

YumVerseEats

HIGH COMFORT. LOW EFFORT.
DESIGNED FOR REAL WEEKNIGHTS.

3 Comfort Dinners for a Busy Week

A starting point for deciding
what to cook this week.

EXPLORE YOUR PLAN →

[See the shopping list →](#) [Visit YumVerseEats](#)

WEEKNIGHT SERIES • GUIDE 01



01 • GET ORIENTED

Your plan, at a glance

Choose a recipe below. Use the planning space to decide when to cook, then check the shopping list.



01

Korean Ground Pork Bowls

Active 15 min Total 25 min
Serves 4



02

Chicken Pot Pie Skillet

Active 15 min Total 35 min
Serves 4



03

One-Pot Pasta

Active 10 min Total 25 min
Serves 4

[Check the shopping list →](#)

[Follow the recipes →](#)

[Plan your dinners →](#)

02 • PLAN YOUR DINNERS

Make room for dinner

Use the space beside each recipe to choose when it fits.

YOUR DAY	RECIPE	SERVES	ACTIVE / TOTAL
_____	Korean Ground Pork Bowls	4	Active 15 min Total 25 min
_____	Chicken Pot Pie Skillet	4	Active 15 min Total 35 min
_____	One-Pot Pasta	4	Active 10 min Total 25 min

[Start with the recipes →](#)

RECIPE 1

Korean Ground Pork Bowls

Serves 4 · **Active 15 min** · Total 25 min

[View the recipe online](#)

<https://www.yumverseeats.com/recipe-system/korean-ground-pork-bowls>



Ingredients

PROTEIN

- 1 lb ground pork

SAUCE

- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 teaspoon grated ginger
- 2 tablespoons gochujang
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 1 teaspoon sesame oil

PASTA & GRAINS

- 3 cups cooked white rice

TOPPING

- 1 cup sliced cucumber
- 2 tablespoons sliced green onions
- 1 teaspoon sesame seeds

Instructions

1. BROWN

Heat the olive oil in a skillet over medium-high heat, cook the ground pork until browned and no longer pink, breaking it up as it cooks. Stir in the garlic and ginger and cook for 30 seconds.

2. SAUCE

Add the gochujang, soy sauce, honey, and sesame oil and simmer for 2 minutes.

3. BUILD

Divide the rice among bowls and top with the pork.

4. SERVE

Add the cucumber, green onions, and sesame seeds and serve warm.

RECIPE 2

Chicken Pot Pie Skillet

Serves 4 · **Active 15 min** · Total 35 min

[View the recipe online](#)

<https://www.yumverseeats.com/recipe-system/chicken-pot-pie-skillet>



Ingredients

PROTEIN

- 1.5 lbs chicken breast, cubed

VEGETABLES

- 1 cup frozen peas and diced carrots

SAUCE

- 2 cups chicken broth
- ½ cup heavy cream
- ¼ cup all-purpose flour

SEASONING

- 1 tsp dried thyme
- 2 tbsp unsalted butter

TOPPING

- 1 can (16 oz) refrigerated jumbo buttermilk biscuits
- Fresh parsley, chopped for garnish

Instructions

1. BROWN

The Base: In a large oven-proof skillet, melt butter over medium-high heat. Brown chicken cubes until golden.

2. STIR

The Sauce: Stir in flour and cook for 1 minute. Gradually whisk in chicken broth and cream until thickened.

3. SIMMER

The Filling: Stir in the peas, carrots, and thyme. Simmer for 2 minutes.

4. ADD

The Topping: Place the biscuits on top of the chicken mixture.

5. BAKE

The Bake: Transfer skillet to a 400°F oven. Bake for 12–15 minutes until biscuits are golden brown and center is bubbling.

6. SERVE

Serve: Garnish with fresh parsley.

RECIPE 3

One-Pot Pasta

Serves 4 · Active 10 min · Total 25 min

[View the recipe online](#)

<https://www.yumverseeats.com/recipe-system/one-pot-pasta>



Ingredients

PROTEIN

- 12 oz Italian sausage, casings removed

VEGETABLES

- 12 ounces cherry tomatoes, halved

SEASONING

- 4 garlic cloves, sliced
- 2 tbs olive oil

PASTA & GRAINS

- 12 oz pasta

VEGETABLES

- 1 onion, thinly sliced

SEASONING

- ½ tsp red-pepper flakes

TOPPING

- Freshly grated parmesan cheese, for topping

VEGETABLES

- 4 ½ cups vegetable broth
- 2 cups fresh spinach

Instructions

1. BROWN

Heat the olive oil in a large wide pot or Dutch oven over medium heat. Add the sausage and cook 4–5 minutes, breaking it apart, until browned and cooked through. Remove and set aside, leaving the drippings in the pot.

