

DINNERS & WORKOUTS, SORTED.

5 easy dinners plus a bonus baking recipe + 5 short DediKate workouts to make your week that little bit easier.

x VJ cooks

KATE IVEY FITNESS x VJ cooks



Life is busy, and when you're juggling work, kids, family and everything else, deciding what to have for dinner and finding time to exercise can sometimes feel like just two more things to think about. So we thought we'd help sort them for you!

We're Vanya from VJ Cooks and Kate from DediKate, and we've put together five easy, family-friendly dinners alongside five short and effective DediKate workouts you can press play on at home.

The idea is simply to make your week a little easier. We've taken care of some of the planning, so you can choose what works for you, fit it around everything else you have going on and hopefully enjoy some good food and movement along the way.

made with love by Vanya & Kate

YOUR WEEK, SORTED.

DAY 1



Hoisin Chicken Rice Bowls

Asian style chicken mince served on rice with crunchy bean sprouts, avocado and roasted peanuts.

Prep Time: 10 minutes
Cook Time: 15 minutes
Total Time: 25 minutes
Serves: 4

Recipe: See the Recipes section for the full recipe



Beginner Strength

A full-body strength workout to challenge and strengthen your major muscle groups.

Time: 15 minutes
Equipment: No equipment required

PRESS PLAY NOW

DAY 2



Beef Quesadillas

Tasty quesadillas made from toasted tortillas filled with Mexican-style mince then topped with homemade corn salsa and guacamole.

Prep Time: 20 minutes
Cook Time: 20 minutes
Total Time: 40 minutes
Serves: 4

Recipe: See the Recipes section for the full recipe



HIIT - Power Session

A short, high-intensity cardio workout to get your heart rate up and your whole body moving.

Time: 20 minutes
Equipment: No equipment required

PRESS PLAY NOW

YOUR WEEK, SORTED.

DAY 3



Chicken Pumpkin and Rice Bake

A chicken, pumpkin and sultana rice bake flavoured with chicken stock, red onion, garlic, lemon zest, ground coriander and cumin.

Prep Time: 15 minutes
Cook Time: 1 hour
Total Time: 1 hour 15 minutes
Serves: 4-6

Recipe: See the Recipes section for the full recipe



Strength - Sculpt

A full body strength session to help you build strength and challenge your muscles using dumbbells.

Time: 25 minutes
Equipment: Dumbbells

PRESS PLAY NOW

DAY 4



Pork Meatballs in a Thai Curry Sauce

Delicious, homemade meatballs with pork mince, spring onions, garlic & ginger then cooked in a flavoursome coconut cream curry sauce.

Prep Time: 10 minutes
Cook Time: 35 minutes
Total Time: 45 minutes
Serves: 4

Recipe: See the Recipes section for the full recipe



Pilates

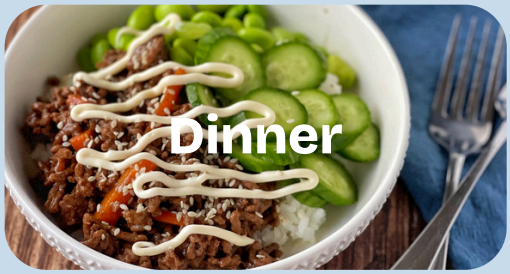
A Pilates workout focusing on controlled movement, core strength and stability.

Time: 20 minutes
Equipment: Yoga Mat

PRESS PLAY NOW

YOUR WEEK, SORTED.

DAY 5



Teriyaki Beef Mince

Beef mince and carrots cooked in a homemade teriyaki sauce served on sushi rice with fresh cucumber, edamame beans and Japanese mayo.

Prep Time: 10 minutes
Cook Time: 20 minutes
Total Time: 30 minutes
Serves: 6

Recipe: See the Recipes section for the full recipe



HIIT with Weights - Mini Ignite

Short on time? This 10-minute workout combines weights and cardio to work your whole body and get your heart rate up.

Time: 10 minutes
Equipment: Dumbbells

PRESS PLAY NOW

BONUS RECIPE



Apricot Dark Chocolate Raw Slice

A simple no-bake slice made with dried apricots, cashews and coconut, topped with dark chocolate.

