





OO/ HIYA!

Hello there! My name is **Mia Tedjosaputro** and here is a list of quick meals recipe I often use in daily basis. I thought I'd share this with you so maybe you can share your ultimate recipes too! I am obviously just a normal home maker (who cooks everyday) and not a food writer. Ideas might come from previously seen images or recipes I stumbled upon. If there is a particular one, I put the URL. Most of them were just made up along the way. A few things:

- 1- no exact measurement. I am just throwing ideas.
- 2- including throwing keywords w/o proper sentences.
- 3- key concepts: quick and healthy. At the end of the day, we are all busy person. I take time to prepare more time consuming meals on the week-ends.
- 4- mentioned cooking time exclude oven time, just an indication.
- 5- nothing serious, just fun! we learn by doing.

email me at: mia@miatedjosaputro.com for your thoughts. bfn.

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<30 mins

01/ ^{miatedjosaputro.com} MACARONI SCHOTEL WITH SALAMI

INGREDIENTS :

red pepper, salamis cut into small pieces with scissors, onion, mint leaves, milk, chili flakes, lemon pepper, black pepper, unsalted butter, macaroni, cheese and eggs.

METHOD :

- 1- do the macaroni pasta, boil as instructed.
- 2- in a skillet: butter, onions, salamis and the rest of ingredients (black pepper, mint leaves, chili flakes, lemon pepper, black papper). cool down for 5 minutes.
- 3- put boiled macaroni in a bowl, mix with sauteed salamis. beat in eggs and cheese.
- 4- place in a casserole dish. if it looks too dry and does not hold up, beat another egg in. bake and serve with salad.

TIPS :

instead of salami, usually smoked beef is used. or corned beef.
get pre-sliced salmon.



<30 mins

02/ LEMON CHICKEN PASTA

inspired by <http://www.landolakes.com/recipe/19393/peppered-lemon-chicken-pasta>

INGREDIENTS :

lemon juice, cut chicken, onion, garlic, mint leaves, mushrooms, cheese, white wine, and black pepper.

METHOD :

- 1- boil pasta as instructed.
- 2- in a skillet: butter in and fry chicken pieces. add in onions, garlic, and saute until chicken is properly cooked.
- 3- add in lemon juice, mushrooms, boiled pasta and a drizzle of white wine.
- 4- lots of black pepper! and mint leaves. serve with salad!

TIPS :

Lazy Lemons! as an emergency lemon juice.



<45 mins

03/ SALMON WRAPS

INGREDIENTS :

red bell pepper, onions, thinly pre-sliced salmon, tomato sauce, cheese, pepper, lemon pepper, ready to use tortilla wrap.

METHOD :

- 1- cut: pepper and onions into small pieces.
- 2- with olive oil, lightly sautee them.
- 3- add in sliced salmon, tear into smaller pieces.
- 4- add in tomato sauce, as you prefer (i like it not so saucy). hints of black pepper and lemon pepper.
- 5- halve tortillas. fillings in, add in cheese (lots) and grill for 5 mins. allow to cool down and serve.

TIPS :

bottled tomato sauce.
an electric grill.



<30 mins

04/ miatedjosaputro.com BEEF BALLS

INGREDIENTS :

minced beef, black pepper, cheese, tomatoes, onions, garlic, breadcrumbs and eggs.

METHOD :

- 1- in a big bowl: place beef mince, onion, garlic, breadcrumbs, cheese and eggs. mix well and season well with black pepper.
- 2- make the mixture into balls shape on a tray. oven them.
- 3- prepare the sauce. in a skillet: saute onions and chopped tomatoes. season well and pour over cooked beef balls.
- 4- serve with rice.

05/ SALMON NOODLES

INGREDIENTS :

coriander and candlenut (Indonesian spices), garlic, slices of salmon, egg noodles, sweet soy sauce, black pepper, lemon pepper, sesame oil, sesame seeds, eggs and chilli flakes.

METHOD :

- 1- in pestel and mortar: grind coriander, candlenut and garlic.
- 2- boil egg noodles as instructions. drain water and drizzle with sesame oil.
- 3- meanwhile, scramble eggs. cool down.
- 4- in a skillet: a drizzle of olive oil, fry item #1 and salmon. pepper with lemon pepper.
- 5- add in egg noodles, mix thoroughly. add in sweet soy sauce, black pepper, chilli flakes and sesame oil.
- 6- garnish with cut eggs into strips.

TIPS :

replace candlenuts with macadamia nuts.



<30 mins

06/ ROASTED LEMONGRASS CHICKEN AND POTATOES

INGREDIENTS :

potatoes, dried lemongrass, chicken, broccoli, red pepper, tomatoes and ginger

METHOD :

- 1- cut potatoes into pieces, boil for 5 minutes
- 2- in a skillet with olive oil, saute dried lemongrass and chicken until brown on one side.
- 3- place chicken to a roasted pan. add in potatoes, broccoli, tomatoes, red pepper. ginger. season with black pepper.
- 4- 45 minutes in oven. garnish and serve with salad.

TIPS :

use dried lemongrass if you don't have fresh ones.



