

SIX DISHES FROM FAMILIAR FOODS

A PLACE AT THE TABLE.

Generated serving previews; new recipe ideas, not kitchen-tested. Each recipe makes 2 servings.



**ROASTED SOCKEYE
SALMON, QUINOA &
BROCCOLI**

03 ↗



**CHICKEN, RED LENTIL,
CARROT & KALE STEW**

04 ↗



**SPINACH & SHIITAKE
OMELETS WITH RYE
TOAST**

05 ↗



**SARDINE, RED POTATO,
CUCUMBER & TOMATO
BOWL**

06 ↗



**SLOW BEEF-SHIN &
MUSHROOM STEW WITH
BUCKWHEAT**

07 ↗



**CHICKPEA, ROASTED
BEET & AVOCADO BOWL**

08 ↗

About this guide. Six newly proposed recipe concepts using foods in the original notes; these are not Janusz's own recipes and have not been kitchen-tested. Generated images are serving ideas, not exact results. Each recipe serves two; amounts are cooking proportions, not medical nutrition targets. All timings are approximate: use thermometer checks for safety and texture checks for tenderness. Wash produce, hands, boards and utensils; keep raw meat, fish and eggs separate from ready-to-eat foods. Discard bulging, leaking or deeply dented cans. Refrigerate perishable leftovers within two hours (one hour above 90°F); reheat leftovers to 165°F. The photographs are generated illustrations of the dishes; the finished food will vary. Select a dish to turn to its recipe.

A CLOSER LOOK / TWELVE INGREDIENTS

KNOW WHAT GOES IN.

A small visual reference to familiar ingredients in these dishes. Use the recipe pages for the full lists and amounts.

**SOCKEYE SALMON**

A fish main for grain bowls.

**EGGS**

Boil, scramble or cook in a skillet.

**SARDINES**

Use canned fish for a quick meal.

**QUINOA**

Cook for bowls and simple sides.

**BUCKWHEAT**

An earthy base for vegetables.

**RED LENTILS**

Simmer into soups and stews.

**CHICKPEAS**

Use cooked in bowls and salads.

**BROCCOLI**

Steam, roast or add to a bowl.

**SPINACH**

Add fresh or wilt into warm food.

**SHIITAKE MUSHROOMS**

Cook for a savoury skillet base.

**RED BEETS**

Roast or use already cooked.

**AVOCADO**

Slice over a finished bowl.

Generated ingredient illustrations. This is a selection of twelve ingredients, not the full food list.

RECIPE 01 / 06

2 SERVINGS

ROASTED SOCKEYE SALMON, QUINOA & BROCCOLI

Roasted salmon and lightly browned broccoli over fluffy quinoa, finished simply with garlic and the oil from the original pantry list.



Sockeye salmon · Quinoa · Broccoli · Garlic

INGREDIENTS

2 fillets, about 6 ounces each sockeye salmon, thawed if frozen

1/2 cup dry quinoa

3 cups broccoli florets

1 tablespoon, divided Kolymvari extra virgin oil

1 clove, finely chopped garlic

1 cup water

1/4 teaspoon, optional Himalayan salt

MAKE IT

- 01** Heat the oven to 425°F. Rinse quinoa; bring to a boil with 1 cup water, cover and simmer for about 15 minutes, or follow the package ratio and timing. Rest covered for 5 minutes, then fluff.
- 02** Toss broccoli with 2 teaspoons oil and some optional salt. Spread on a baking sheet and roast for about 10 minutes.
- 03** Rub salmon with the remaining oil, garlic and optional salt. Put in a separate baking dish and roast alongside broccoli for roughly 10–15 minutes more. Check each fillet's thickest part with a thermometer for 145°F; remove broccoli when tender and lightly browned.
- 04** Divide quinoa and broccoli between two plates. Add the salmon and spoon its fully cooked juices over the quinoa.

Recipe concepts, not kitchen-tested. Images are generated dish previews. Portions and medical dietary needs are not prescribed here.

Cooking safety sources: [USDA FSIS: Safe Minimum Internal Temperature Chart](#) · [USDA FSIS: Food Thermometers](#)

RECIPE 02 / 06

2 SERVINGS

CHICKEN, RED LENTIL, CARROT & KALE STEW

A comforting stew of tender, lightly shredded chicken and soft red lentils, with sweet carrot and kale stirred through at the end.



Chicken · Red lentils · Carrots · Kale · Red onion

INGREDIENTS

3/4 pound boneless chicken meat cut from a whole chicken, in 1-inch pieces

1/2 cup dry red lentils

2 medium, diced carrots

2 cups, loosely packed and chopped kale, tough stems removed

1/2 medium, chopped red onion

1 clove, chopped garlic

3 cups, plus more as needed water

1/4 teaspoon, optional Himalayan salt

MAKE IT

- 01** Rinse the lentils. Put chicken, lentils, carrots, onion, garlic and 3 cups water in a saucepan with the optional salt.
- 02** Bring to a gentle boil, then simmer partly covered for about 20–25 minutes, stirring occasionally. Add small splashes of water if the lentils become too thick.
- 03** Stir in kale and simmer for about 5–10 minutes more, until lentils and carrots are soft. Check several of the largest chicken pieces with a thermometer and continue until their centres reach at least 165°F.
- 04** Lift out the cooked chicken and lightly shred with two forks. Stir it back into the thick lentil stew and divide between two bowls.