Prep Time: 10 minutes
Total Time: 10 minutes plus chilling
Serves: 6

Recipe: See the Recipes section for the full recipe




RECIPES



Hoisin Chicken Rice Bowls

Asian style chicken mince served on rice with crunchy bean sprouts, avocado and roasted peanuts.

Prep Time: 10 minutes **Cook Time:** 15 minutes **Total Time:** 25 minutes

Serves: 4

Ingredients

Mince:

- 1 tsp sesame oil
- 400g chicken mince
- 1 tsp garlic, crushed
- 1 tsp ginger, crushed
- 1 carrot, grated
- ¼ cup hoisin sauce (60ml)
- 2 Tbsp soy sauce
- 1 Tbsp fish sauce
- 1 spring onion, finely sliced

To serve:

- Cooked rice, to serve
- 1 avocado, sliced diced
- 50g bean sprouts
- ¼ cup roasted peanuts
- Japanese mayo, Sriracha or sweet chilli sauce

Notes

- You could swap the chicken mince for pork or beef mince.
- Add edamame, cucumber or grated carrot for extra vegetables.
- For a gluten-free version, check that all sauces used are certified gluten free.

Instructions

1. Heat the oil in a large frying pan over a medium-high heat. Add the chicken mince and cook for about 5 minutes, breaking it up with a wooden spoon as it cooks.
2. Add the garlic, ginger and carrot. Stir-fry for 3 minutes until the carrot starts to soften.
3. Add the hoisin sauce, soy sauce and fish sauce. Stir everything together and cook for a few more minutes until the chicken is cooked through and well coated in the sauce. Siri through the sliced spring onion.
4. Divide the cooked rice between four bowls. Top with the chicken mince mixture, avocado and bean sprouts.
5. Finish with roasted peanuts and a drizzle of Japanese mayo or Sriracha.



Beef Quesadillas

Tasty quesadillas made from toasted tortillas filled with Mexican-style mince then topped with homemade corn salsa and guacamole.

Prep Time: 20 minutes **Cook Time:** 20 minutes **Total Time:** 40 minutes

Serves: 4

Ingredients

Corn salsa:

- 420g can of corn kernels, drained
- 4 small tomatoes, chopped
- Handful of coriander, chopped
- 1 tsp lime juice

Guacamole:

- 1 large avocado
- 1 small clove garlic, crushed
- 1 tsp lime juice
- Salt and pepper

Mince mixture:

- 1 tsp olive oil
- 1 onion, finely diced
- 500g beef mince
- 2 cloves garlic, crushed
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 420g can chilli beans

To serve:

- 100g grated cheese
- 4 large tortillas
- Tomato salsa
- Lime wedges
- Coriander

Instructions

1. **Corn salsa:** Place all of the corn salsa ingredients together in a bowl. Season well with salt and pepper, mix to combine then set aside.
2. **Guacamole:** In a separate bowl, mash the avocado, then add the garlic and lime juice. Season well with salt and pepper, mix to combine then set aside.
3. **Mince filling:** Heat olive oil in a large frying pan over a medium heat. Add the onion and sauté for a few minutes, then add the garlic and mince. Use a spatula to break the mince up and fry until the mince has browned.
4. Add the spices and stir through the mince. Mix in the chilli beans then simmer on low for a few minutes. Season to taste with salt and pepper.
5. **To Assemble:** Place the mince on half of a tortilla then sprinkle with cheese. Fold the other half of the tortilla on top.
6. Cook 2 folded tortillas at a time in a large frying pan over a medium heat for a few minutes on each side. Repeat with remaining tortillas.
7. Chop the quesadillas in half so that you have 8 pieces and serve with the corn salsa, guacamole, tomato salsa, lime wedges and fresh coriander.



Chicken Pumpkin and Rice Bake

A chicken, pumpkin and sultana rice bake flavoured with chicken stock, red onion, garlic, lemon zest, ground coriander and cumin.

