



E P I C U R E™

# SAUTÉ PAN

FOR THE SAUTÉ PAN SUPPERS 5-PACK



# SAUTÉ PAN

## DIGITAL RECIPE GUIDE

with **BONUS RECIPES**



There's something oh-so-satisfying about cooking with only one pan for dinner. It means less prep, a fast cleanup, and even less food waste!

Our easy Sauté Pan recipes are a great way to simplify dinner, shake things up, and enjoy healthy meals.

If you like to plan for the week ahead, then you're in luck—this meal plan comes with a grocery list for easy planning and prepping. Recipe serving sizes range from 2–8 in this collection, and the average cost per serving is \$3.68 CA / \$3.28 US.

Take advantage of the bonus recipe section for more ideas and have fun with your new, one-pot wonders.



# COOKWARE

Meal planning and food prep can be easy with the right tools. The **Sauté Pan** pairs perfectly with this collection and will help you cook faster, easier, and with minimal cleanup.

## SAUTÉ PAN:

- A large, all-purpose pan to brown, sauté, and simmer—ideal for one-pan meals, pasta, stews, soups, and sauces.
- High sides prevent spillovers when stirring.
- Induction base works across all stovetops.
- Goes from stovetop to oven.
- Durable, non-stick ceramic coating is easy to clean and durable. PTFE and PFOA free.
- Volume: 19¼ cups. Diameter: 12"

## CARE & STORAGE:

- Wash before initial use.
- Dishwasher safe.
- Do not use abrasive cleansers or scouring pads.
- Pan and silicone handle are oven safe up to 450° F. Lid is oven safe up to 350° F.
- Avoid sudden temperature changes—do not put the hot lid in cold water.



# GROCERY LIST

## PRODUCE

- ☐ **16 lettuce leaves**, about 1 small head (Crispy & Crunchy Lettuce Wraps)  
*Tip: try romaine, butter, or iceberg lettuce*
- ☐ **2 bell peppers** (Crispy & Crunchy Lettuce Wraps)
- ☐ **1 large onion** (Butter Chicken)
- ☐ **½ lime** (Coconut Curry Mussels) | *Swap: bottled lime juice*

## PANTRY STAPLES

- ☐ **2 cans (14 oz/398 ml each) coconut milk**, preferably light:
  - 1 can (Butter Chicken)
  - 1 can (Coconut Curry Mussels)
- ☐ **1 can (5.5 oz/156 ml) tomato paste** (Sloppy Joes)
- ☐ **½ cup crushed tomatoes** (Butter Chicken)
- ☐ **1 tsp sesame oil** (Crispy & Crunchy Lettuce Wraps)
- ☐ **1 tsp vegetable oil** (Crispy & Crunchy Lettuce Wraps)

## PROTEIN

- ☐ **2½ lbs (1.13 kg) lean ground beef:**
  - 1½ lbs/675 g (Tacos) | *Swap: 1 lb/450 g firm tofu, crumbled or grated*
  - 1 lb/450 g (Sloppy Joes) | *Swap: 1 can 19 oz/540 ml lentils*
- ☐ **2 lbs (900 g) boneless, skinless chicken breasts**, about 4 (Butter Chicken)  
*Swap: 4 cups chickpeas or 2 lbs/900 g tofu*
- ☐ **2 lbs (900 g) mussels** (Coconut Curry Mussels)  
*Swap: clams or 1 lb/450 g prawns or shrimp*
- ☐ **1 lb (450 g) ground pork** (Crispy & Crunchy Lettuce Wraps) | *Swap: 1 lb (450 g) firm tofu, grated*

## DAIRY

- ☐ **1½ cup 2% plain Greek yogurt** (Butter Chicken)
- ☐ **1 tbsp butter**, preferably unsalted (Butter Chicken)

## BAKERY

- ☐ **12 taco shells** (Tacos)
- ☐ **4 buns** (Sloppy Joes)

## PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add rice, mixed veggies, green beans, avocados (for guacamole), and extra buns or naan bread.



