

# 10 RECIPES FOR Busy Families



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# Chinese FRIED RICE WITH SHRIMP

MAKE YOUR OWN CHINESE FRIED RICE WITH SHRIMP IN 25 MINUTES, FROM PREP TO DINNER TABLE, AND WATCH HOW QUICKLY YOU WILL NEVER ORDER TAKE-OUT AGAIN!



- PREP TIME: 10 MINUTES
- COOK TIME: 15 MINUTES
- TOTAL TIME: 25 MINUTES
- YIELD: 4 SERVINGS

SOURCE: [AHEADOFTHYME.COM](http://AHEADOFTHYME.COM)

## INGREDIENTS:

- 1 AND 1/2 CUPS SHRIMP, PEELED AND DEVEINED
- 1 TABLESPOON GINGER, GRATED
- 1/8 TEASPOON SALT
- 1/8 TEASPOON PEPPER
- 1 TABLESPOON VEGETABLE OIL
- 2 EGGS, BEATEN
- 1 TABLESPOON SESAME OIL
- 2 CLOVES GARLIC, PRESSED
- 2 GREEN ONIONS, SLICED AND SEPARATED INTO "WHITER" HALF AND "GREEN" HALF
- 1/2 CUP FROZEN CARROTS
- 1/2 CUP FROZEN PEAS
- 1/2 CUP FROZEN CORN
- 3 CUPS DAY OLD COOKED RICE
- 3 TABLESPOONS SOY SAUCE
- 1/2 TEASPOON CHICKEN STOCK POWDER
- 1/2 TEASPOON WHITE PEPPER

## INSTRUCTIONS:

IN A MEDIUM BOWL, MIX TOGETHER SHRIMP, GINGER, SALT AND PEPPER. LET SHRIMP MARINATE FOR 10 MINUTES.

HEAT VEGETABLE OIL IN A FRYING PAN OVER MEDIUM HEAT. ADD SHRIMP AND COOK, STIRRING OCCASIONALLY, FOR ABOUT 2-3 MINUTES UNTIL THE SHRIMP TURN PINK. TRANSFER TO A PLATE (RESERVING THE OIL IN THE PAN) AND SET ASIDE.

POUR THE EGGS IN THE SAME PAN ON MEDIUM HEAT. COOK ONE SIDE AND FLIP OVER AND COOK THE OTHER SIDE. TRANSFER THE EGGS TO A PLATE AND CUT IT INTO SMALL STRIPS. SET ASIDE.

IN A WOK, HEAT THE SESAME OIL OVER MEDIUM HIGH HEAT. ADD GARLIC AND THE "WHITE" HALF OF THE GREEN ONIONS AND COOK FOR ABOUT 3-4 MINUTES UNTIL ONIONS BECOME SOFT.

STIR IN CARROTS, PEAS AND CORN AND COOK FOR ABOUT 3-4 MINUTES UNTIL THE VEGETABLES ARE TENDER.

STIR IN THE RICE, SOY SAUCE, CHICKEN STOCK POWDER, WHITE PEPPER AND THE REST OF THE GREEN ONIONS. COOK FOR ABOUT 2 MINUTES.

ADD THE SHRIMP AND EGGS AND STIR WELL TO COMBINE.

# *Easy* CHICKEN BURRITOS

THIS EASY CHICKEN BURRITO RECIPE IS A DUMP RECIPE. EVERYTHING IS DUMPED INTO A SKILLET AT DIFFERENT INTERVALS, MIXED TOGETHER AND SERVED INSIDE A WARM TORTILLA. IN THE END YOU ONLY HAVE ONE DISH TO CLEAN! I LOVE THAT THE CLEAN UP IS JUST AS EASY AS THE COOKING!



