

The Five Ingredient Week



Twenty everyday dinners

EatEasier

The Five Ingredient Week

Twenty everyday dinners

Five main ingredients plus
oil, salt, pepper and water

First edition
October 2026

Start with one dinner

Every recipe makes two servings. Start with one dinner that fits the food you have and the work you feel like doing tonight.

1 Read the whole recipe

Choose a dinner, then read the method and cooking note before you begin. Check which pan you need and which ingredient takes longest.

2 Set out the five foods

Measure the five main ingredients, then the listed oil, salt, pepper and water. Set aside any extra sides or toppings you want to serve.

3 Check cuts and packets

Use the stated cut sizes. Keep pasta, rice, couscous and frozen-vegetable packets nearby so you can follow their cooking directions.

4 Get ready to check doneness

Keep a thermometer and clean serving utensils within reach for meat, fish and egg dishes. Use the recipe's temperature and texture checks as you cook.

The six illustrated guides show counting, sauce consistency, tray spacing, cooking sequences and shopping overlap. Open the relevant guide beside the full recipe when you need a quick reminder.