# BUTTER CHICKEN



**MAKE IT VEGETARIAN:**

Swap chicken with 4 cups chickpeas or 2 lbs (900 g) cubed, firm tofu.



**TOTAL TIME:** 20 min



**8 SERVINGS**



**\$2.30 CA/\$1.66 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup steamed green beans or broccoli florets, and 1 cup rice.

**INGREDIENTS**

- 1 large onion
- 1 tbsp unsalted butter
- 1 pkg **Butter Chicken Seasoning**
- 1 can (14 oz/398 ml) light coconut milk
- ½ cup crushed tomatoes
- 2 lbs (900 g) boneless, skinless chicken breasts
- ½ cup 2% plain Greek yogurt

**NUTRITIONAL INFO**

**Per serving (about ½ cup):** Calories 200, Fat 8 g (Saturated 5 g, Trans 0 g), Cholesterol 70 mg, Sodium 115 mg, Carbohydrate 6 g (Fibre 2 g, Sugars 2 g), Protein 25 g.

**INSTRUCTIONS**

1. Dice onion. In **Sauté Pan**, melt butter over medium-high heat. Add onion; sauté until softened.
2. Add seasoning, coconut milk, and tomatoes; stir to combine. Bring to a boil.
3. Cube chicken and add to pan. Reduce heat to low and simmer 10 min or until chicken is cooked through. Remove from heat and stir in yogurt. Serve with rice, if desired.

# TACOS



TOTAL TIME: 15 min



6 SERVINGS



\$2.44 CA/\$2.07 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1½ cups mixed veggies and 2 tbsps Guacamole.

## INGREDIENTS

1½ lbs (675 g) lean ground beef  
1 pkg **Taco Seasoning**  
1 cup water  
12 taco shells

**Toppings** (optional): shredded lettuce, tomatoes, prepared **Poco Picante Salsa**, and grated cheese

## NUTRITIONAL INFO

**Per serving (2 tacos):** Calories 430, Fat 23 g (Saturated 8 g, Trans 0.5 g), Cholesterol 90 mg, Sodium 125 mg, Carbohydrate 19 g (Fibre 3 g, Sugars 1 g), Protein 35 g.

## INSTRUCTIONS

1. In **Sauté Pan**, brown beef over medium-high heat, 5–7 min.
2. Add seasoning and water; stir to combine. Simmer for 5 min until sauce has thickened.
3. Spoon filling into taco shells. Add toppings, if desired.



# CRISPY & CRUNCHY LETTUCE WRAPS



TOTAL TIME: 15 min



4 SERVINGS



\$3.17 CA/\$2.43 US PER SERVING

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup rice.

## INGREDIENTS

2 bell peppers  
1 pkg **Crispy & Crunchy Lettuce Wrap Seasoning**  
1 lb (450 g) ground pork  
1 tbsp water  
1 tsp sesame oil  
1 tsp soy sauce  
1 tsp vegetable oil  
16 lettuce leaves, about 1 small head  
**Toppings** (optional): sriracha or hoisin sauce

## NUTRITIONAL INFO

**Per serving (2 wraps):** Calories 290, Fat 18 g (Saturated 6 g, Trans 0 g), Cholesterol 75 mg, Sodium 240 mg, Carbohydrate 8 g (Fibre 2 g, Sugars 3 g), Protein 22 g.

## INSTRUCTIONS

1. Dice bell peppers and place in a large bowl. Mix in seasoning, ground pork, water, sesame oil, and soy sauce.
2. In **Wok** or **Sauté Pan**, heat vegetable oil over medium-high heat. Add meat mixture; stir-fry until meat is cooked through, about 5 min.
3. To assemble, make eight sets of two, stacked lettuce leaves. Top each stack with about ½ cup of cooked meat mixture. Drizzle with toppings, if desired.