## INGREDIENTS:

- PICTWEEET SEASONED CORN AND BLACK BEANS  
12 OZ
- 1 CUP SHREDDED ROTISSERIE CHICKEN
- ½ CUP WATER
- 1 TSP CUMIN
- ½ CUP SOUR CREAM
- ½ CUP SHREDDED SHARP CHEESE
- TORTILLAS

## INSTRUCTIONS:

HEAT A LARGE SKILLET OVER MEDIUM HEAT.

POUR IN PACKET OF PICTWEEET SEASONED CORN AND BLACK BEANS. ADD CHICKEN AND WATER. COVER AND SIMMER FOR 5 MINUTES OR UNTIL WATER IS EVAPORATED.

ADD IN CUMIN, SOUR CREAM AND CHEESE. STIR TO COMBINE WELL.

COVER FOR AN ADDITIONAL MINUTE TO ALLOW CHEESE TO MELT.

WRAP IN COOKED TORTILLA AND SERVE WARM.



PREP TIME: 5 MINUTES



COOK TIME: 6 MINUTES



TOTAL TIME: 11 MINUTES

SOURCE: FIVELITTLECHEFS.COM

# Penne WITH SAUSAGE AND SPICY CREAM TOMATO SAUCE

THIS RECIPE IS COMFORTING! THE SAUSAGE GIVES THE DISH MEATINESS AND JUST A BIT OF SPICINESS. THE SAUCE IS CREAMY AND TANGY ... JUST PERFECTION!



## INGREDIENTS:

- 1 LB PENNE PASTA
- 2 TABLESPOONS OLIVE OIL
- 1 CUP ONION, CHOPPED FINELY
- 4 CLOVES GARLIC, MINCED
- 1 BOB EVAN ORIGINAL SAUSAGE ROLL
- 2 CANS (8 OZ EACH) TOMATO SAUCE
- 1 CAN (14.5 OZ) DICED TOMATOES
- 1/2 TEASPOON HOT RED PEPPER FLAKES
- SALT AND CRACKED BLACK PEPPER TO TASTE
- 3/4 CUP HEAVY CREAM
- 2 TABLESPOONS UNSALTED BUTTER
- FRESH BASIL LEAVES, CHOPPED FOR SERVING (OPTIONAL)
- GRATED PARMESAN CHEESE FOR SERVING

## INSTRUCTIONS:

COOK THE PENNE PASTA ACCORDING TO PACKAGE DIRECTIONS. DRAIN AND RESERVE.

HEAT OIL IN A SAUCEPAN OVER MEDIUM. SAUTÉ THE ONIONS AND GARLIC UNTIL SOFT, ABOUT 3 MINUTES. ADD BOB EVANS SAUSAGE ROLL; COOK AND CRUMBLE THE SAUSAGE UNTIL NO LONGER PINK.

ADD IN THE TOMATOES AND HOT RED PEPPER FLAKES; MIX TO COMBINE. SEASON WITH SALT AND PEPPER TO TASTE. POUR IN THE HEAVY CREAM AND BUTTER; STIR TO COMBINE.

ADD THE DRAINED PASTA INTO THE SAUCE AND TOSS TO COMBINE. BRING THE SAUCE AND PASTA TO A BOIL, STIRRING TO COAT THE PASTA WITH SAUCE.

SPRINKLE ON THE BASIL AND PARMESAN CHEESE, IF DESIRED. SERVE.

- 🕒 PREP TIME: 5 MINUTES
- 🕒 COOK TIME: 20 MINUTES
- 🕒 TOTAL TIME: 25 MINUTES
- 🍴 YIELD: 4 SERVINGS

SOURCE: [MOMMYSHOMECOOKING.COM](http://MOMMYSHOMECOOKING.COM)

# Spicy BASIL CHICKEN

GET DINNER ON THE TABLE IN JUST MINUTES WITH THE SUPER EASY CHICKEN RECIPE. GREAT ASIAN FLAVORS WITH JUST A LITTLE KICK. ADD VEGGIES TO MAKE IT A COMPLETE MEAL!



