



5 DAYS OF INSTANT POT DINNERS

HEALTHY, WELL-BALANCED & GLUTEN-FREE

INCLUDES FULL RECIPES AND SHOPPING LIST



instant pot eats



GREAT FOOD MADE EASY

LET'S BEGIN

One of our favourite things about the **Instant Pot** is that it allows you to create a delicious and healthy meal quickly and easily. That's exactly what you want for a weeknight dinner. Wouldn't you agree?

That's why we've put together this **5-day Instant Pot dinner meal plan**. Designed for omnivores, but with sustainability in mind, we focused on recipes that are healthy, well-balanced and gluten-free.

All dishes are quick and easy to prepare and are designed for 2 servings plus leftovers for lunch (except for Meal 1). You are welcome to adjust the recipes for larger portions.

The shopping list is easy to navigate and will allow you get your groceries over the weekend, so that you have everything you need for the week ahead. We have made a note on dishes that you can make ahead of time on the weekend, saving yourself even more time along the way. That's the beauty of the Instant Pot - it makes your life so much easier!

All ingredients should be easily accessible and we have provided some basic alternatives. Feel free to replace the ingredients as you need. For example, if you can't afford salmon on Day 1, feel free to get a cheaper type of fish or even defrost some frozen salmon fillets the night before. If you can't get yellow split peas for Day 5, feel free to use red lentils or green split peas instead.

We'd love to see what you're cooking up from the meal plan. Share your meal pics on [Instagram](#) (tag **@instantpoteats** and use the hashtag #instantpoteats), or share on our [Facebook page](#), or your own and tag us, so we can find you.

If you have any questions about the recipes or the shopping list, please email us at instantpoteats@gmail.com or message us on [Facebook](#) or [Instagram](#).

WHAT YOU'LL NEED

- **Kitchen equipment:** Instant Pot or other pressure cooker, trivet/steamer rack, steam basket, cake tin or other heat-proof bowl that fits inside the pot and will fit two salmon fillets, medium saucepan for cooking rice and potatoes, food processor, standing or immersion blender for pureeing the soup.
- **Food storage:** Tupperware containers if you plan to cook anything ahead of time and to store the leftovers for lunch.

SHOPPING LIST

FRESH PRODUCE

- 2 heads of garlic, around 16-18 cloves (all meals)
- 3" root of fresh ginger (meals 1, 4)
- 2 long red chilies (meals 1, 4)
- 2 limes (meals 1, 4)
- 3 lemons (meals 3, 5)
- 3 large brown onions (meals 2, 4, 5)
- 2 large leeks (meal 3)
- 2.6 lb / 1.2 kg white potatoes, that's 6 large white potatoes (meals 2, 3)
- 3 oz / 80 g snow peas or other greens of choice (meal 1)
- 3 large carrots (meals 1, 4, 5)
- 2 celery sticks (meals 2, 5)
- 7 oz. / 200 g fine green beans (meals 1, 4)
- 2 medium broccoli heads (meals 1, 4)
- 1 red bell pepper, diced (meal 4)
- 0.5 lb / 200 g Brown/Swiss button mushrooms, white mushrooms are fine (meals 2)
- 2 medium tomatoes + 1 medium cucumber + 5 oz / 150 g mixed salad leaves (meals 2, for salad)
- ½ cup garden fresh peas (or frozen) (meal 2)
- 3 large handfuls of kale leaves, about 3.5 oz. / 100 g (meal 3)
- 1 bunch flat-leaf parsley (meals 2, 3)
- 1 bunch cilantro/coriander (meals 4, 5)

PROTEIN/COLD PRODUCE

- 2 medium fillets of salmon or other fish (meal 1)
- 1.1 lb / 500 g beef rump steak, sliced into thin strips (meal 2)
- 1.3 lb / 600 g chicken thighs or breast (meal 4)
- 1/3 cup sour cream or crème fraîche (meal 2)
- 1.2-1.4 oz of butter, around 35-40 g (meal 3)
- 2.8 oz. / 80 g Cheddar cheese, grated (meal 3)
- 1 cup yogurt, optional (meal 5)