2. AROMATICS

Add the sliced onion and cook 3–4 minutes until softened. Add the sliced garlic and red pepper flakes and cook 1 minute until fragrant.

3. VEG

Add the cherry tomatoes and cook 2–3 minutes, pressing them gently with a spoon, until they begin to burst and release their juices.

4. LIQUID

Add the dry pasta and pour in the vegetable broth. Return the sausage to the pot and stir everything together, making sure the pasta is submerged as much as possible. Bring to a boil over medium-high heat.

5. SIMMER

Reduce heat to a vigorous simmer and cook 10–12 minutes, stirring every 2 minutes to prevent sticking and ensure even cooking. The pasta will absorb most of the broth and the sauce will become thick and creamy as the starch releases.

6. SPINACH

In the final 2 minutes, stir in the fresh spinach and let it wilt into the pasta.

7. FINISH

When the pasta is tender and only a small amount of saucy liquid remains, remove from heat. Taste and adjust seasoning with salt and pepper.

8. SERVE

Serve directly from the pot, topped generously with freshly grated Parmesan and fresh basil if desired.

Your shopping checklist

Check what you already have, then mark items as you shop.

PROTEIN

- ☐ 1 lb ground pork — Korean Ground Pork Bowls
- ☐ 1.5 lbs chicken breast, cubed — Chicken Pot Pie Skillet
- ☐ 12 oz Italian sausage, casings removed — One-Pot Pasta

SAUCE

- ☐ 1 tablespoon olive oil — Korean Ground Pork Bowls
- ☐ 3 cloves garlic, minced — Korean Ground Pork Bowls
- ☐ 1 teaspoon grated ginger — Korean Ground Pork Bowls
- ☐ 2 tablespoons gochujang — Korean Ground Pork Bowls
- ☐ 2 tablespoons soy sauce — Korean Ground Pork Bowls
- ☐ 1 tablespoon honey — Korean Ground Pork Bowls
- ☐ 1 teaspoon sesame oil — Korean Ground Pork Bowls
- ☐ 2 cups chicken broth — Chicken Pot Pie Skillet
- ☐ ½ cup heavy cream — Chicken Pot Pie Skillet
- ☐ ¼ cup all-purpose flour — Chicken Pot Pie Skillet

PASTA & GRAINS

- ☐ 3 cups cooked white rice — Korean Ground Pork Bowls
- ☐ 1 can (16 oz) refrigerated jumbo buttermilk biscuits — Chicken Pot Pie Skillet
- ☐ 12 oz pasta — One-Pot Pasta

TOPPING

- ☐ 1 cup sliced cucumber — Korean Ground Pork Bowls

- ☐ 2 tablespoons sliced green onions — Korean Ground Pork Bowls
- ☐ 1 teaspoon sesame seeds — Korean Ground Pork Bowls
- ☐ Freshly grated parmesan cheese, for topping — One-Pot Pasta

VEGETABLES

- ☐ 1 cup frozen peas and diced carrots — Chicken Pot Pie Skillet
- ☐ 12 ounces cherry tomatoes, halved — One-Pot Pasta
- ☐ 4 ½ cups vegetable broth — One-Pot Pasta
- ☐ 2 cups fresh spinach — One-Pot Pasta

SEASONING

- ☐ 1 tsp dried thyme — Chicken Pot Pie Skillet
- ☐ ½ tsp red-pepper flakes — One-Pot Pasta

COOKING FAT

- ☐ 2 tbsp unsalted butter — Chicken Pot Pie Skillet
- ☐ 2 tbs olive oil — One-Pot Pasta

FOR SERVING

- ☐ Fresh parsley, chopped for garnish — Chicken Pot Pie Skillet

AROMATICS

- ☐ 4 garlic cloves, sliced — One-Pot Pasta
- ☐ 1 onion, thinly sliced — One-Pot Pasta

KEEP COOKING

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