

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

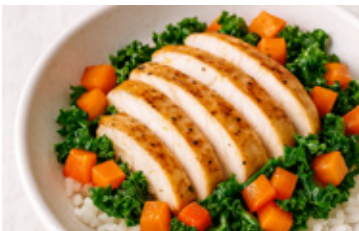


Kale:
Adds colour texture, packed with nutrients



Bell peppers:
Sweet, crunchy, easy to cook

5 Easy Winter Meal Ideas



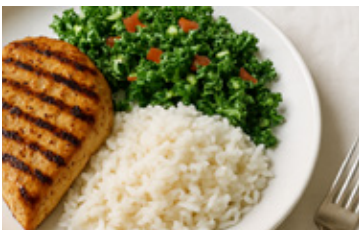
Rice bowl with chicken, peppers & kale:
Balanced, versatile and perfect for busy weeknights



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