## INGREDIENTS:

- 2 TSP CANOLA OIL
- 1 SHALLOT, FINELY CHOPPED
- 3 CLOVES GARLIC, MINCED
- 1 1/2 POUNDS CHICKEN CUT INTO 1-INCH CUBES
- 2 TBLS FISH SAUCE
- 1TBLS SUGAR
- 1 1/2 TBLS SOY SAUCE (LOW SODIUM)
- 2 1/2 TSP CHILI GARLIC PASTE
- 1/2 TBLS WATER
- 1 TSP CORNSTARCH
- 1/8 TSP SALT
- 1 CUP SNOW PEAS
- 1/2 RED BELL PEPPER CHOPPED
- 1/3 CUP FRESH BASIL, CHOPPED

## INSTRUCTIONS:

HEAT A LARGE NON-STICK SKILLET OVER MEDIUM-HIGH HEAT. ADD THE OIL, SWIRLING TO COAT. ADD SHALLOTS AND GARLIC, STIRRING CONSTANTLY, COOK FOR 1 MINUTE. ADD CHICKEN TO THE PAN. COOK FOR ABOUT 10 MINUTES, OR UNTIL COOKED THROUGH. ADD THE BELL PEPPER ABOUT 1/2 WAY THROUGH THE COOKING TIME.

IN A SMALL BOWL COMBINE FISH SAUCE, SUGAR, SOY SAUCE, CHILI PASTE, WATER, CORNSTARCH, AND SALT. MIX WELL.

POUR FISH SAUCE MIXTURE OVER THE CHICKEN ONCE IT IS COOKED. ADD SNOW PEAS. STIR TO COAT CHICKEN AND COOK FOR ABOUT 1 MINUTE, UNTIL THE MIXTURE THICKENS.

REMOVE FROM THE HEAT AND STIR IN THE FRESH BASIL.

SERVE OVER RICE.



PREP TIME: 5 MINUTES



COOK TIME: 15 MINUTES



TOTAL TIME: 20 MINUTES



YIELD: 4 SERVINGS

SOURCE: [DINNERSDISHESANDDESSERTS.COM](http://DINNERSDISHESANDDESSERTS.COM)

# Quick FISH CURRY

WHIP UP THIS DELICIOUS YET SUPER QUICK FISH CURRY IN UNDER 30 MINUTES FOR AN EASY MID-WEEK MEAL. THE BOLD CURRY FLAVORS, COMBINED WITH THE CREAMINESS OF COCONUT MILK, ARE BOUND TO WIN OVER EVEN THE MOST SKEPTICAL FISH EATERS.



PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

YIELD: 4 SERVINGS

## INGREDIENTS:

- 2 TABLESPOONS COCONUT OIL
- 1 ONION FINELY CHOPPED
- 3 CLOVES GARLIC THINLY SLICED
- 2 TABLESPOONS FRESHLY GRATED GINGER ABOUT A 5CM PIECE
- 2 TEASPOONS MEDIUM CURRY POWDER
- 1 TEASPOON GROUND TURMERIC
- 10 - 15 FRESH CURRY LEAVES
- 400 ML (13 OZS) COCONUT MILK
- 2 MEDIUM TOMATOES ROUGHLY CHOPPED
- 1 TEASPOON SALT
- 600 G (21 OZ) FIRM WHITE FISH CUT INTO 3CM CHUNKS
- 20 G (1 CUP) CHOPPED FRESH CORIANDER (CILANTRO)
- 1/2 LIME JUICED

## INSTRUCTIONS:

MELT THE COCONUT OIL IN A MEDIUM SAUCEPAN.

SAUTE THE ONION FOR ABOUT 5 MINUTES OVER MEDIUM HEAT UNTIL TRANSLUCENT AND JUST STARTING TO BROWN.

ADD THE GARLIC AND GINGER, AND COOK, STIRRING GENTLY FOR 1 MINUTE.

