



E P I C U R E TM

SKILLET MEALS

FOR THE SKILLET MEALS 5-PACK



SKILLET MEALS

DIGITAL RECIPE GUIDE
with **BONUS RECIPES**



Looking for healthy and satisfying meals for those busy weeknights?

Fast cook times and easy cleanups make skillet dinners a must-have for your weeknight rotation. With these thoughtful recipes, you can make your fave foods in a flash! Pick from tacos, pesto parmesan chicken, salad cups, and more.

These recipes are family-friendly—serving 4–6 people. They also make for great leftovers. Cook once, eat twice—genius!

Use your grocery list to make shopping a breezy task and then have some fun in the kitchen putting your skillet skills to the test.

GROCERY LIST

PRODUCE

- ½ lime, optional (Easy Peasy Tacos)
- 2 lbs (900 g) potatoes, Russet or Yukon Gold (Shepherds Pie)
- 4 cups baby spinach (Creamy Pesto Parmesan Chicken)
- 2 cups diced mixed vegetables, fresh or frozen (Shepherds Pie)
- 1 pkg (7 oz/200 g) sliced mushrooms, about 2 cups (Beef Stroganoff)

PANTRY STAPLES

- Oil:
 - 3 tbsp, preferably olive (Easy Peasy Tacos)
 - 3 tbsp (Sweet Chili Chicken Bites)
 - 2 tbsp (Beef Stroganoff)
 - 1 tbsp (Creamy Pesto Parmesan Chicken)
- 4 cups uncooked egg noodles (Beef Stroganoff)
- ¼ cup rice vinegar (Sweet Chili Chicken Bites)
Swap: white vinegar
- 3 tbsp corn starch (Sweet Chili Chicken Bites)
- 1 tsp Worcestershire sauce (Beef Stroganoff)

PROTEIN

- 2 lbs (900 g) lean ground beef:
 - 1 lb/450 g (Beef Stroganoff) | *Swap: beef strips*
 - 1 lb/450 g (Shepherds Pie) | *Swap: ground chicken, pork, or soy ground round*
- 1½ lbs (675 g) boneless, skinless chicken (Sweet Chili Chicken Bites)
- 1 lb (450 g) chicken breast fillets (Creamy Pesto Parmesan Chicken) | *Swap: 1 lb (450 g) medium-firm tofu or plant-based sausages*

DAIRY

- 2 cups milk, your choice:
 - 1½ cups (Creamy Pesto Parmesan Chicken)
 - ½ cup (Shepherds Pie)
- 1 cup 2% plain Greek yogurt (Beef Stroganoff)
Swap: sour cream

BAKERY

- 8 corn tortillas (Easy Peasy Tacos)
Swap: taco shells

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add veggies, mixed greens, avocados for guacamole, lemons, and rice or pasta.



EASY PEASY TACOS



TOTAL TIME: 15 min



8 TACOS FOR
4 SERVINGS



\$3.34 CA/\$2.84 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup veggies (try adding some to your tacos!) and 2 tbsp Guacamole.

INGREDIENTS

1 pkg **Easy Peasy Taco Mix**
2 cups hot water
3 tbsp olive oil
½ lime, optional

8 corn tortillas or taco shells

Toppings (optional): **Guacamole**,
Poco Picante Salsa, diced red onions,
shredded lettuce

NUTRITIONAL INFO

Per serving (2 tacos): Calories 330, Fat 14 g
(Saturated 2 g, Trans 0 g), Cholesterol 0 mg,
Sodium 400 mg, Carbohydrate 32 g
(Fibre 6 g, Sugars 3 g), Protein 22 g.

INSTRUCTIONS

1. In a bowl, combine mix and water; set aside to hydrate, about 5 min.
2. In a large non-stick sauté pan, heat oil over medium-high heat.
3. Add hydrated mix; cook, stirring often, until liquid has been absorbed, about 5-7 min. Stir gently to avoid mashing.
4. Using **2-in-1 Citrus Press**, squeeze in juice from lime, if using.
5. Spoon into tortillas and serve with toppings, if desired.