Prep Time: 15 minutes **Cook Time:** 1 hour **Total Time:** 1 hour 15 minutes

Serves: 4 - 6

Ingredients

- 450g boneless chicken thighs
- 1 tsp olive oil
- 1 cup white rice
- 50g sultanas, ½ cup
- ½ butternut pumpkin, 450g cubed
- 1 red onion, finely sliced
- 3 clove garlic, crushed
- 1 lemon, zest and juice, 2 tablespoons
- 1 chicken stock cube*
- 375ml boiling water, 1 ½ cups
- 2 tsp ground coriander
- 2 tsp ground cumin
- ½ tsp salt
- 2 Tbsp fresh parsley, chopped
- ¼ cup thick Greek yoghurt

Notes
Chicken thighs can be swapped for chicken breast or even drumsticks - baking time may vary.

Instructions

1. Preheat the oven to 180°C fan bake.
2. Cut each chicken thigh into 3 pieces, coat in olive oil and season well with salt and pepper. Set aside.
3. Add the rice, sultanas, diced pumpkin, red onion, garlic, lemon zest and juice to a large baking dish.
4. Dissolve the chicken stock cube in a jug with the boiling water. Whisk in the coriander, cumin and salt. Pour into the baking dish and mix everything together until well combined.
5. Place the chicken thighs on top of the rice and cover tightly with tin foil or a lid.
6. Bake for 45 minutes covered, then cook uncovered for a further 15 minutes until the chicken is turning golden and the rice is cooked.
7. Serve with a garnish of fresh parsley and a dollop of Greek yoghurt.



Pork Meatballs in a Thai Curry Sauce

Delicious, homemade meatballs with pork mince, spring onions, garlic and ginger then cooked in a flavoursome coconut cream curry sauce.

Prep Time: 10 minutes **Cook Time:** 35 minutes **Total Time:** 45 minutes

Serves: 4

Ingredients

Meatballs:

- 400g pork mince
- 2 spring onions, finely sliced
- 1 garlic clove, grated
- 1 tsp crushed ginger
- 1 tsp salt

Curry sauce:

- 1 tsp olive oil
- 1 red capsicum, sliced
- 2 tsp red curry paste
- 400ml can coconut cream
- 1 Tbsp fish sauce
- 1 tsp soy sauce

To serve:

- Steamed rice
- Lime wedges
- Fresh coriander

Notes

- Red curry paste is quite spicy. Swap for yellow curry paste if you prefer it milder.
- Swap the pork mince for chicken or beef mince

IInstructions

1. Preheat the oven to 200°C fan bake.
2. Place all of the meatball ingredients in a large bowl and use your hands or a spoon to combine.
3. Use a tablespoon to scoop out the mixture and roll into balls.
4. Place on a lined baking tray then bake for 15 minutes. Remove from the oven, turn the meatballs then return to the oven for a further 10-15 minutes or until browned.
5. While the meatballs are cooking make the curry sauce. Heat the oil in a medium size frying pan and add the capsicum. Sauté for 5 minutes.
6. Add the curry paste to the pan and fry off for a few minutes.
7. Pour in the coconut cream, fish sauce and soy sauce. Stir to combine then leave to simmer for a few minutes.
8. Once the meatballs are browned, remove from the oven and add to the curry sauce.
9. Serve the meatballs and curry on steamed rice with a slice of lime and fresh coriander.



Teriyaki Beef Mince

Beef mince and carrots cooked in a homemade teriyaki sauce served on top of cooked sushi rice with fresh cucumber, edamame beans and Japanese mayo.

Prep Time: 10 minutes **Cook Time:** 20 minutes **Total Time:** 30 minutes

Serves: 6

Ingredients

- 1 tsp sesame oil
- 750g lean beef mince
- 3 cloves garlic, crushed
- 4 Tbsp low salt soy sauce
- 1 Tbsp rice wine vinegar (or apple cider vinegar)
- 3 Tbsp brown sugar
- 1 Tbsp cornflour
- 1 beef stock cube
- 1 cup boiling water
- 2 carrots, peeled and sliced

To serve:

- 6 servings cooked sushi rice
- 3 mini cucumbers, or half regular cucumber, sliced
- 1 cup edamame beans, cooked
- 6 tsp Japanese mayonnaise
- 6 tsp Sriracha mayonnaise, optional

Notes

- Beef mince can be swapped for pork or chicken mince.
- To cook frozen edamame beans, add to a small jug and cover with water. Microwave for 3 minutes,then drain and set aside.
- Store any leftovers in an airtight container in the fridge for up to 4 days, this would be a great recipe to divide into meal prep containers for lunches.
- This recipe is freezer friendly, simply double the mince part of the recipe then once cooked let it cool to room temperature and add to an airtight container, freeze for up to 3 months.