PANTRY

- 3 tbsp olive oil (meals 1, 5)
- 2 tbsp coconut oil (meals 2, 4)
- 1 cup / 200 ml beef stock (meal 2)
- 3.25 Litres of vegetable stock or 6-7 cubes (meals 3, 5)
- 0.5 oz / 15-20 g dried porcini mushrooms, about a handful (meal 2)
- 1.5 cup rice (meal 4)
- 2 cups dried yellows split peas (meal 5)
- 1 tbsp tomato paste (meal 2)
- 1.5 tbsp Dijon mustard or yellow mustard (meals 2, 3)
- 3 tbsp Tamari sauce, it's a wheat-free soy sauce (meal 1)
- 1 tbsp honey (meal 1)
- 1 tsp sesame oil (meal 1, optional)
- ¼ cup fish sauce (meal 4)
- 1 + ½ cup coconut milk, 50-60% coconut content (meal 4)
- 2 bay leaves (meals 2, 5)
- ¼ cup mild curry powder (meal 4)
- 1 tbsp tapioca flour/arrowroot flour, corn starch can be used too (meal 2)
- 1 tablespoon coconut sugar or grated palm sugar, honey/brown sugar are okay (meal 4)
- Sea salt (all)
- Pepper (most)

MEAL 1



15-MINUTE ASIAN SALMON & GARLIC VEGETABLES

Who doesn't love a quick and easy dinner? Especially, when it's healthy and delicious as well. That's exactly what this recipe is about: speed, efficiency and nutrition! Whenever we are busy or lazy to cook, we love making this 15-minute Asian salmon and vegetables using the Instant Pot. Pressure cooking not only speeds up the process but it helps to retain the nutrients and keep this meal very healthy.

You will need a few **Instant Pot accessories** for this meal: a trivet or steamer rack to place on the bottom of the pot, a cake tin or other heat-proof dish that you can cook the salmon in, and a steamer basket for the vegetables. The whole meal is done almost simultaneously, with a just a little prep before you start the cooking.

It's designed for 2 servings, but you could easily add an extra fillet or two of salmon and make more vegetables.

For the fish

- 2 medium fillets of salmon or other fish
- 1 clove of garlic, finely diced
- 2 teaspoons of grated ginger
- ¼ long red chilli, finely diced
- Sea salt and pepper
- 2 tablespoons soy sauce or gluten-free tamari sauce
- 1 teaspoon honey