# SLOPPY JOES



 **TOTAL TIME:** 15–17 min  **4 SERVINGS**  **\$2.22 CA/\$1.89 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup mixed veggies and 1 small bun.

## INGREDIENTS

- 1 lb (450 g) lean ground beef
- 1 pkg **Sloppy Joe Seasoning**
- 1½ cups water
- 1 can (5.5 oz/156 ml) tomato paste
- 4 buns, split and toasted, optional

## NUTRITIONAL INFO

**Per serving:** Calories 290, Fat 12 g (Saturated 4.5 g, Trans 0 g), Cholesterol 60 mg, Sodium 340 mg, Carbohydrate 22 g (Fibre 5 g, Sugars 3 g), Protein 26 g.

## INSTRUCTIONS

1. In **Sauté Pan**, brown beef over medium-high heat, 5–7 min. Use **Ground Meat Separator** to break up chunks.
2. Drain excess fat.
3. Stir in seasoning, water, and tomato paste. Reduce heat to medium; simmer, stirring occasionally, for 5 min. Spoon over buns, if desired.



# COCONUT CURRY MUSSELS

**TIP:** Swap mussels with clams or 1 lb (450 g) prawns or shrimp.



**TOTAL TIME:** 13 min



**2 SERVINGS**

(about 2 lbs/900 g)



**\$9.16 CA/\$7.79 US PER SERVING**

A restaurant favourite made easy—at home! A delicious entrée for 2, or an impressive appy for 4–8. Simply serve with naan or toasted bread for dipping.

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with ½ cup rice and 1 cup steamed veggies, your choice.

## INGREDIENTS

2 lbs (900 g) mussels, scrubbed and debearded  
1 pkg **Coconut Curry Mussels Seasoning**  
1 can (14 oz/398 ml) light coconut milk  
½ lime

## NUTRITIONAL INFO

**Per serving:** Calories 370, Fat 18 g (Saturated 13 g, Trans 0 g), Cholesterol 40 mg, Sodium 560 mg, Carbohydrate 30 g (Fibre 6 g, Sugars 2 g), Protein 23 g.

## INSTRUCTIONS

1. Rinse mussels under cold water. Discard any that are already open.
2. In **Sauté Pan**, combine seasoning and coconut milk. Bring to a boil over medium-high heat.
3. Add mussels and cover with lid. Steam 6–7 min or until mussels open. Discard any unopened mussels.
4. Using **2-in-1 Citrus Press**, squeeze in juice from lime.

# BUTTER CHICKEN CAULIFLOWER SANDWICH



**TIP:** Sprinkle cauliflower steaks with **Butter Chicken Seasoning** and grill outdoors!

**TOTAL TIME:** 30 min    **4 SERVINGS**    **\$3.36 CA/\$2.86 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with ½ cup **Simply Better Baked Beans** or beans of your choice.

## INGREDIENTS

- 1 large head cauliflower, about 7"
- 1 pkg **Butter Chicken Seasoning**, divided
- ¼ cup vegan mayonnaise
- 1 tbsp lime juice
- ¾ cup all-purpose flour or gluten-free flour
- 1 cup water
- ½ cup soy milk or other non-dairy milk, your choice
- 2 tbsp oil, divided
- 4 buns, toasted
- Toppings** (optional): sliced tomatoes, pickles, red onion rings, lettuce

## NUTRITIONAL INFO

**Per serving:** Calories 440, Fat 21 g (Saturated 2.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 430 mg, Carbohydrate 55 g (Fibre 10 g, Sugars 9 g), Protein 12 g.

