stovetop or in the oven. Microwaving is also an option, though I don't find it to be the best way to reheat stuffed chicken breasts as it dries them out.

## NUTRITION

Calories: 327kcal | Carbohydrates: 9g | Protein: 33g | Fat: 17g







PREP 5 MIN



COOK 12 MIN



SERVES 4



# STUFFED SALMON

## INGREDIENTS

- 4 salmon fillets (skinless)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon olive oil
- 3 cups baby spinach
- 4 ounces cream cheese (softened)
- 1/4 cup parmesan cheese
- 1/2 teaspoon Italian seasoning
- 2 tablespoons butter
- 1 tablespoon lemon juice

## INSTRUCTIONS

1. Pat dry the salmon fillets then drizzle the olive oil over them. Season both sides with salt and pepper.
2. Cut slits in the salmon lengthways, ensuring you don't cut too deeply so that the salmon breaks.
3. In a small saucepan, saute the spinach with 1 tablespoon of water until wilted.
4. Drain the spinach then add it to a bowl. Add the cream cheese, parmesan cheese, and Italian seasoning, and mix well.
5. Stuff the salmon fillets with the spinach filling and if needed, use a toothpick to seal the ends.
6. Add the butter to a non-stick skillet and place over medium heat. Once hot, add the salmon fillets and cook for 12-15 minutes, flipping halfway through. Once the salmon is almost done, add the lemon juice, then remove off the heat.

## NOTES

**TO STORE:** Transfer leftover stuffed salmon to an airtight container and store it in the fridge for up to 3 days.

**TO REHEAT:** The best way to reheat cheese-stuffed salmon is in the fridge. Loosely cover the fish with foil and reheat it in the oven preheated to 300F degrees.

**TO FREEZE:** You can also freeze leftovers too. Once the salmon cools, transfer it into an airtight container or bag and freeze it for up to 3 months. Defrost the salmon in the fridge before you reheat it.

## NUTRITION

Calories: 411kcal | Carbohydrates: 4g | Protein: 39g | Fat: 26g



PREP 1 MIN



COOK 10 MIN



SERVES 4



# CHICKEN PICCATA

## INGREDIENTS

- 2 large chicken breasts
- 1/4 cup olive oil
- 1 teaspoon salt
- 4 cloves garlic (minced)
- 1/2 teaspoon pepper
- 2/3 cup white wine
- 2 tablespoons all-purpose flour
- 1 tablespoon capers
- 2 tablespoons lemon juice
- 1/4 cup butter
- 2 teaspoons lemon zest

## INSTRUCTIONS

1. Slice chicken breasts in half to leave you with four cutlets. Pound them lightly to get them even thickness.
2. Season the chicken with salt and pepper on both sides.
3. Place flour on a plate and dredge the chicken in it, shaking off any excess.
4. Heat oil and 2 tbsp of butter in a pan over medium-high heat until the butter melts. Working in batches, cook the chicken until deeply browned on both sides. Once the chicken is cooked, set it aside.
5. Add garlic to the pan and sauté for 10 seconds, then add white wine and simmer until it reduces by half. Add capers, lemon juice, lemon zest, salt, and pepper, and cook for a couple of minutes.
6. Add the rest of the butter and swirl well, until the butter melts, return the chicken inside and simmer together for two minutes. Remove from the heat and serve with some fresh parsley.

## NOTES

**TO STORE:** Transfer leftovers to an airtight container and refrigerate them for up 4 days.

**TO FREEZE:** Chicken piccata also freezes well. Divide the leftovers into portions and freeze them in airtight containers for up to 3 months.

## NUTRITION

Calories: 314kcal | Carbohydrates: 5g | Protein: 13g | Fat: 27g





PREP 1 MIN



COOK 25 MIN



SERVES 6

# CABBAGE STEAKS

## INGREDIENTS

- 1 large cabbage
- 1 tablespoon olive oil
- 1 tablespoon butter
- 2 cloves garlic (minced)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

## INSTRUCTIONS

1. Preheat the oven to 180C/350F. Line a large baking sheet with parchment paper and set aside.
2. In a small bowl, whisk together the olive oil, butter, and garlic.
3. Slice the cabbage lengthways into 1-inch 'steaks'. Discard any excess leaves and place the portions on the lined sheet. Brush the tops of each 'steak' with the garlic butter oil mixture. Season with salt and pepper.
4. Bake the cabbage steaks for 25-30 minutes, or until golden and crisp around the edges.