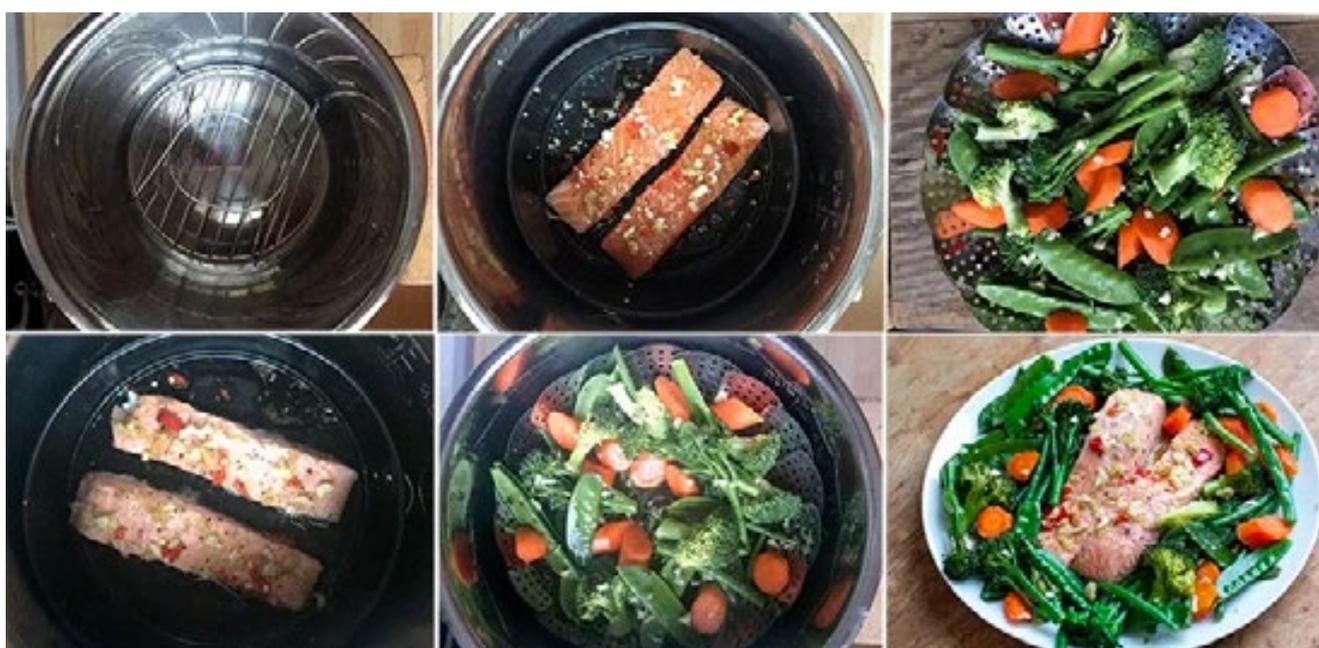
For the vegetables

- 200 g / 0.5 lb of mixed green vegetables (string beans, broccoli, snow peas)
- 1 large carrot, sliced
- 1 clove of garlic, diced
- Juice of ½ lime
- 1 tablespoon of tamari sauce
- 1 tablespoon of olive oil
- + ½ teaspoon sesame oil (optional)

SERVES 4



- Add 1 cup of cold water to the Instant Pot and place a trivet/steamer rack inside the pot.
- Place the fish fillets inside a cake tin or other heat-proof bowl that fits inside the pot. Sprinkle each fillet with diced garlic, ginger and chilli, plus a little salt and pepper. Mix tamari or regular soy sauce and honey in a small bowl and pour over the salmon fillets.
- Place the tin with the salmon on top of the trivet, so that the tin doesn't touch the water inside the pot. Place and lock the lid, press Manual (High Pressure) and set the timer to 3 minutes. After 3 beeps the Instant Pot will start the cooking process. While the salmon is cooking, prepare the vegetables.
- Place cut up veggies inside a steam basket and sprinkle evenly with garlic.
- Once the timer is up, use the quick release method to let out the pressure in the pot and open the lid. At this stage our salmon is partially cooked but it will be ready by the time we steam the vegetables on top.
- Place the steam basket with the vegetables on top of the tin with the salmon. Drizzle them with lime juice, tamari sauce, olive oil and sesame oil. We like to sprinkle a little salt and pepper as well. The sauces and juices will drip onto the salmon so you're still keeping all the flavours in the final dish.
- Place the lid back on, lock it, press Manual (High Pressure) and set the timer to 0 minutes. That's right, only 0 because by the time the pressure builds up, the veggies will already start to cook, and we want to keep them a little crunchy. Once the timer goes off, wait for a minute and then use the quick release to let off the steam before opening the lid.
- Remove the steamer basket with the vegetables and set aside. Carefully remove the tin with the salmon and transfer the salmon to a plate. Pour any remaining juice over the top and serve with vegetables on the side. Done!





MEAL 2

BEEF STROGANOFF WITH POTATOES & SALAD

If you haven't made beef Stroganoff before, it's a hearty stew of thinly sliced beef steak, onions, mushrooms and sour cream. Although its origins go back to the 19th century Russia, this recipe is cooked around the world, with variations from kitchen to kitchen. It's usually served over pasta/egg noodles but is also common with rice and potatoes. For those avoiding starchy carbs or wheat, this gorgeous stew is great over zucchini noodles, cauliflower rice or with some steamed greens on the side.

This is a good recipe to make ahead of time. Store in the fridge for up to 3 days or in the freezer until the night before when you need to defrost it (up to 2 months).

