

Delicious and Easy 30-minutes Everyday Recipes

Sheet Pan Beef and Broccoli

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

Ingredients

- 1½ pounds flank steak
- 1 pound broccoli florets
- Red pepper flakes, to taste
- Sesame seeds, for garnish

Seasoning rub

- 2 tablespoons oyster sauce
- 1 tablespoon soy sauce
- ¼ teaspoon garlic powder
- 3 cloves garlic, minced
- 1 teaspoon sesame oil
- 1 teaspoon corn starch

Sauce

- 2 tablespoons oyster sauce
- 4 teaspoons brown sugar
- 1 tablespoon soy sauce
- 1 teaspoon ginger powder
- ½ cup beef or vegetable stock

Directions

1. Preheat oven to 425°F. Line and grease a sheet pan.
2. Place steak on the sheet pan.
3. Whisk flavor rub ingredients together in a bowl.
4. Pour over steak and brush or use a spatula to spread rub mixture over the steak's surface.
5. Bake until rub has dried up and steak is browned on the surface (about 15–17 minutes).
6. Remove from heat and let rest for 3 minutes on the sheet pan.
7. Meanwhile, whisk the sauce ingredients in a bowl.
8. Slice the steak thinly against the grain.
9. Add the broccoli and sauce and mix well.
10. Return to oven and bake until broccoli is tender (about 5–8 minutes).
11. Stir well.
12. Sprinkle with red pepper flakes and sesame seeds.

Cajun Shrimp Alfredo

Serves 4 | Prep. time 10 minutes | Cook 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.

Garlic-Butter Steak with Veggies

Serves 6 | Prep. time 10 minutes | Cook time 12–15 minutes

Ingredients

- 6 top sirloin steaks, about 6-8 ounces each
- Salt and pepper, to taste
- 2 pounds vegetables of choice (like bell peppers, broccoli florets, zucchini, carrots, sweet potatoes, green beans or asparagus, potatoes, Brussels sprouts, etc.)
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 teaspoon dried thyme

For garlic butter

- ½ cup butter, softened
- 3 cloves garlic, minced
- 2 tablespoons parsley, chopped
- 1 teaspoon basil, chopped
- ½ teaspoon salt (if butter is unsalted)

Directions

1. Prepare garlic butter. Mix the garlic butter ingredients, place in a tub, or roll up in parchment paper to make a log. It can be stored in the freezer for 1 week. The solid butter can be sliced into coins and placed on top of the hot steak.
2. Preheat oven to 475°F. Line and grease sheet pan.
3. Place veggies on sheet pan and drizzle with oil. Season with salt and pepper and toss to coat evenly. Make space at the center for steak, but make sure vegetables are in a single layer.
4. Season steak with salt and pepper and place at the center of the sheet pan.
5. Bake to desired doneness (about 12–15 minutes).
6. Serve with garlic butter.

Lime Chicken with Avocado Salsa

Serves 4 | Prep. time 15 minutes | Cook time 12 minutes

Ingredients

Lime Chicken

- 1½ pounds boneless chicken breast
- ¼ cup lime juice
- 2 tablespoons olive oil
- ¼ cup fresh cilantro
- ½ teaspoon ground cumin
- ¼ teaspoon salt

Avocado Salsa

- 4 avocados, diced
- ½ cup fresh cilantro, diced
- 3 tablespoons lime juice
- ½ tablespoon red wine vinegar
- ½ teaspoon red pepper flakes
- 1 garlic clove, minced
- Salt to taste

Directions

1. Mix the fresh cilantro, olive oil, lime juice, salt, and cumin in a bowl.
2. Put the chicken in a resealable bag and marinate with this mixture for 15 minutes.
3. Heat the grill to 400°F and grill the chicken for 5–7 minutes per side.
4. Let cool for 10 minutes and serve.

One-Pot Mac and Cheese

Serves 6 | Prep. time 5 minutes | Cook time 10–15 minutes

Ingredients

- ½ pound mild Cheddar, shredded
- 3 ounces part-skim mozzarella, shredded
- 1 quart whole milk
- ¾ pound elbow macaroni
- 2 ounces cream cheese, cut into small pieces
- 2 tablespoons unsalted butter, melted
- 1 teaspoon Dijon mustard
- Large pinch cayenne pepper
- Large pinch freshly grated nutmeg
- 1½ teaspoons kosher salt

Directions

1. To a large skillet or saucepan, add the macaroni and milk; heat over medium-high heat.
2. Cook the mixture, stirring periodically until the macaroni is tender and the mixture is thick, about 4–5 minutes.
3. Take it off the heat, mix in the mozzarella, Cheddar cheese, cream cheese, mustard, butter, nutmeg, cayenne, and salt.
4. Serve warm.

Baked Bananas with Cinnamon Honey

Serves 2 | Prep. time 5 minutes | Cook time 10 minutes

Ingredients

- 2 bananas
- ¼ cup lemon juice
- 2 teaspoons honey
- 1 teaspoon cinnamon

Directions

1. Preheat oven to 350°F.
2. Line a cookie sheet with aluminum foil and spray with cooking spray or lightly brush with canola oil.
3. Peel the bananas and slice in half before laying them flat on the cookie sheet.
4. Sprinkle with the lemon juice.
5. Drizzle honey over each slice of banana.
6. Sprinkle with cinnamon.
7. Place in the oven and bake for about 10 minutes until the banana is cooked and starts to brown.

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