## NOTES

**TO STORE:** Once they're cool, store the leftover cabbage in an airtight container in the fridge for up to 3 days.

**TO REHEAT:** Lay the cabbage steaks on a lined baking sheet and reheat in a 350°F oven until they're warmed through.

## NUTRITION

Calories: 91kcal | Carbohydrates: 12g | Protein: 3g | Fat: 4g





PREP 1 MIN



COOK 15 MIN



SERVES 6



# MAXICON PIZZA

## INGREDIENTS

- 1 small onion (diced)
- 2 cloves garlic (minced)
- 2 tablespoons oil (divided)
- 12 ounces ground beef
- 1 tablespoon taco seasoning
- 6 medium flour tortillas
- 15 ounces refried beans
- 1/2 cup enchilada sauce
- 1 cup mozzarella cheese
- 1 cup Mexican shredded cheese
- 1/2 cup tomatoes (diced)
- 2 tablespoons black olives
- 1/2 large green bell pepper (diced)

## INSTRUCTIONS

1. In a non-stick pan, add the olive oil and place over medium heat. Once hot, add the onion and garlic and cook until fragrant. Add the ground beef and taco seasoning, and cook until the beef is no longer pink.
2. Preheat the oven to 200C/400F. Line two large baking sheets with parchment paper.
3. Heat the oil in a new pan and crisp up the tortillas on both sides.
4. Place a tortilla on a baking sheet. Place some refried beans on a tortilla,
5. followed by some ground beef mixture. Place another tortilla on top, cover it with some enchilada sauce, and then 1/3 of the mozzarella cheese, 1/3 of the Mexican cheese. (Keep some room from the edge, so the cheese doesn't fall off). Repeat the process until all three tortilla pizzas are done.
6. Place the pizzas in the oven and bake until the cheese has melted.
7. Remove from the oven and sprinkle with sliced tomatoes, olives, and finely chopped bell peppers. Serve with sour cream on top.

## NOTES

**TO STORE:** I highly recommend eating the pizzas as soon as they come out of the oven. Any leftovers will keep for about two days in a sealed container in the fridge, but they tend to become soggy quickly.

If you're anticipating leftovers, don't add any fresh toppings. Instead, store the pizzas and toppings in separate containers, so they don't become soggy as quickly.

**TO REHEAT:** Place the leftover pizzas on a parchment-lined baking sheet and reheat in a 375°F oven until the cheese is remelted and the tortilla's crispiness is restored.

## NUTRITION

Calories: 337kcal | Carbohydrates: 28g | Protein: 29g | Fat: 11g



PREP 1 MIN



COOK 10 MIN



SERVES 4

# AIR FRYER TOFU

## INGREDIENTS

- 15 oz tofu (*extra firm*)
- 1/2 teaspoon ground ginger
- 1/2 tablespoon olive oil
- 1/4 teaspoon salt
- 1/2 tablespoon sesame oil
- 2 tablespoons soy sauce
- 1/2 teaspoon garlic powder

## INSTRUCTIONS

1. Preheat the air fryer to 190C/375F.
2. Cube the tofu into bite sizes pieces. Place the tofu on a dishtowel or paper towel to soak up excess moisture.
3. In a large bowl, combine the olive oil, sesame oil, soy sauce, garlic powder, and salt. Add the tofu and mix well, until all the tofu is coated.
4. Generously grease the air fryer basket and add a single layer of tofu to it. Air fry for 10-12 minutes, shaking the basket several times throughout.
5. Once the tofu is golden brown, remove it from the basket and repeat the process until all the tofu is cooked up.

## NOTES

**TO STORE:** Store leftover crispy tofu in an airtight container in the fridge for up to 4 days.

**TO REHEAT:** To reheat air-fried tofu, preheat the air fryer to 375F degrees. Add tofu to the air fryer basket and cook for a few minutes until heated through.

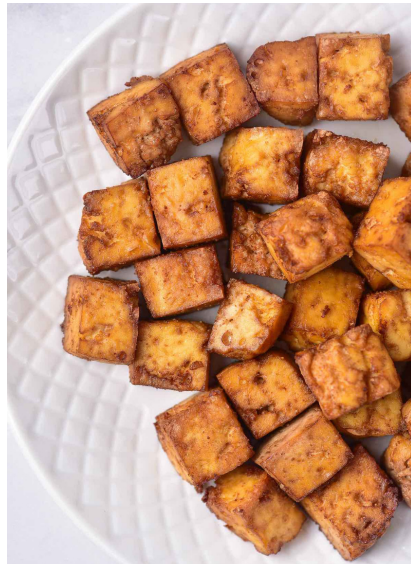
**TO FREEZE:** You can also freeze air-fried tofu if you have made a big batch. Flash-freeze tofu and transfer it into an airtight bag or container. Keep cooked tofu in the freezer for up to 3 months.

## NUTRITION

Calories: 128kcal | Carbohydrates: 3g | Protein: 10g | Fat: 8g







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# MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	DESSERT
MON				
TUE				
WEN				
THU				
FRI				
SAT				
SUN				