Beef: This recipe works best with more tender cuts of beef, which require little cooking time. We used rump steak in this recipe, which is more affordable and very juicy. For an even more budget friendly version, use less meat and add more mushrooms, onions, peas and sometimes even potatoes or carrots.

Dairy-free: Omit the cream but feel free to add a couple of tablespoons of coconut cream instead. Thicken with tapioca flour or arrowroot as per the recipe.

Thickening the stew: We are only using 1 cup of beef stock, which might not seem enough, but the mushrooms will release quite a bit of liquid during cooking. The sour cream will thicken the stew slightly, however, we also dissolve a tablespoon of tapioca flour or arrowroot flour right at the end. If gluten is not an issue, you can also add regular flour to thicken the stew. Corn starch and rice flour are also ok.

- 1 tablespoon coconut oil or butter
- 1 large brown onion, quartered and sliced thinly
- ½ teaspoon sea salt
- 1.1 lb / 500 g beef rump steak, sliced into thin strips (cut away any hard fat)
- 0.5 lb / 200 g Brown or Swiss button mushrooms (regular white button mushrooms are fine)
- Handful of dried porcini mushrooms (optional)
- 3 cloves garlic, finely diced
- 1 tablespoon tomato paste
- 1 tablespoon Dijon mustard (yellow mustard is also okay)
- 1 bay leaf (optional)
- Generous pinch of black pepper
- 1 cup beef stock
- 1 tablespoon tapioca flour or arrowroot flour (corn or rice flour are also okay)
- 1/3 cup sour cream or crème fraîche
- ½ cup garden fresh peas (if using frozen, defrost under hot water first)
- 2 tablespoons chopped flat-leaf parsley
- **Our side:** 3 large potatoes, cubed and boiled till tender and a mixed salad

SERVES 4

- Press the Sauté key on the Instant Pot (it should say Normal, 30 mins). Add coconut oil and once hot, add the onion and salt and cook for 2 minutes, stirring a few times.
- Add the beef strips and stir together for 2 minutes, until the colour of the meat changes.
- Add the mushrooms, garlic, tomato paste, mustard, bay leaf and beef stock and stir through to combine. Cancel the Sauté function by pressing Keep Warm/Cancel button.
- Place and lock the lid, make sure the steam-releasing handle is pointing to Sealing. Press Manual (High Pressure) and adjust to 10 minutes. After 3 beeps the pressure cooker will start going. In the meantime, boil the potatoes and prepare the salad.
- Once the timer goes off, allow the pressure to release naturally for 2-3 minutes and then use the quick release method before opening the lid.
- Press Sauté key again. Scoop some of the stew liquid into a small cup and dissolve the tapioca flour in it (or other starch that you're using). Add back to the stew and stir through, which will thicken the liquid slightly. Add the sour cream/crème fraîche and peas and stir through for a minute.
- Finally add the parsley, stir and serve with potatoes, rice or pasta, or over some steamed vegetables.





MEAL 3

LEEK, KALE & POTATO SOUP

Forget about the canned stuff! Homemade leek and potato soup is incredibly easy to make and it tastes ten times better than what you'd get out of a tin or a carton. It's especially quick to cook with the help of your Instant Pot. Our version of everyone's favourite soup has a little twist. We added kale for extra greens and some grated Cheddar cheese for that delicious savoury, cheesy flavour. Don't worry, you can certainly omit the cheese and it will still taste delicious.

This soup freezes well and is a great recipe to make ahead of time.

Vegetables: White potatoes can be replaced with sweet potatoes or even carrots and parsnips. Kale can be replaced with spinach, chard or collard greens. What we love is that you can't tell this soup has any kale, which is great if your kids or partners are fussy with their greens.

Dairy-free version: Replace butter with olive oil or coconut oil. If you can handle butter or ghee, those would be better. Don't worry about adding the cheese in the end and process the soup as is. You can add a couple of tablespoons of nutritional yeast flakes, which have a slight cheesy flavour to them. A little coconut cream would also work well.