Recipe concepts, not kitchen-tested. Images are generated dish previews. Portions and medical dietary needs are not prescribed here.

Cooking safety sources: [USDA FSIS: Safe Minimum Internal Temperature Chart](#) · [USDA FSIS: Keep Food Safe! Food Safety Basics](#)

RECIPE 03 / 06

2 SERVINGS

SPINACH & SHIITAKE OMELETS WITH RYE TOAST

Two folded omelets filled with tender shiitake and wilted spinach, with fully set eggs and warm rye toast alongside.



Eggs · Spinach · Shiitake mushrooms · Rye bread

INGREDIENTS

4 large organic pasture-raised eggs

3 cups, loosely packed spinach

1 cup, sliced commercially sold edible shiitake mushrooms, tough stems removed

2 slices rye bread, already baked from the rye bread mix

2 teaspoons, divided Kolymvari extra virgin oil

2 tablespoons, plus a splash if needed water

1/8 teaspoon, optional Himalayan salt

MAKE IT

- 01** Beat the eggs with optional salt and toast the rye bread. Cook mushrooms with 1 teaspoon oil and the water in a covered nonstick skillet for about 5–7 minutes. Add spinach for 1–2 minutes until wilted; transfer filling to a bowl.
- 02** Cook one omelet at a time. Warm 1/2 teaspoon oil in the skillet, add half the beaten eggs and cook gently for about 2–3 minutes, drawing set edges inward so uncooked egg reaches the pan.
- 03** Add half the filling to one side, fold over and cover over low heat for roughly 2–4 minutes more. Check the thickest part with a thermometer; continue until it reaches 160°F with no liquid egg remaining.
- 04** Plate and cover the first omelet. Repeat with remaining oil, eggs and filling, checking the second omelet for 160°F. Serve one omelet and one slice of rye toast per person.

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Cooking safety sources: [USDA FSIS: Safe Minimum Internal Temperature Chart](#) · [USDA FSIS: Food Thermometers](#)

RECIPE 04 / 06

2 SERVINGS

SARDINE, RED POTATO, CUCUMBER & TOMATO BOWL

Tender red potatoes and rich sardines with crisp cucumber, juicy tomato and thin red onion, finished with oil and apple cider vinegar.



Sardines · Red potatoes · Cucumber · Tomato · Red onion

INGREDIENTS

2 small tins, about 3.75 ounces each before draining ready-to-eat canned sardines with bones and skin

2 medium, about 1 pound total red potatoes

1/2 medium, chopped cucumber

1 medium, chopped tomato

1/4 medium, thinly sliced red onion

1 tablespoon Kolymvari extra virgin oil

2 teaspoons organic apple cider vinegar

enough to cover the potatoes by 1 inch water

MAKE IT

- 01** Cut potatoes into bite-size pieces. Place in a saucepan and cover with water by about 1 inch.
- 02** Bring to a boil, then simmer for about 12–18 minutes until easily pierced with a fork. Drain and let steam escape for a few minutes.
- 03** Meanwhile, chop cucumber and tomato, thinly slice red onion, and drain the ready-to-eat canned sardines.
- 04** Divide warm potatoes, cucumber, tomato and onion between two bowls. Top with sardines, spoon over the oil and vinegar, and serve promptly.

Recipe concepts, not kitchen-tested. Images are generated dish previews. Portions and medical dietary needs are not prescribed here.

Cooking safety sources: [USDA FSIS: Shelf-Stable Food Safety](#) · [USDA FSIS: Keep Food Safe! Food Safety Basics](#)

RECIPE 05 / 06

2 SERVINGS

SLOW BEEF-SHIN & MUSHROOM STEW WITH BUCKWHEAT

Browned beef shin slowly simmered with shiitake, carrot and onion, spooned over buckwheat with its rich brown cooking juices.



Beef shin/shank · Buckwheat · Shiitake mushrooms · Carrot · Red onion

INGREDIENTS

3/4 pound boneless beef shin/shank, cut into 1-inch pieces

1/2 cup dry buckwheat groats

1 cup, sliced commercially sold edible shiitake mushrooms, tough stems removed

1 medium, diced carrot

1/2 medium, chopped red onion

1 clove, chopped garlic

2 teaspoons Kolymvari extra virgin oil

2 cups for the stew, 1 cup for the buckwheat, plus more as needed water

1/4 teaspoon, optional Himalayan salt

MAKE IT

- 01** Warm oil in a heavy saucepan over medium-high heat. Pat beef dry and brown for roughly 6–8 minutes, turning. Add onion and garlic; stir briefly, then add 2 cups water and optional salt, scraping up browned bits. Add water if needed to just cover beef.
- 02** Cover and simmer gently for roughly 2–3 hours; add carrot and mushrooms for the final 30–40 minutes. Top up water as needed. Continue until beef separates easily with a fork; timing indicates tenderness, not safety. Check several thick pieces with a thermometer for at least 145°F.
- 03** Near serving time, simmer buckwheat with 1 cup water, covered, for about 12–15 minutes, or follow its package. Rest covered for 5 minutes.
- 04** Simmer stew uncovered briefly if it needs thickening. Once beef is tender and at least 145°F, remove from heat and rest at least 3 minutes. Spoon over buckwheat in two bowls.

