

Dinner

Cooking for Two

A complete dinner without a refrigerator full of extras



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

Cooking for two works best when quantities are written for the table you actually have. These recipes use modest amounts of meat, fish, tofu, and vegetables, with sauces measured to finish the meal rather than fill another storage jar. Several ingredients come in larger packages, so plan for the remainder before opening them: freeze unused raw meat promptly, refrigerate opened beans in a separate covered container, and keep herbs ready for the second dinner. The collection includes an ordinary steak meal, vegetable bowls, small pot pies, and quick omelets so a two-person week can feel varied. A small pan is useful, but do not crowd it to save washing; a few pieces seared properly provide better texture than a full pan of steamed food. Coordinate the starch first when it takes longest, then finish the protein and fresh sauce. The menus pair two separate evenings and give a realistic shopping list for both. Junction Table by CrownThrive, LLC presents this as a recipe development edition; these recipes have not been kitchen-tested. Read the entire recipe before starting, use the stated pan size or appliance capacity, and check doneness rather than relying only on the clock. Cooking times are estimates because equipment, ingredient size, and starting temperature vary. Taste before adding final salt, and use the substitution note to make one practical change at a time.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Steak with Parsley Sauce and Green Beans - AI-generated realistic food artwork, not a photograph or tested result.

Steak with Parsley Sauce and Green Beans

2 servings | Prep: 20 minutes | Cook: 25 minutes

Ingredients

- 12 ounces boneless sirloin steak
- 12 ounces baby potatoes, halved
- 8 ounces green beans
- 2 tablespoons olive oil, divided
- ¼ cup finely chopped parsley
- 1 tablespoon red wine vinegar
- 1 garlic clove, grated
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

Method

1. Heat the oven to 425°F. Toss potatoes with 1 tablespoon oil and half the salt on a small rimmed pan; roast 15 minutes, then add beans for 10 minutes.

2. Mix parsley, vinegar, garlic, and 2 teaspoons oil in a small bowl. Season steak with remaining salt and pepper; heat remaining oil in a skillet over medium-high heat.
3. Sear steak 3–5 minutes per side until the thickest center reaches 145°F. Transfer to a clean board and rest at least 3 minutes before slicing across the grain.
4. Divide steak, potatoes, and beans between plates. Spoon parsley sauce over the sliced steak, leaving some sauce at the side for the vegetables.

Cook's tip

Pat steak dry before searing and judge time by thickness rather than its weight alone.

Substitution

Use trimmed flank steak and slice thinly across the grain after the same temperature and rest checks.

Storage

Refrigerate shallow portions at 40°F or below within 2 hours. Eat within 3–4 days; reheat cooked leftovers to 165°F.

Ingredient allergen notes

No major allergens identified in the listed ingredients. Check labels and cross contact.

Chicken Piccata with Couscous

2 servings | Prep: 15 minutes | Cook: 20 minutes

Ingredients

- 10 ounces chicken breasts, cut into 2 thin cutlets
- 2 tablespoons flour
- 1 tablespoon olive oil
- 1 tablespoon butter
- $\frac{1}{3}$ cup low-sodium chicken broth
- 2 tablespoons lemon juice
- 1 tablespoon drained capers
- $\frac{2}{3}$ cup dry couscous
- $\frac{2}{3}$ cup water
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper
- 1 tablespoon chopped parsley

Method

1. Bring water and half the salt to a boil in a small saucepan. Stir in couscous, cover, remove from heat, and stand 5 minutes.
2. Season chicken with remaining salt and pepper and dust with flour. Heat oil in a skillet; cook cutlets 3–5 minutes per side until they reach 165°F.
3. Transfer chicken to a clean plate. Add broth, lemon juice, and capers to the skillet, scraping the bottom; simmer 2 minutes, then stir in butter off heat.
4. Fluff couscous and divide between plates. Add chicken, spoon sauce over it, and scatter parsley on top; serve immediately while the cutlets are hot.

Cook's tip

Rinse very salty capers briefly before measuring, and taste sauce before adding any extra salt.

Substitution

Use gluten-free flour and serve cooked quinoa instead of couscous.

Storage

Refrigerate shallow portions at 40°F or below within 2 hours. Eat within 3-4 days; reheat cooked leftovers to 165°F.

Ingredient allergen notes

wheat, milk

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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A complete table for two.

Cook for the table you have, with quantities that make two complete dinners rather than a week of accidental leftovers. Cooking for Two offers twelve meals with measured sauces, practical portions, and a plan for larger ingredient packages. Steak with Parsley Sauce and Green Beans coordinates the skillet and oven. Chicken Mushroom Pot Pies use two individual ramekins, while Garlic Shrimp and White Bean Toast turns a pan sauce into a generous topping. The techniques explain ingredient remainders, cooking clocks, and pan size. Two menus and a first-menu shopping list help choose the next pair of evenings. Original recipe development edition; not kitchen-tested.

- Twelve recipes portioned for two, including steak, seafood, vegetable bowls, and individual pies.
- Specific skillet, saucepan, sheet-pan, and ramekin directions with doneness checks.
- Guidance for unused ingredients, coordinated timing, two menus, and a first-menu shopping list.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Garlic Shrimp and White Bean Toast

AI-generated realistic food artwork