

The Winter 5x5:

5 Ingredients, Endless Easy Meal Ideas



Winter cooking doesn't have to be complicated. With just 5 staple ingredients, you can mix and match easy, nourishing meals all season. Think of these as your go-to building blocks.

5 Winter Ingredient Staples



Rice:

The perfect base for bowls, soups and stir-fry's



Chicken (or tofu):

Lean, filling protein source that works in almost any dish



Potatoes:

Great roasted, mashed or in soups



Kale:

Adds colour texture, packed with nutrients



Bell peppers:

Sweet, crunchy, easy to cook

5 Easy Winter Meal Ideas



Rice bowl with chicken, peppers & kale:
Balanced, versatile and perfect for busy weeknights

Chicken soup with potatoes & peppers:
Comforting, hearty and good for batch cooking

Tofu stir-fry with peppers & kale:
Quick, colourful and full of flavour

Grilled chicken with rice & kale salad:
Light, balanced and high in protein

Roasted potatoes with kale & peppers:
Vegetarian-friendly, great as a main or a side