BEEF STROGANOFF



TOTAL TIME: 15 min



6 SERVINGS



\$3 CA/\$2.37 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup mixed greens and ½ tbsp Epicure Salad Dressing.

INGREDIENTS

1 pkg **Beef Stroganoff Seasoning**
1¾ cups water
2 tbsp oil
1 lb (450 g) lean ground beef or beef strips
2 cups sliced mushrooms
1 cup 2% plain Greek yogurt or sour cream
1 tsp Worcestershire sauce
6 cups cooked egg noodles
Sea Salt, to taste
Black Pepper, to taste

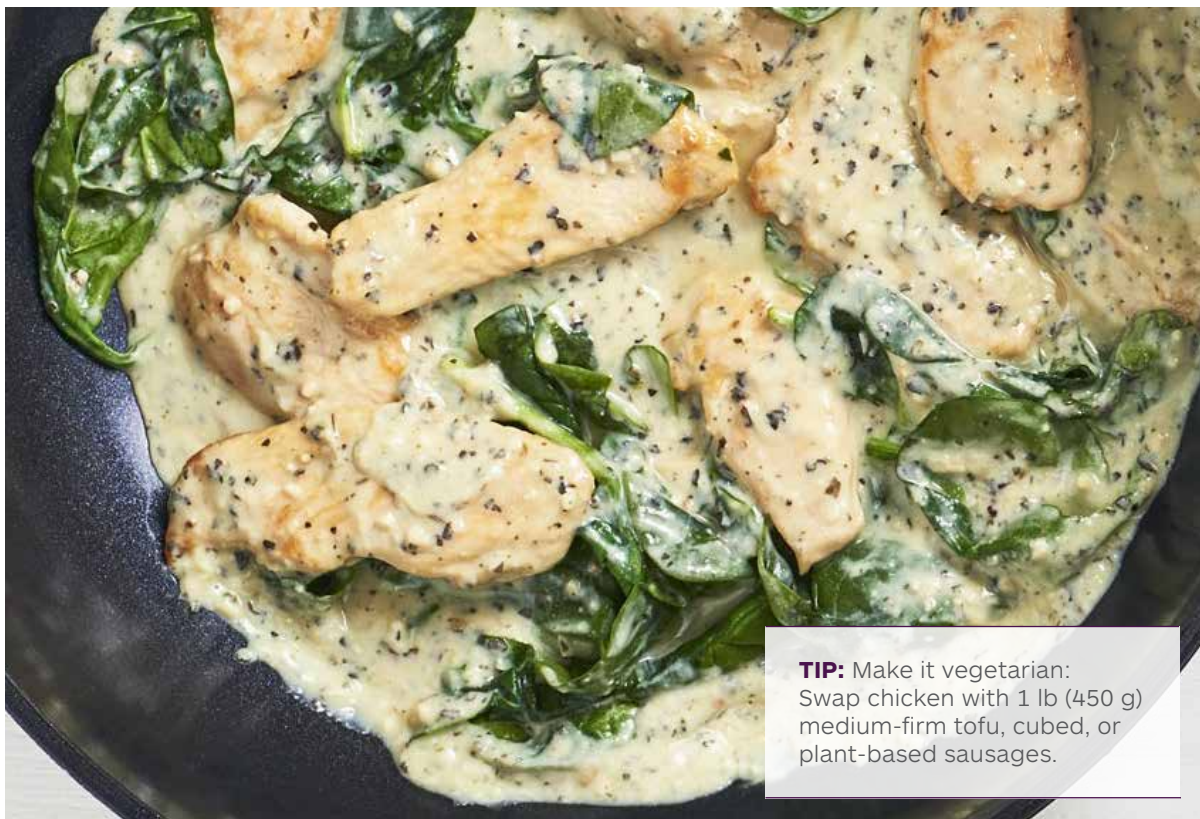
NUTRITIONAL INFO

Per serving: Calories 440, Fat 14 g (Saturated 3.5 g, Trans 0 g), Cholesterol 80 mg, Sodium 380 mg, Carbohydrate 48 g (Fibre 3 g, Sugars 3 g), Protein 28 g.