- 1.2-1.4 oz of butter (35-40 g)
- 2 large leeks, sliced roughly (white and pale green parts, about 0.8 lb / 400 g)
- Generous pinch of salt
- 1.3 lb / 600 g white potatoes, peeled and diced into large cubes
- 3 large handfuls of kale leaves (about 3.5 oz. / 100 g)
- 3 cloves garlic, diced roughly
- 1 teaspoon Dijon or yellow mustard
- Zest of 1 lemon (reserve half for garnish)
- Juice of ½ lemon
- ½ teaspoon ground black pepper
- 1.5 Litre vegetable stock (or water + 3 vegetable stock cubes)

To finish

- 2.8 oz. / 80 g cheddar cheese, grated
- Juice of ½ lemon + the rest of the lemon zest (see above)
- 2 tablespoons fresh chopped parsley

To serve

- Chopped fresh parsley
- Extra black pepper

SERVES 4

- Press the Sauté key on the Instant Pot (it should say Normal, 30 mins). Add the butter and let it melt while you finish preparing the rest of the ingredients.
- Add the leeks and stir through with the butter. Sauté for 3-4 minutes, stirring a few times.
- Add the potatoes, kale and garlic and stir through, then add the rest of the ingredients except for the cheese. Stir to combine and press the Keep Warm/Cancel button.
- Place and lock the lid, make sure the steam-releasing handle is pointing to Sealing. Press Manual, High Pressure, and set the timer to 12 minutes. After 3 beeps the pressure cooker will start going.
- Once the timer goes off, allow the pressure to release naturally for 5 minutes and then use the quick release method before opening the lid.
- Add the cheese and stir to melt through. Add extra lemon juice and the rest of the lemon zest. Process the soup into puree. Option 1: Use an immersion stick blender directly in the pot. Option 2: Transfer the soup, together with the vegetables, to a blender or a food processor in 2-3 batches. Make sure to only fill up the blender half way, maybe three quarters, as the mixture will expand and move up the sides while blending. You will save yourself the mess!
- Once smooth, stir in the parsley. Serve the soup in bowls sprinkled with extra parsley and black pepper.





MEAL 4

THAI CHICKEN CURRY & RICE

Making an authentic Thai curry can be a labour of love, especially if you make your own curry paste, but there is a much simpler and quicker way. This Instant Pot Thai curry is made in under 30 minutes using ingredients you can find in most grocery stores.

This recipe is by no means an authentic version BUT it's delicious and pretty close to the real thing, if we may say so. Serve it up with cooked white or brown rice, cauliflower rice or enjoy it as a standalone stew. This is **a good dish to make ahead of time** as it freezes well. Store in the fridge for up to 3 days.

The curry is gluten-free and dairy-free. To make a vegetarian or vegan version, replace the meat with diced pumpkin, winter squash or sweet potatoes and feel free to add more vegetables; replace fish sauce with a teaspoon of sea salt and a splash of soy or tamari sauce.

Chilli: You can use long red chili, or for more heat use smaller, spicier chilli. You can use a pinch of chilli flakes/powder instead. The mild curry powder is already a little spicy, so you might prefer to omit the chilli altogether, if cooking for the kids.

Fish sauce: It might seem like a lot of fish sauce but don't be afraid! You can't actually taste it in the curry once it's cooked. It gives a lovely salty, umami flavour. If you can't find fish sauce, simply add 1 teaspoon of salt instead.

Coconut milk: We suggest to use full-fat coconut milk that is around 60% coconut content (not the diluted drinking coconut milk). We used one and a half cans. Make sure to shake the can well before measuring the milk. If using coconut cream, which is thicker, simply add less and add some water or chicken stock to thin it out.