## INSTRUCTIONS

1. Remove leaves from cauliflower. Trim stem, leaving the core intact. Using a large knife, cut cauliflower vertically into four 1" thick slices. Save remaining florets for use at a later date. Place slices in **Round Steamer** or **Multipurpose Steamer**; cover and microwave on high 1-2 min, or until just tender-crisp. Remove from steamer and pat dry.
2. In a small bowl, measure out 1 tsp seasoning; combine with mayonnaise and lime juice. Set aside.
3. In a shallow bowl or pie plate large enough to fit the cauliflower slices, whisk together remaining seasoning, flour, water, and milk. Using your hands, dredge the cauliflower slices in the mixture, making sure to coat all sides and crevices.
4. In **Sauté Pan**, heat 1 tbsp oil over medium-high heat. Add two cauliflower slices; cook 6-8 min, turning once, until golden brown. Remove from pan. Heat remaining 1 tbsp oil and repeat process with remaining cauliflower slices.
5. To assemble, spread sauce on both sides of buns, add cauliflower on bottom bun, then add your favourite toppings and cover.

# CRUNCHY TACO SALAD

**TIP:** Swap ground beef for soy ground round for a vegetarian-friendly option.



**TOTAL TIME:** 15 min



**4 SERVINGS**



**\$3.52 CA/\$2.99 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with  $\frac{1}{2}$  whole grain roll.

## INGREDIENTS

1 tsp oil  
 1 lb (450 g) lean ground beef  
 1 pkg **Taco Seasoning**  
 1 cup water  
 2 Roma tomatoes  
 1 avocado  
 2 cups tortilla chips  
 8 cups chopped romaine lettuce  
 $\frac{1}{2}$  cup shredded cheese, your choice  
**Toppings** (optional): salsa, Greek yogurt or sour cream, jalapeños

## NUTRITIONAL INFO

**Per serving:** Calories 420, Fat 25 g (Saturated 7 g, Trans 0.4 g), Cholesterol 65 mg, Sodium 290 mg, Carbohydrate 22 g (Fibre 8 g, Sugars 4 g), Protein 30 g.

## INSTRUCTIONS

1. In **Sauté Pan**, heat oil over medium-high heat. Add beef. Reduce heat to medium; cook, using **Ground Meat Separator** to break up chunks, until beef is browned, 3–4 min.
2. Stir seasoning mix with water; pour over beef. Stir often, until thickened, 5 min.
3. Meanwhile, chop tomatoes, cube avocado and coarsely crush tortilla chips.
4. Divide lettuce among four plates. Top evenly with meat mixture, tomatoes, avocado, cheese, and chips. Add additional toppings, if desired.



# GINGERY TURKEY & RICE BOWL

**TIP:** Give the carrot a good scrub; the skin only needs to be peeled if it's dry or looks thick. Cutting the carrots on the bias looks nice, helps the carrots cook faster, and is ideal for a tender-crisp texture.



TOTAL TIME: 20 min



4 SERVINGS



\$3.54 CA/\$3.01 US PER SERVING

THIS IS A PERFECTLY BALANCED PLATE.

## INGREDIENTS

- 1 cup uncooked white rice
- 2 cups water
- 1 tbsp oil
- 2 large carrots
- 1 lb (450 g) ground turkey or chicken
- 1 pkg **Crispy & Crunchy Lettuce Wrap Seasoning**
- 4 cups shredded coleslaw mix
- 1 tbsp low-sodium soy sauce
- 1 tbsp hot sauce, optional

**Toppings (optional):** **Everything Bagel Whole Food Topper**, sliced green onions

## NUTRITIONAL INFO

**Per serving:** Calories 430, Fat 13 g (Saturated 2.5 g, Trans 0.1 g), Cholesterol 75 mg, Sodium 360 mg, Carbohydrate 51 g (Fibre 3 g, Sugars 4 g), Protein 28 g.

## INSTRUCTIONS

1. In **Multipurpose Steamer**, combine rice and water. Top with tray; microwave, uncovered, on high for about 16–18 min, or until tender.
2. In **Wok** or **Sauté Pan**, heat oil over medium-high heat.
3. Meanwhile, scrub carrots clean. Cut into oval slices by slicing on the bias.
4. In a bowl, combine turkey and seasoning; add to wok. Stir-fry until meat starts to change colour and is almost cooked through, 3 min.
5. Add carrots, stir-fry until tender-crisp and meat is cooked through, 3–4 min. Add shredded coleslaw, soy sauce and hot sauce, if desired. Stir until cabbage is tender-crisp, 2 min.
6. Divide cooked rice, turkey, and veggies between bowls. Add toppings, if desired.