INSTRUCTIONS

1. Combine seasoning with water. Set aside.
2. Heat oil in a large sauté pan over medium-high heat. Brown beef. Remove from pan.
3. Add mushrooms to pan and brown.
4. Return beef and any juices to pan, then stir in reserved seasoning mixture. Bring to a boil, reduce heat, and simmer for 3 min.
5. Remove from heat and stir in Greek yogurt and Worcestershire sauce.
6. Serve over cooked egg noodles. Season to taste with salt and pepper, to taste.

CREAMY PESTO PARMESAN CHICKEN



TIP: Make it vegetarian: Swap chicken with 1 lb (450 g) medium-firm tofu, cubed, or plant-based sausages.



TOTAL TIME: 20 min



4 SERVINGS



\$3.19 CA/\$2.71 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup veggies and 1 cup rice or pasta.

INGREDIENTS

1 tbsp oil
1 pkg Creamy Pesto Parmesan Chicken Sauce Mix
1½ cups milk, your choice
1 lb (450 g) chicken breast fillets
4 cups baby spinach

NUTRITIONAL INFO

Per serving: Calories 270, Fat 10 g (Saturated 3.5 g, Trans 0 g), Cholesterol 75 mg, Sodium 290 mg, Carbohydrate 12 g (Fibre 2 g, Sugars 1 g), Protein 30 g.

INSTRUCTIONS

1. Preheat large non-stick sauté pan over medium-high heat. Add oil.
2. In a bowl, combine sauce mix and milk. Set aside.
3. Cook chicken in pan until golden and cooked through. Stir in reserved seasoning mixture. Reduce heat to medium, stirring occasionally, until sauce thickens, about 3 min.
4. Gradually stir in spinach until wilted.

SWEET CHILI CHICKEN BITES

TIP: For best results, let sauce cool before use. If used hot out of the microwave, the chicken will lose its crispiness.



TIP: No rice vinegar? No problem—swap for white vinegar in a pinch!



TOTAL TIME: 20 min



6 SERVINGS



\$2.86 CA/\$2.43 US PER SERVING

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

INGREDIENTS

- 1 pkg **Sweet Chili Sauce Mix**
- ½ cup water
- ¼ cup rice vinegar
- 1½ lbs (675 g) boneless, skinless chicken
- 3 tbsp corn starch
- 3 tbsp oil