<30mins



<60 mins

07/ miatedjosaputro.com SQUID AND CHEESE SANDWICH

INGREDIENTS :

squid in skewers, a French baguette, cherry tomatoes, salad leaves and lots of cheese

METHOD :

- 1- marinate squid with paprika for 30 minutes.
- 2- prepare grill, grill the squid. flip occasionally until cooked.
- 3- while grilling the squid; cut baguette, create pairs. butter one side of each baguette (only one), grill them in another grill. add cheese layer in while on the grill, another slice of baguette with butter side up, so they look like sandwiches.
- 4- prepare salad and cherry tomatoes, garnish them. serve.

TIPS :

i bought ready to grill squid in skewers. also I have two electric grills. one is a press grill, the other is open barbeque type.



<30 mins

08/ CHICKEN YELLOW SOUP (SOTO)

INGREDIENTS :

chicken, 'soto ayam' paste (get from Taobao- 'Indofood' brand), vermicelli noodles, potatoes, garlic, ginger, eggs, cherry tomatoes, and lettuce.

METHOD :

- 1- boil chicken, once it's done shred them. prepare 1 litre of boiled water.
- 2- quick saute 'soto ayam' paste for 1 minute with garlic and ginger.
- 3- cut potatoes.
- 4- in a large pot, add in water and sauteed paste. add in shredded chicken, vermicelli, small cut potatoes; bring to boil until chicken is completely cooked.
- 5- serve in a bowl with cherry tomatoes and lettuce (optional). garnish with shallots (if applicable) and rice.

TIPS :

ready to use 'soto ayam' paste is very handy to stock.

09/ CHEESY ZUCCHINI WITH BAKED TUNA AND CHICKPEAS

INGREDIENTS :

zucchini (or courgettes), chickpeas in tin, tuna in tin, lots of seasoning as desired (dried oregano, dried parsley, onion+garlic+ginger, lemon pepper, salt) and cheese.

METHOD :

- 1- cut zucchini into strips. drizzle with olive oil, all the seasoning and cheese. shake well. arrange on a baking tray
- 2- in other baking tray (or roasting tray), divide into two areas: one side for tuna and one side for chick peas. season as desired.
- 3- bake for 20 mins. serve with salad.



<30mins

10/ ^{miatedjosaputro.com} SALMON BAGELS+CHICKPEAS SALAD



<30 mins

INGREDIENTS :

ready to eat bagels (from Fields), pre sliced salmon, onion for bagels, cheese cream, olive oil, red pepper for salmon.

chickpeas related: a can of chickpeas, onion, red pepper, onion+garlic seasoning, balsamic vinegar, garlic, salad leaves and sliced tomato as salad.

METHOD :

1- soak chickpeas in balsamic vinegar for 30 mins, leave it.

2- with olive oil, fry salmon together with onions, red pepper, season with black pepper.

3- slice bagels, warm them up. prepare bagel, cheese cream it up, cooked salmon in.

4- the salad, season chickpeas and add in the rest: onions, red pepper, seasoning, garlic and salad leaves.

5- serve and garnish with sliced tomatoes.

TIPS :

get ready-to-eat-bagels, pre-sliced salmon.

11/ STIR FRIED BLACK PEPPER SQUID + KALE AND ROASTED POTATOES



<30 mins

INGREDIENTS :

squid, kale, potatoes, red pepper, lemon grass, onions, garlic, edamame beans (optional), black pepper corn, coriander and candlenut (Indonesian spices).

METHOD :

1- roasted tatties: cut potatoes into small pieces, boil for 10 minutes, spray with oil, put in a roasting pan, add in onions, red pepper. season and place them in the oven.

2- stir fry: coriander, candlenut, onion, black pepper, squid, and kale. season with oyster sauce and sweet soy sauce.

3- serve.

TIPS :

use macadamia nuts to replace candlenuts.

12/ SMOKED SALMON + KALE FRITATTA

Inspired from here: <http://www.epicurious.com/recipes/food/views/smoked-salmon-leek-and-dill-frittata-104485>

INGREDIENTS :

smoked salmon, kale, tomato, onion, butter, 4 eggs, fresh rosemary, spring onions, cheese and carrot.

METHOD :

1- melt butter in a skillet (or what you have for frittata shape), add onion, tomato, kale and carrot.

2- add in fresh rosemary and spring onions.

3- pour whisked eggs. salmon on top, and cheese. in low heat until cooked.



<30mins



<30 mins

13/ BAKED FISH CAKES WITH CORN

INGREDIENTS :

corn, fish fillet, cabbage, eggs, any leftovers, lemongrass, Panko ideally (i use home-baked bread crust), seasoning and cheese.

METHOD :

- 1- bake fish fillets for 10 mins.
- 2- in a big bowl, mix the rest. once fish is done, scrape them and fold into mixture. beat eggs and season well.
- 3- either you BAKE or FRY it, up to you. i chose to bake them (last minute decision) in muffins cases for about 40 minutes. cheese on top.
- 4- serve with vegetables.

TIPS :

good for leftovers.



<30 mins

14/ ROTI PRATA WITH SQUIDS CURRY

INGREDIENTS :

ready to fry onion roti prata, squid, curry powder, bay leaves, red pepper, onions, garlic, coconut milk.

METHOD :

- 1- fry onion, pepper and garlic until fragrant.
- 2- add in squids.
- 3- add in curry powder in with coconut milk (or yoghurt and thick cream) and other seasoning (black pepper, paprika powder, chili flakes, etc).
- 4- prepare roti prata, fry as per instructions.
- 5- serve together.

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