- 1 tablespoon coconut oil
- 1 large brown onion, roughly chopped
- 1 thumb-size piece of ginger, diced roughly
- 1/2 long red chilli, seeds out and diced (see notes)
- 1.3 lb / 600 g chicken thighs or breast (diced into bite-size pieces)
- ¼ cup mild curry powder
- 1 tablespoon of chopped cilantro/coriander stalks (save the leaves for garnish)
- 3 cloves garlic, diced
- ¼ cup fish sauce
- 1 tablespoon coconut sugar or grated palm sugar (honey or brown sugar are also okay to use)
- 1 + ½ cup coconut milk (see notes)
- 1 large carrot, sliced
- 4 oz. / 120 g fine green beans, halved
- 1 red bell pepper, diced
- 1-2 cups broccoli florets
- Juice of 1 lime

SERVES 4

- Turn the pressure cooker on. Press the Sauté function key (it will show Normal, 30 minutes). Let it heat up while you dice the onion, ginger and chilli.
- Add coconut oil to the pot, followed by the onion, ginger and chilli. Stir through and cook for a minute or two, while you cut up the chicken meat.
- Add the chicken to the pot and stir through. Cook for 5 minutes on Sauté, stirring a couple of times. In the meantime, prepare the rest of the ingredients.
- Add the curry powder, cilantro, garlic, fish sauce and sugar to the pot and stir through; then follow with the coconut milk.
- Finally, add the vegetables and lime juice, stir and turn the Sauté off by pressing the Keep Warm/Cancel button. At this time or even a little earlier, rinse the rice and cook it on the stovetop.
- Close and lock the lid of the Instant Pot. Check that the lid knob is turned to Sealing. Change the setting to Manual (High Pressure) and set to 7 minutes. Wait for 3 beeps and walk away.
- Once the timer is up, let the pressure release naturally or use a quick release method and then open the lid.
- Top with fresh cilantro/coriander leaves and serve with white rice or cauliflower rice on the side.



MEAL 5



TURKISH YELLOW SPLIT PEA STEW

This gorgeous split pea stew (or a thick soup) is adapted from a classic Turkish lentil soup, also known as Mercimek Çorbası. It's simple, rich and nutritious stew is full of warm, aromatic spices and flavours that will get you asking for seconds. Made with yellow split peas, this vegan and gluten-free friendly stew is ridiculously easy and quick when made in an Instant Pot pressure cooker.

Split peas: We used yellow split peas in this recipe but green split peas or any type of lentils will work just as well in this dish. You can pre-soak the split peas for a few hours in warm salted water, which helps to make legumes a little easier to digest. To make this quicker, we simply rinsed the split peas well under cold water.

Stock: We used water and vegetable stock cubes but you are welcome to use pre-made stock or even bone broth. We like this dish as a thick soup/stew consistency but if you prefer a slightly thinner soup, add a little more stock to the pot.

- 1½ tablespoons olive oil
- 1 medium white onion, diced
- 1 medium carrot, diced into small cubes
- 1 celery stick, diced into cubes
- 4-5 cloves garlic, diced finely
- 1 bay leaf
- 1 teaspoon paprika powder
- 1½ teaspoons cumin powder
- ½ teaspoon salt
- ¼ teaspoon cinnamon powder
- ¼ teaspoon chili powder or cayenne pepper
- 2 cups split yellow peas (rinsed well)
- ½ cup chopped tinned tomatoes
- Juice of ½ lemon
- 1.75 L vegetable stock (I used 7 x 250 ml cups + 3 vegetable stock cubes)
- To serve: chopped chives or cilantro, extra lemon and yoghurt (optional)

SERVES 4



- Press the Sauté key on the Instant Pot (it should say Normal, 30 mins). Add the olive oil, onion, carrot and celery and cook for 4 minutes, stirring a few times.
- Add the rest of the ingredients and stir. Cancel the Sauté function by pressing Keep Warm/Cancel button.
- Place and lock the lid, make sure the steam releasing handle is pointing to Sealing. Press Manual (High Pressure) and adjust to 10 minutes. After 3 beeps the pressure cooker will start going.
- Once the timer goes off, allow the pressure to release naturally for 4-5 minutes and then use the quick release method before opening the lid.
- Serve with cilantro or chopped chives and extra lemon on the side. A dollop of full-fat natural yoghurt or coconut yoghurt (or other vegan option) is gorgeous stirred in.



ENJOY COOKING!!!