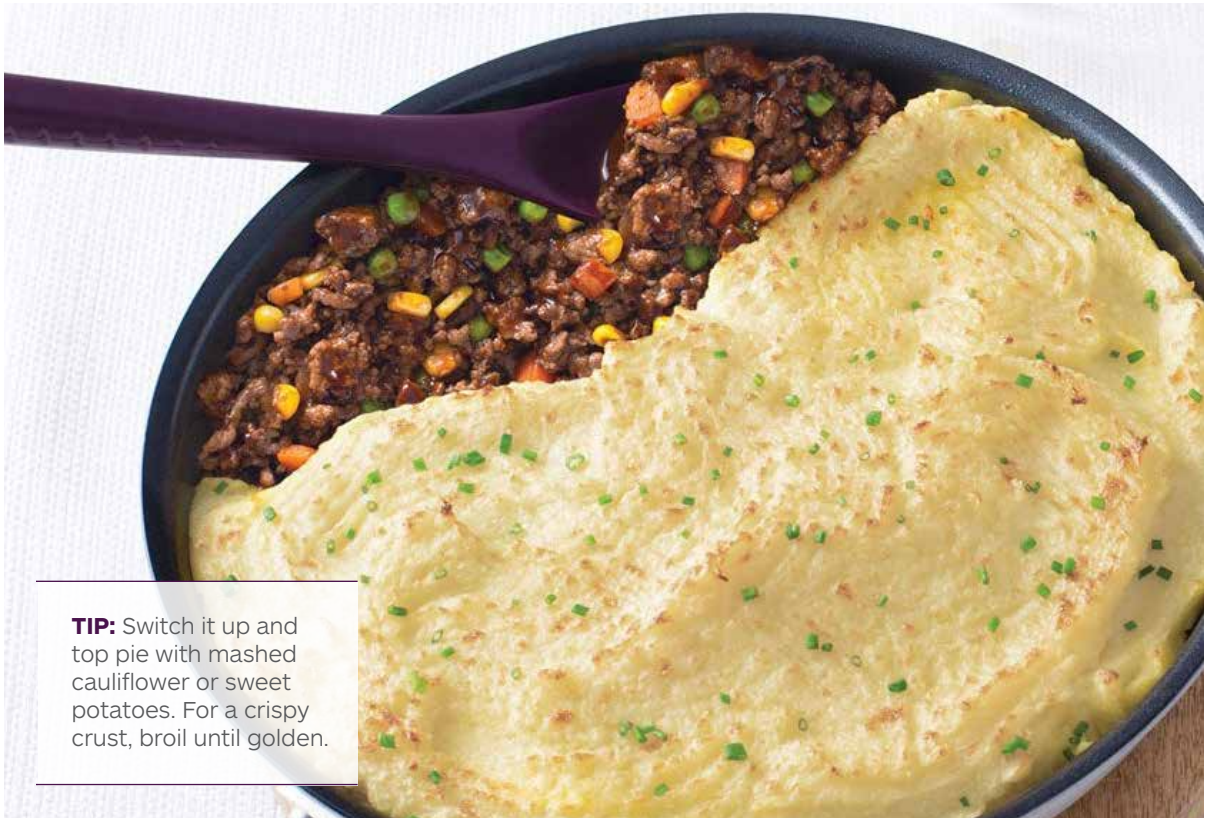
NUTRITIONAL INFO

Per serving: Calories 290, Fat 15 g (Saturated 2.5 g, Trans 0 g), Cholesterol 75 mg, Sodium 115 mg, Carbohydrate 18 g (Fibre 0 g, Sugars 10 g), Protein 21 g.

INSTRUCTIONS

1. In a **4-Cup Prep Bowl**, combine mix with water and rice vinegar. Microwave on high, uncovered, 2 min, stirring halfway. Let cool before use.
2. Cube chicken; place in a bowl. Toss with corn starch.
3. In a sauté pan, heat oil over medium-high heat. Add chicken. Cook until golden, turning pieces, 5–7 min or until cooked through.
4. Toss or serve with prepared sauce.

SHEPHERDS PIE



TIP: Switch it up and top pie with mashed cauliflower or sweet potatoes. For a crispy crust, broil until golden.



TOTAL TIME: 20 min



4 SERVINGS



\$3.03 CA/\$2.39 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy green salad with fresh lemon wedge.

INGREDIENTS

1 pkg **Shepherds Pie Seasoning**
1¼ cups water
2 lbs (900 g) potatoes, Russet or Yukon Gold
1 lb (450 g) lean ground beef
2 cups diced mixed vegetables, fresh or frozen
½ cup milk, your choice

Toppings (optional): chopped chives or sliced green onion

NUTRITIONAL INFO

Per serving: Calories 500, Fat 13 g (Saturated 5 g, Trans 0 g), Cholesterol 60 mg, Sodium 540 mg, Carbohydrate 64 g (Fibre 3 g, Sugars 3 g), Protein 32 g.

INSTRUCTIONS

1. In a bowl, stir seasoning into water; set aside.
2. Peel and cube potatoes. Microwave in **Multipurpose Steamer**, covered, on high for 8-10 min.
3. Meanwhile, brown beef in a sauté pan over medium-high heat. Stir in seasoning mixture. Bring to a boil, reduce heat, and stir while simmering for 2 min. Stir in vegetables and heat through.
4. Using the **Ground Meat Separator**, mash potatoes with milk. Top meat mixture with potatoes and chives or green onions, if desired.

EASY PEASY WRAPS



TIP: Brush a little oil on each wrap and bake 10 min for a golden-coloured wrap.



TOTAL TIME: 20 min



4 SERVINGS



\$4.19 CA/\$3.56 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup sliced veggies, your choice.