ADD THE CURRY POWDER, TURMERIC, AND CURRY LEAVES, AND COOK, STIRRING FOR A FURTHER MINUTE UNTIL THE MIXTURE IS FRAGRANT.

SLOWLY STIR IN THE COCONUT MILK, SCRAPING UP THE SPICES AND ONION FROM THE BOTTOM OF THE SAUCEPAN. BRING THE PAN TO A GENTLE SIMMER.

ADD THE CHOPPED TOMATO, AND CONTINUE TO SIMMER FOR ABOUT 5 MINUTES OR UNTIL THE TOMATO BEGINS TO SOFTEN.

ADD THE FISH AND THE SALT TO THE SAUCE, AND GENTLY POACH FOR ABOUT 6 - 8 MINUTES, OR UNTIL THE FISH IS COOKED.

GENTLY STIR IN THE CORIANDER AND LIME JUICE.

# Oven Roasted PORK CHOPS WITH MUSTARD SAUCE

JUICY PORK CHOPS WITH A TANGY MUSTARD SAUCE THAT TAKE JUST 20 MINUTES START TO FINISH!



## INGREDIENTS:

- 1 TABLESPOON OLIVE OIL
- 4 BONE-IN PORK CHOPS SEASONED WITH SALT AND PEPPER ON BOTH SIDES
- 1/4 CUP FINELY CHOPPED SHALLOT
- 2 TABLESPOONS WHITE WINE
- 1 1/4 CUP HEAVY CREAM
- 1 TABLESPOON DIJON MUSTARD
- 1 TEASPOON CHOPPED FRESH TARRAGON
- 1 TEASPOON CHOPPED FRESH PARSLEY
- SALT

## INSTRUCTIONS:

PREHEAT OVEN TO 400°F. LINE A BAKING SHEET WITH TIN FOIL.

IN A LARGE PAN, HEAT THE OLIVE OIL OVER MEDIUM-HIGH HEAT. SEAR THE PORK CHOPS FOR A COUPLE OF MINUTES (ABOUT 3-4 MINUTES) ON EACH SIDE UNTIL NICELY BROWNED. TRANSFER THE PORK CHOPS TO THE FOIL-LINED BAKING SHEET AND ROAST THEM IN THE OVEN FOR 6-7 MINUTES, OR UNTIL THE INTERNAL TEMPERATURE OF THE CHOPS IS 145 DEGREES. COVER THE CHOPS WITH FOIL AND LET THEM REST FOR A FEW MINUTES.

WHILE THE CHOPS ARE IN THE OVEN, PREPARE THE SAUCE. OVER MEDIUM HEAT, USING THE SAME PAN THAT THE CHOPS WERE SEARED, COOK THE CHOPPED SHALLOTS FOR A COUPLE OF MINUTES. ADD THE WHITE WINE AND SCRAPE UP ALL THE BROWNED BITS OFF THE BOTTOM OF THE PAN.

ADD THE CREAM AND MUSTARD TO THE SHALLOTS. WHISK EVERYTHING TOGETHER UNTIL THE MUSTARD AND CREAM ARE WELL COMBINED. ADD THE HERBS AND BRING THE SAUCE TO A STRONG SIMMER FOR A COUPLE OF MINUTES UNTIL IT STARTS TO THICKEN. ADD A PINCH OR TWO OF SALT, TO TASTE.

SERVE THE SAUCE WITH THE PORK CHOPS AND ENJOY!



PREP TIME: 10 MINUTES



COOK TIME: 10 MINUTES



TOTAL TIME: 20 MINUTES



YIELD: 4 SERVINGS

SOURCE: GIRLGONEGOURMET.COM

# Avocado CHEDDAR CHEESE SANDWICH

IT'S TIME TO MAKE THE HUMBLE CHEESE SANDWICH SOMETHING TO BE PROUD OF FOR LUNCH AGAIN!