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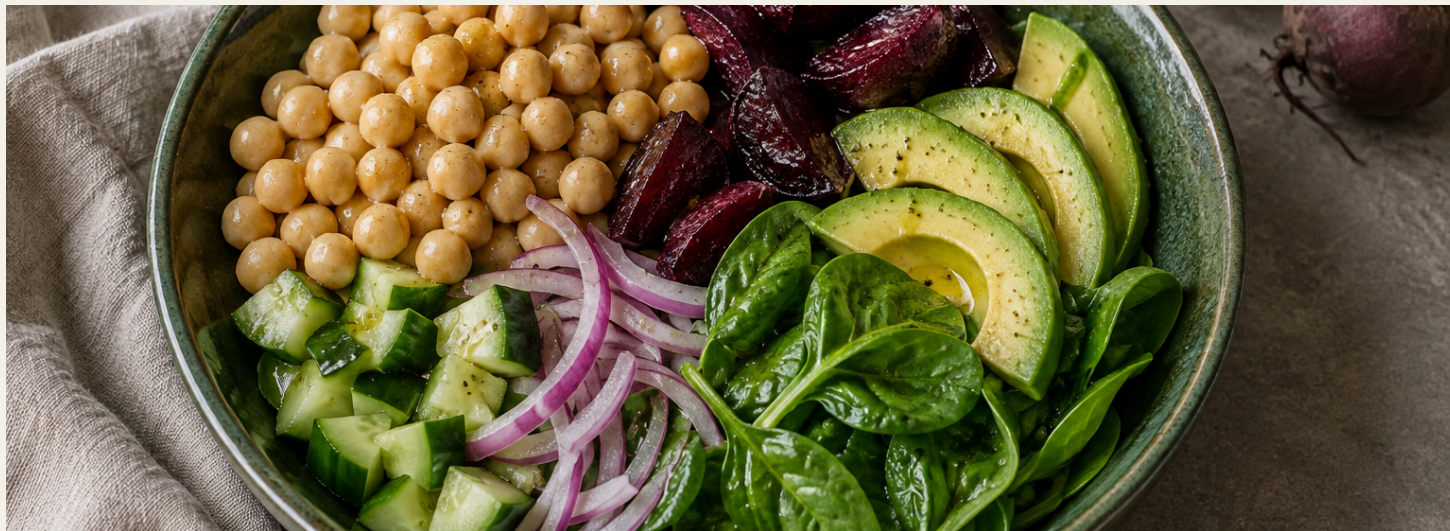
Cooking safety sources: [USDA FSIS: Beef From Farm to Table](#) · [USDA FSIS: Safe Minimum Internal Temperature Chart](#)

RECIPE 06 / 06

2 SERVINGS

CHICKPEA, ROASTED BEET & AVOCADO BOWL

Sweet roasted beets and creamy avocado with chickpeas, baby spinach, cool cucumber and thin red onion.



Chickpeas · Red beets · Avocado · Cucumber · Baby spinach · Red onion

INGREDIENTS

1 1/2 cups fully cooked chickpeas, or one 15-ounce can drained and rinsed

3 cups, peeled and diced red beets

1 medium avocado

1/2 medium, diced cucumber

2 cups, loosely packed baby spinach

1/4 medium, thinly sliced red onion

1 tablespoon, divided Kolymvari extra virgin oil

2 teaspoons organic apple cider vinegar

1/8 teaspoon, optional Himalayan salt

MAKE IT

- 01** Heat the oven to 425°F. Cut peeled beets into roughly 3/4-inch cubes. Toss with 2 teaspoons oil and optional salt; spread on a baking sheet.
- 02** Roast for about 30–40 minutes, turning once, until easily pierced with a fork. Add fully cooked chickpeas for the final 5 minutes if you want them warm.
- 03** Meanwhile, dice cucumber and thinly slice red onion. Just before serving, halve the avocado, remove the stone and skin, and slice the flesh.
- 04** Divide spinach between two bowls. Add chickpeas, beets, cucumber, avocado and onion; spoon over the remaining teaspoon of oil and the vinegar, then serve promptly.

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Cooking safety sources: [USDA FSIS: Keep Food Safe! Food Safety Basics](#) · [USDA FSIS: Shelf-Stable Food Safety](#)