INGREDIENTS

- 1 pkg Easy Peasy Taco Mix
- 2 cups hot water
- 1 large bell pepper
- ½ avocado
- ½ cup 2% plain Greek yogurt
- 1 lime, optional
- 3 tbsp olive oil
- 4 medium-sized whole-wheat tortillas
- 2 cups baby spinach

NUTRITIONAL INFO

Per serving: Calories 410, Fat 18 g (Saturated 3 g, Trans 0 g), Cholesterol 0 mg, Sodium 550 mg, Carbohydrate 38 g (Fibre 10 g, Sugars 5 g), Protein 28 g.

INSTRUCTIONS

1. Preheat oven to 350° F. Line **Sheet Pan** with **Sheet Pan Liner**.
2. In a bowl, combine mix and water; set aside to hydrate, about 5 min.
3. Meanwhile, slice pepper. In a small bowl, mash avocado. Stir in yogurt. Using **2-in-1 Citrus Press**, squeeze in juice from ½ lime, if using.
4. In a sauté pan or large non-stick fry pan, heat oil over medium-high heat. Add hydrated mix; cook, stirring often, until liquid has been absorbed, about 5-7 min. Stir gently to avoid mashing. Squeeze in juice from ½ lime, if using.
5. Spoon mixture on bottom third of the tortillas. Top with peppers and spinach. For each wrap, fold two sides of wrap over filling, then roll up tightly, ending seam-side down.
6. Place wraps on pan, seam-side down, and bake 5 min to heat through. Serve with avocado-yogurt sauce for dipping.

CREAMY TOMATO CHICKEN



TOTAL TIME: 18 min



4 SERVINGS



\$2.93 CA/\$2.49 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup steamed veggies and 1 cup rice or a thick slice of bread.

INGREDIENTS

1 tbsp oil
1 lb (450 g) boneless, skinless chicken thighs

Sea Salt and Black Pepper, to taste

1 pkg Beef Stroganoff Seasoning

3 tbsp tomato paste

1½ cups water

¼ cup half & half cream (10%)

4 cups baby spinach

NUTRITIONAL INFO

Per serving: Calories 250, Fat 10 g (Saturated 2 g, Trans 0.1 g), Cholesterol 95 mg, Sodium 440 mg, Carbohydrate 14 g (Fibre 3 g, Sugars 1 g), Protein 27 g

INSTRUCTIONS

1. In a sauté pan, heat oil over medium-high heat. Season chicken with salt and pepper; add to pan. Cook until lightly browned, about 3 min per side.
2. Meanwhile, whisk together seasoning, tomato paste, and water. Add to pan once chicken has browned. Reduce heat; stir to coat, scraping up any bits from the pan.
3. Cover; simmer, stirring occasionally, until chicken is cooked through, about 5 min.
4. Uncover and stir in cream. Add spinach, a handful at a time, stirring until wilted.

FISH WITH CREAMY PESTO SAUCE



TOTAL TIME: 18 min



4 SERVINGS



\$3.93 CA/\$3.34 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy greens, 1 tbsp Epicure Salad Dressing, your choice, and ½ cup rice or pasta.

INGREDIENTS

2 tsp oil
 4 (4 oz/113 g each) white fish fillets,
 skinless, such as cod, haddock, or tilapia
 1½ cups milk, your choice
 1 pkg Creamy Pesto Parmesan Chicken
 Skillet Sauce Mix
 ½ zucchini
 ½ pint cherry tomatoes
 Sea Salt, to taste
 Black Pepper, to taste

NUTRITIONAL INFO

Per serving: Calories 230, Fat 7 g (Saturated 3 g,
 Trans 0.1 g), Cholesterol 60 mg, Sodium 260 mg,
 Carbohydrate 12 g (Fibre 1 g, Sugars 2 g),
 Protein 27 g.

