

# Fuss-Free Recipes for Busy Weeknights

## Spinach Egg Bake

Serves 4 | Prep. time 10 minutes | Cooking time 20 minutes

### Ingredients

- 1/3 cup extra-virgin olive oil
- 1 medium yellow onion, finely chopped
- 7 cups baby spinach
- 4 large eggs, lightly beaten
- 1/2 cup feta cheese, crumbled
- 1/8 teaspoon sea salt, or to taste
- 1/8 teaspoon black pepper, or to taste

### Directions

1. Preheat the oven to 350°F. Grease a flan dish.
2. Heat the olive oil in a saucepan over medium heat. Sauté the onion until tender, about 2 minutes.
3. Add the spinach and mix well. Season with salt and pepper. Cook until wilted, about 2 minutes
4. Transfer the greens to the flan dish and sprinkle with the feta.
5. Pour the eggs on top. Bake for around 20 minutes.
6. Serve.

## 20 Minute Tortilla Soup

Serves 6 | Prep. time 5 minutes | Cooking time 20 minutes

### Ingredients

- 1/2 pound boneless, skinless chicken breasts, cubed
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 tablespoon olive oil
- 2 cups canned tomatoes, with liquid, chopped
- 3 cups chicken broth
- 2 cups fresh corn kernels
- 1 cup tortilla chips, broken
- 1 cup cheddar cheese, shredded

### Directions

1. Season the chicken with the salt, black pepper, cumin, and chili powder.
2. Add the olive oil to a soup pot over medium heat.
3. Add the seasoned chicken to the pot and sauté until browned, approximately 5 minutes.
4. Add the tomatoes with the liquid, chicken broth, and corn kernels to the pot.
5. Increase the heat to medium-high and bring the liquid to a low boil.
6. Reduce the heat to low, cover, and simmer for 10 minutes, or until the chicken is cooked through and the corn is tender.
7. Serve garnished with shredded cheddar cheese and crushed tortilla chips.

# Penne Chicken Cream Delight

Serves 4 | Prep. time 5 minutes | Cooking time 25 minutes

## Ingredients

- 1¼ pounds boneless skinless chicken breasts, cut into 1-inch pieces
- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 1 cup heavy cream
- 1 (14-ounce) can low-sodium chicken broth
- ½ pound penne pasta (or any small pasta)
- 2 cups shredded Parmesan cheese
- Salt and pepper
- Flat-leaf parsley (for garnish)

## Directions

1. Season the chicken with ½ teaspoon salt and a few pinches of black pepper.
2. Add the oil to a large pot and heat it over medium-high heat.
3. Add the chicken and stir-cook until lightly browned.
4. Add the garlic and sauté while stirring until softened, about 1 minute.
5. Mix in the chicken broth, cream, and pasta.
6. Allow the pasta mixture to boil gradually. Turn down heat to low.
7. Cover and allow the mixture to simmer for 15–20 minutes, until the pasta is cooked to your satisfaction. Season to taste with black pepper and salt.
8. Serve warm with the cheese on top.

# Moroccan Meatballs with Couscous

Serves 6 | Prep. time 10 minutes | Cooking time 15 minutes

## Ingredients

- 1 cup couscous
- ¾ pound lean ground beef
- 1 egg
- ¼ cup bread crumbs
- ½ cup carrot, shredded
- ¼ cup fresh parsley, chopped
- ¼ cup fresh cilantro, chopped
- ¼ cup fresh mint, chopped
- 1 teaspoon smoked paprika
- ½ teaspoon ground clove
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon olive oil

## Directions

1. Prepare the couscous according to package instructions.
2. In a bowl, combine the ground beef, egg, bread crumbs, and carrot, and then mix gently.
3. Season the mixture with the parsley, cilantro, mint, smoked paprika, ground clove, salt, and black pepper. Mix well.
4. Form the meat mixture into small meatballs measuring approximately 1 inch in diameter.
5. Heat the olive oil in a skillet over medium-high heat.
6. Place the meatballs in the skillet and brown on all sides.
7. Reduce the heat to low and cook the meatballs, turning occasionally, for 10 minutes, or until cooked through.
8. Serve the meatballs with the cooked couscous.

# Cajun Shrimp Alfredo

Serves 4 | Prep. time 10 minutes | Cooking time 20 minutes

## Ingredients

- ½ cup butter
- ¼ cup shallots, sliced
- 3 cloves garlic, crushed and minced
- ¼ cup dry white wine
- ¼ cup flour
- 1 cup chicken stock
- 2 cups heavy cream
- 2 teaspoons Cajun seasoning
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 cup parmesan cheese, freshly grated
- 1 pound shrimp, cleaned and deveined
- ½ pound linguine noodles
- Lemon wedges for garnish

## Directions

1. Prepare a 12-inch cast-iron skillet and melt butter over medium heat.
2. Add the garlic and the shallots. Sauté for 1-2 minutes.
3. Add the white wine and let reduce for 2 minutes before stirring in the flour. Mix using a spoon until the flour has blended into a smooth paste.
4. Slowly add the chicken stock and heavy cream, stirring constantly. Season with Cajun seasoning, salt, and black pepper. Stir in the parmesan cheese.
5. Cook the pasta over medium heat for 7-10 minutes, or until al dente.
6. Add the shrimp to the sauce and simmer for 2-3 minutes before adding the pasta.
7. Serve with fresh lemon as a garnish.

# Puff Pastry Cinnamon Rolls

Serves 12 | Prep time 10 minutes | Cooking time 20 minutes

## Ingredients

- ½ pound puff pastry
- 2 tablespoons butter
- 1 tablespoon cinnamon
- ¼ cup sugar
- 1 large egg, lightly beaten
- 2 tablespoons sugar for sprinkling

## Directions

1. Roll out the puff pastry on a lightly floured surface and spread the butter over it.
2. Sprinkle the cinnamon and sugar on top and roll the pastry into a roulade.
3. Cut 8 even pieces and place them on a cookie sheet lined with parchment paper.
4. Brush with lightly beaten egg and sprinkle some sugar on top.
5. Bake in a preheated oven at 350°F (180°C) for about 20 minutes.

\*\*\*These recipes and more are found in Louise Davidson's *30-Minute Meals from Kitchen to Table: Quick and Easy One-Pot Meal Recipes*. To get your copy, click on the cover below or click [here](#).