# SUMMER LASAGNA SKILLET



**TIP:** If you have time, let the dish rest a few minutes before serving. This will allow some of the moisture to redistribute and give you a thicker sauce.

 **TOTAL TIME: 20 min**

 **4 SERVINGS**

 **\$3.69 CA/\$3.14 US PER SERVING**

Everything you love about lasagna, but faster, with less fuss, and no layering!

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 2 cups leafy greens and a drizzle of balsamic vinegar.

## INGREDIENTS

- 1 lb (450 g) lean ground beef
- 1 bell pepper
- 1 medium zucchini
- 1 pkg **Sloppy Joe Seasoning**
- 2 cups water or broth, your choice
- 1 can (14 oz/398 ml) crushed tomatoes
- 6 oven-ready lasagna noodles
- 1 cup shredded mozzarella cheese
- Toppings** (optional): dollops of ricotta cheese, fresh basil

## NUTRITIONAL INFO

**Per serving:** Calories 480, Fat 19 g (Saturated 9 g, Trans 0.4 g), Cholesterol 85 mg, Sodium 590 mg, Carbohydrate 42 g (Fibre 6 g, Sugars 8 g), Protein 36 g.

## INSTRUCTIONS

1. In **Sauté Pan**, brown beef over medium-high heat, 3–4 min, or until no longer pink. Use **Ground Meat Separator** to break up chunks.
2. Meanwhile, dice pepper and zucchini.
3. Add pepper, zucchini, seasoning, water or broth, and tomatoes to pan with beef. Stir to combine.
4. Coarsely break up each lasagna noodle into 3–4 pieces and add to pan. Stir to combine. Noodles should be mostly covered in liquid.
5. Simmer, partially covered, until noodles are tender, about 15 min. Stir occasionally while simmering.
6. Reduce heat to low and stir in cheese. Before serving, top with dollops of ricotta cheese and basil, if desired.

# COCONUT CURRY CHICKEN



**TIP:** For a dairy-free version, swap Greek yogurt with 2 tbsp tahini.

 **TOTAL TIME:** 20 min

 **4 SERVINGS**

 **\$3.61 CA/\$3.07 US PER SERVING**

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup sliced cucumber and ½ cup rice.

### INGREDIENTS

- 1 lb (450 g) boneless, skinless chicken breasts, about 2
- 2 tsp oil
- 1 red bell pepper
- 2 cups corn kernels, fresh or frozen
- 1 pkg **Coconut Curry Mussels Seasoning**
- 1 can (14 oz/398 ml) light coconut milk
- ½ cup water
- ½ lime
- ½ cup 2% plain Greek yogurt
- Toppings (optional):** extra squeeze of lime juice, cilantro

### NUTRITIONAL INFO

**Per serving:** Calories 350, Fat 12 g (Saturated 5 g, Trans 0 g), Cholesterol 65 mg, Sodium 210 mg, Carbohydrate 31 g (Fibre 6 g, Sugars 8 g), Protein 31 g.

### INSTRUCTIONS

1. Cut chicken into 1" cubes. In **Sauté Pan**, heat oil over medium-high heat. Add chicken; cook, flipping once, until golden, about 6 min. The chicken will release from the pan easily when it's ready to flip.
2. Meanwhile, slice pepper into thin strips. Add pepper, corn, seasoning, coconut milk, and water to pan. Stir to combine. Cover and simmer 8 min or until chicken is cooked through and sauce has thickened slightly.
3. Remove from heat. Using **2-in-1 Citrus Press**, squeeze in juice from lime. Stir in yogurt. Add additional toppings, if desired.