IInstructions

1. Heat the sesame oil in a large frying pan over medium heat. Add the mince and break up with a spoon. Cook for 5-10 minutes until mince is browned all over.

2. Add the crushed garlic to the pan and stir through the mince mixture for 1 minute.

3. In a small jug, mix together soy sauce, rice wine vinegar, brown sugar, and cornflour. Pour over the mince and stir through until coated.

4. Dissolve the stock cube in boiling water and pour into the frying pan.

5. Cut the carrots into thin slices then add to the pan.

6. Let the mixture simmer for 5 minutes or until the sauce thickens up and the carrots are cooked through.

7. Serve the hot mince on cooked white rice with the sliced cucumber and edamame beans and a sprinkle of sesame seeds.

8. Drizzle over the mayonnaise and serve immediately.



Apricot Dark Chocolate Raw Slice

A simple no-bake slice made with dried apricots, cashews and coconut, topped with dark chocolate.

Prep Time: 10 minutes **Total Time:** 10 minutes plus chilling

Serves: 24

Ingredients

- 200g dried apricots (1 cup)
- 80g rolled oats (¾ cup)
- 60g desiccated coconut (½ cup)
- 100g roasted cashews (¾ cup)
- 165ml coconut cream, small can
- 100g dark chocolate, melted
- Extra chopped cashews and dried apricots, to decorate

Notes

- This mixture can also be made into bliss balls. Add the dark chocolate to the food processor with the other ingredients, blitz to combine, then roll into balls.

IInstructions

1. Add the dried apricots, rolled oats, coconut and cashews to a food processor. Blitz until finely chopped.
2. Pour in the coconut cream and blitz again until the mixture comes together.
3. Press the mixture firmly into a lined 17 x 27cm slice tin, pushing it out to the edges and smoothing the top with the back of a spoon.
4. Spread the melted dark chocolate evenly over the top. Scatter over the extra chopped cashews and dried apricots.
5. Chill in the fridge or freezer until firm and set, then cut into pieces.
6. Store in an airtight container in the fridge.

MAKE IT WORK FOR YOUR WEEK

This isn't meant to be something else you have to follow perfectly. Move the workouts around, swap the dinners, have leftovers one night or take an extra rest day when you need one.

We're both big believers in keeping things realistic.

A short workout still counts, an easy dinner is sometimes exactly what you need, and you definitely don't need to get everything right every day.

Hopefully having a few of those decisions already made for you makes the week that little bit easier.

Vanya + Kate xx





ABOUT VJ COOKS

Vanya Insull, the bestselling cookbook author and creator of VJ cooks, is known for her approachable, reliable recipes and relaxed style.

From quick family meals and fresh salads to comforting baking and delicious desserts, she makes everyday cooking feel achievable.

With clear instructions, accessible ingredients and a knack for keeping things simple, Vanya helps busy households take the stress out of mealtimes and enjoy delicious food together.

Enjoyed having your meals sorted for the week?

Check out Vanya's meal planning app CookPlan with a **7-day free trial.**

FIND MORE VJ COOKS RECIPES



ABOUT DediKate

DediKate is an online fitness community for women, with short and effective workouts designed to help you get fitter and stronger while fitting exercise around real life.

There's a huge variety of workouts to choose from, including strength, fitness, Pilates, yoga and mobility, along with options for beginners, pregnancy and postpartum, and women in peri to post menopause.

Workouts range from around 5–45 minutes and can all be done from home, so you can choose what you feel like doing and what you have time for that day.

Enjoyed your free workouts?

Come and try everything DediKate has to offer with a **7-day free trial.**

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