INSTRUCTIONS

1. In a large non-stick sauté pan or skillet, heat oil over medium-high. Add fish, cooking 2-3 min per side. Fish should be slightly undercooked at this point. Place on plate; cover to keep warm.
2. In same pan (don't discard any liquid from the fish), whisk together milk and seasoning. Reduce heat to medium, stirring occasionally, until sauce thickens, about 3 min.
3. Gently place fish back into pan. Let simmer 2 min to finish cooking through. Fish should flake easily.
4. Meanwhile, fit the **4-in-1 Mandoline** with the 1.5 mm slicer plate and slice zucchini thinly. Slice tomatoes in half. Scatter veggies on top of fish. Season to taste and serve.

SWEET CHILI TOFU SALAD CUPS

TIP: When the tofu is ready to flip, it will easily release from the pan. If you try and flip too early, it might stick!



TOTAL TIME: 20 min



4 SERVINGS



\$2.54 CA/\$2.16 US PER SERVING

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

INGREDIENTS

1 pkg **Sweet Chili Sauce Mix**
 ½ cup water
 ¼ cup rice vinegar
 2 blocks (12 oz/350 g each) extra-firm or firm tofu
 2 tsp oil
 1 large carrot
 ½ English cucumber
 16 lettuce leaves, about 1 small head
 1 bunch cilantro, optional

Toppings (optional): crushed peanuts or seeds, sliced green onion

NUTRITIONAL INFO

Per serving: Calories 260, Fat 11 g (Saturated 0.2 g, Trans 0 g), Cholesterol 0 mg, Sodium 80 mg, Carbohydrate 26 g (Fibre 4 g, Sugars 17 g), Protein 17 g.

INSTRUCTIONS

1. In **4-Cup Prep Bowl**, combine mix with water and vinegar. Microwave on high, uncovered, 2 min, stirring halfway. Remove from microwave and set aside to let cool.
2. Drain tofu. Pat dry as best you can. Cut each block into 16 cubes.
3. In large non-stick sauté pan, heat oil over medium-high heat. Add tofu (pan will be full). Pan-fry, flipping once, until golden brown on two sides, about 4–5 min per side.
4. Once golden, turn off heat. Add ½ cup sauce; stir to coat. The residual heat from the pan will help thicken the sauce slightly.
5. Julienne carrot and cucumber.
6. To assemble, make eight sets of two stacked lettuce leaves. Top each stack with tofu, carrots, cucumber, and cilantro, if using. Drizzle with remaining sauce and add toppings, if desired.

SHEPHERDS PIE PASTA

TIP: Make it vegetarian by using soy ground round instead of ground beef.



TIP: Swap baby spinach for 2 cups favourite frozen veggies.



TOTAL TIME: 20 min



4 SERVINGS



\$3.13 CA/\$2.47 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: This is a perfectly balanced plate.

INGREDIENTS

2 cups uncooked penne pasta
 4 cups hot water
 1 tsp oil
 ½ lb (225 g) lean ground beef or ground turkey
 1 pkg **Shepherd's Pie Seasoning**
 1 can (14 oz/398 ml) no salt diced tomatoes
 4 cups baby spinach
 2 cups frozen peas
Sea Salt, to taste
Black Pepper, to taste
Toppings (optional): chopped parsley, grated parmesan

NUTRITIONAL INFO

Per serving: Calories 500, Fat 11 g (Saturated 3.5 g, Trans 0 g), Cholesterol 45 mg, Sodium 590 mg, Carbohydrate 68 g (Fibre 9 g, Sugars 14 g), Protein 31 g.

INSTRUCTIONS

1. Place pasta in **Multipurpose Steamer**. Stir in 4 cups water. Cover; microwave on high until al dente, 12 min.
2. Meanwhile, heat oil in a large sauté pan over medium-high heat. Crumble in beef; cook, breaking up meat using the **Ground Meat Separator**, until meat is cooked through, 3–5 min.
3. Stir in seasoning and tomatoes; bring to a boil. Reduce heat and simmer, 5 min.
4. Once cooked, drain pasta, then add to pan. Stir in spinach and peas until warm, 1 min. Taste and season with salt and pepper, if desired.
5. To serve, spoon into bowls. Add toppings, if desired.