## INGREDIENTS:

- 4 SLICES OF YOUR FAVORITE BREAD (JANSEN RECOMMENDS BRIOCHE BREAD)
- 4 SLICES MATURE CHEDDAR (ENOUGH TO COVER THE BREAD)
- 1 AVOCADO
- ½ SMALL RED ONION
- 2 RADISHES
- 1 CUP SPINACH
- SALT AND PEPPER TO TASTE

## INSTRUCTIONS:

SCOOP THE FLESH OUT OF THE AVOCADO AND MASH IT IN A BOWL. ADD A LITTLE SALT AND PEPPER.

SLICE THE RED ONION INTO REALLY THIN RINGS. SLICE THE RADISH THINLY, TOO.

GIVE THE SPINACH A QUICK WASH.

IN THIS ORDER, PLACE THE BREAD FOLLOWED BY MASHED AVOCADO, SPINACH, CHEDDAR, ONION, RADISH, MASHED AVOCADO, BREAD.

STICK IT IN THE OVEN AT ABOUT 360°F/180°C AND TOAST AWAY! IT'LL TAKE ABOUT 7-8 MINUTES. THAT'S IT, DONE!



TOTAL TIME: 15 MINUTES



YIELD: 2 SANDWICHES

SOURCE: [HURRYTHEFOODUP.COM](http://HURRYTHEFOODUP.COM)

# Ranchy SWEET POTATO SALAD

THIS SWEET POTATO SALAD TAKES LUNCH TO A WHOLE NEW LEVEL – MAKE YOUR LUNCHBOX PROUD AGAIN!



## INGREDIENTS:

- 1 LARGE SWEET POTATO (CA. 14OZ / 400G)
- 1 RIPE AVOCADO
- 10 CHERRY TOMATOES
- 2 TBSP CASHEW NUTS
- 2 CUPS BABY LEAF SALAD (OR YOUR MILD SALAD)
- 1 LIME (ZEST AND JUICE)
- 2 TBSP OLIVE OIL
- 1 TSP SALT
- $\frac{1}{2}$  TSP PEPPER

## INSTRUCTIONS:

HEAT UP THE OVEN TO 180°C/360°F.

CUT THE SWEET POTATO INTO SMALL CUBES. TOSS THEM IN A BOWL WITH  $\frac{1}{2}$  TSP SALT AND SOME OF THE OLIVE OIL, PLACE THEM ON A TRAY AND PUT IN THE OVEN FOR ABOUT 25 MINUTES, UNTIL THEY'RE SOFT.

MASH ONE HALF OF THE AVOCADO, CUT THE OTHER HALF INTO PIECES. CUT THE CHERRY TOMATOES INTO QUARTERS. PUT IT ALL IN A BOWL AND ADD THE LIME ZEST AND JUICE AND CASHEW NUTS.

SEASON WITH SALT, PEPPER AND A LITTLE MORE OLIVE OIL.

LET THE SWEET POTATO COOL DOWN A BIT AND ADD IT TO THE BOWL AS WELL.

ADD THE SALAD AND GIVE IT A GOOD TOSS. READY!

PREP TIME: 5 MINUTES

COOK TIME: 25 MINUTES

TOTAL TIME: 30 MINUTES

YIELD: 2 SERVINGS

SOURCE: [HURRYTHEFOODUP.COM](http://HURRYTHEFOODUP.COM)

# Avocado CHOCOLATE MOUSSE

SMOOTH AND CREAMY CHOCOLATE AVOCADO MOUSSE - THE TRULY HEALTHY DESSERT THAT TICKS ALL THE RIGHT BOXES. IT'S VEGAN TOO, BUT YOU WOULDN'T KNOW IT!



## INGREDIENTS:

- 6 DRIED DATES, PITTED
- 10 TBSP WATER (10 TBSP = 150 ML)
- 1 AVOCADO, MEDIUM
- 3 TSP COCOA POWDER
- ½ CUP RASPBERRIES (OTHER BERRIES ARE FINE TOO OF COURSE)
- 1 TBSP MAPLE SYRUP

## INSTRUCTIONS:

ROUGHLY CHOP THE DATES INTO SMALL PIECES.

CHUCK THEM, THE MAPLE SYRUP AND WATER INTO A FOOD PROCESSOR AND BLEND UNTIL SMOOTH.

PEEL AND ADD THE AVOCADO AND COCOA. THE EASIEST WAY TO PEEL AN AVOCADO IS TO CUT IT IN HALF, MAKE A NICK ON EACH SIDE AND PEEL IT LIKE A BANANA.

BLEND AGAIN UNTIL CREAMY.

QUICK TASTE TEST - IF YOU'D LIKE IT A LITTLE SWEETER THAN ADD THAT TABLESPOON OF MAPLE SYRUP AND QUICKLY BLEND AGAIN.

NOW GARNISH WITH BERRIES OF YOUR CHOICE, RASPBERRIES FOR EXAMPLE. LEAVE IT IN THE FRIDGE FOR AN HOUR OR SO TO COOL.



TOTAL TIME: 8 MINUTES



YIELD: 2 SERVINGS

SOURCE: HURRYTHEFOODUP.COM

# Mouthwatering MEATLESS CHILI CON CARNE (VEGAN)

WHO SAID MEAT-FREE RECIPES CAN'T DELIVER? THIS MEATLESS (AKA VEGAN) CHILI PROVES THAT YOU CAN STILL ENJOY YOUR FAVORITE MEALS BUT IN A NEW, ANIMAL-FRIENDLY WAY.



PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

YIELD: 4 SERVINGS

## INGREDIENTS:

- 1 ONION
  - 1 BELL PEPPER, GREEN
  - 1-2 CLOVE GARLIC
  - 3 TBSP OLIVE OIL
  - 1 RED CHILI/JALAPEÑO
  - 5-6 SUN-DRIED TOMATOES IN OIL (DRAINED)
  - ½ CUP VEGETABLE BROTH
  - 1 CAN KIDNEY BEANS (1 CAN = 15OZ)
  - ½ CAN SWEET CORN (1 CAN = 15OZ)
  - 1 CAN TOMATOES (1 CAN = 14 OZ)
  - 1 CAN LENTILS (1 CAN = 15OZ)
  - 1 TBSP TOMATO PASTE
  - 1 TSP CUMIN
  - 1 TSP PAPRIKA POWDER
  - 1 TSP OREGANO (FRESH, FROZEN, DRY - ALL WORK - USE MORE IF FRESH)
  - SALT AND PEPPER TO TASTE
- OPTIONAL
- 1-2 TBSP MAPLE SYRUP
  - 1 AVOCADO (FOR GARNISH)

## INSTRUCTIONS:

DICE THE ONION, GARLIC, BELL PEPPER, CHILI AND DRIED TOMATOES INTO SMALL PIECES.

THROW ALL THESE INGREDIENTS INTO A PAN WITH OIL AND FRY THEM FOR 3 MINUTES ON LOW HEAT.

ADD THE BROTH, RINSED AND DRAINED BEANS, LENTILS, SWEETCORN, AND CHOPPED TOMATOES AND STIR WELL. ADD THE TOMATO PASTE AND SEASON WITH SALT, PEPPER, CUMIN, PAPRIKA POWDER, AND OREGANO. MIX THE LENTILS IN TOO AND LET IT ALL SIMMER ON MEDIUM HEAT FOR 20 MINS, STIRRING OCCASIONALLY.

OPTIONAL BUT REALLY NICE: ADD MAPLE SYRUP.

SEASON WITH SALT AND PEPPER AND SERVE WITH TOASTED BREAD ON THE SIDE AND A DOLLOP OF (VEGAN) SOUR CREAM AND GUACAMOLE IF DESIRED.