30 MINUTE MEALS

www.kyleecooks.com

WELCOME!

Hey there, friend!
Welcome to my recipe ebook! I'm so excited to share these 5 delicious, no-fuss meals with you. Whether you're looking for a quick weeknight dinner or something a little special, I've got you covered.

These are some of my go-to recipes—ones that bring big flavor without a ton of effort.
I hope these recipes make mealtime easier and more delicious for you!

Feel free to make them your own—swap ingredients, add extra spice, or keep things just as they are. However you cook them, I hope you love them as much as I do.
Happy cooking!

Kylee

TABLE OF CONTENTS

Honey-Soy Beef and Broccoli Stir Fry	4
Skillet Bourbon Chicken	5
Smoked Sausage and Rice Skillet	7
Pasta alla Vodka	9
Baja Shrimp Tacos	10

HONEY-SOY BEEF AND BROCCOLI STIR FRY

Quick, flavorful, and better than takeout! This Honey-Soy Beef & Broccoli stir-fry is ready in under 30 minutes with tender beef, crisp broccoli, and a sweet-savory sauce. Perfect over rice!

PREP TIME **10 MIN**

COOK TIME **15 MIN**

SERVINGS **4**

INGREDIENTS

- 2 tablespoons cooking oil (divided)
- 1 onion (thinly sliced)
- 2 to 3 cloves garlic (minced)
- 4 cups broccoli (cut into small florets)
- 1 pound sirloin beef (cut into strips)
- For the sauce
- 4 tablespoons honey
- 1/3 cup soy sauce
- 1/4 cup white wine (or sherry/broth)
- 1 tablespoon cornstarch
- 2 teaspoons red pepper flakes (optional)
- To serve
- Hot cooked rice of your choice

DIRECTIONS

Cook the vegetables
Heat 1 tablespoon of oil in a wok or large skillet over medium-high heat. Add the onion and cook for about 2 minutes until softened. Stir in the garlic and cook for another minute. Add the broccoli and cook for 2 to 3 minutes until it's bright green but still crisp. Remove the onion, garlic, and broccoli from the pan and set aside.

Cook the beef
Heat the remaining 1 tablespoon of oil in the wok. Once hot, add the beef and stir-fry until cooked through.

Combine everything
Return the cooked broccoli, onion, and garlic to the wok with the beef. Drizzle the honey over the mixture, then pour in the soy sauce mixture. Toss everything together until well combined and heated through.

Finish & serve
Sprinkle with red pepper flakes if using. Serve hot over cooked rice.

Notes:

- Slice beef thinly. This ensures quick cooking and tender bites.
- Use high heat. Stir-frying works best when the pan is hot.
- Don't overcrowd the pan. Cook in batches if needed to avoid steaming the beef.
- Make extra sauce. If you like things saucier, double the sauce ingredients!
- Sprinkle some sesame seeds over the top for extra flavor.

SKILLET BOURBON CHICKEN

Bourbon Chicken is a deliciously savory and sweet dish that's perfect for weeknight dinners. Made with tender chicken pieces cooked in a rich bourbon-infused sauce, it's bursting with flavors that everyone will love. Serve it over rice for a complete meal that's sure to become a family favorite.

PREP TIME **10 MIN**

COOK TIME **20 MIN**

SERVINGS **4**

INGREDIENTS

For the chicken

- 1.5 pounds boneless skinless chicken breasts (cut into thin strips)
- 2 tablespoons cornstarch
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 2 tablespoons vegetable oil

For the sauce

- 3 cloves garlic (minced)
- 1 tablespoon grated ginger
- 1/2 cup soy sauce
- 1/4 cup bourbon
- 1/4 cup apple cider vinegar
- 1/2 cup brown sugar
- 1/2 cup water
- 1/4 teaspoon crushed red pepper flakes (optional)
- 2 tablespoons cornstarch mixed with 3 tablespoons water

Optional (for serving)

- Green onions (sliced)
- Sesame seeds

DIRECTIONS

Get prepped

- Chop the chicken into bite-sized pieces. Grate the ginger and mince the garlic.
- Cut the chicken into small strips, grate the ginger, and mince the garlic. Mix the sauce ingredients (soy sauce, bourbon, vinegar, brown sugar, water, and crushed red pepper flakes) in a bowl. Set aside.
- Combine cornstarch and water in a small bowl for the sauce (separate to the cornstarch used to coat the chicken.

Cook the chicken

- Season the chicken with salt and pepper.
- Sprinkle the cornstarch (the first amount) over the chicken and cover each piece lightly (or use a zip lock bag and shake it all together to cover).
- Heat vegetable oil in a large skillet over medium-high heat. Add the chicken and cook until browned on all sides, about 5-7 minutes. You may need to work in batches.
- Remove the chicken from the skillet and set aside.

Make the sauce

- Heat a little more oil in the same skillet if you need to, and cook the ginger and garlic for a about 30 seconds. Do not burn.
- Add the soy sauce liquid mixture to the skillet and bring to a simmer.

Add the chicken back in, thicken the sauce

- Return the chicken to the skillet. Add the cornstarch mixture to the skillet.
- Stir well and simmer until the sauce thickens and the chicken is cooked through, about 5-7 minutes.

Serve

- Serve the bourbon chicken over steamed rice, garnished with green onions and sesame seeds if desired.

Notes:

- Keep the heat steady but low. Because of the sugar in the sauce, it can burn.
- If your sauce isn't thick enough, remove 1/4 cup sauce, and add 1 tbsp of cornstarch to it, mixing well. Return it to the rest of the sauce and cook on high to make it thicker.
- If the sauce is too thick, add some water or chicken stock to thin it out.

SMOKED SAUSAGE & RICE SKILLET

Sausage and Rice in a skillet! Combining smoked sausage, crisp vegetables, fluffy rice and a hint of cheese, this is a weeknight dinner the whole family will love!

PREP TIME **10 MIN**

COOK TIME **15 MIN**

SERVINGS **4**

INGREDIENTS

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 cup onion (diced small)
- 2 cloves garlic (minced)
- 12 ounces smoked sausage (sliced)
- 2 cups broccoli
- 1 cup yellow bell pepper (sliced)
- 1 cup red bell pepper (sliced)
- 2 cups minute rice ( )
- 1 teaspoon seasoned salt
- ½ teaspoons cracked pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 cup cheddar cheese (optional)

DIRECTIONS

Get Prepped
Chop your vegetables, mince your garlic, grate your cheese and cook the rice.

Cook the rice. Follow the directions on the rice packaging. If you are cooking long grain rice from scratch, you'll need a little more time until the rice is tender and ready to use.

Sauté the onion, garlic and sausage
Heat olive oil and butter in a large skillet over medium high heat until the butter melts.
Add the onions and cook until softened (about 4 minutes)
Add the garlic, cook for 30 seconds, then add the sausage. Cook until the sausage is lightly browned, around 2 minutes.

Add the vegetables, and cook
Add the chopped vegetables, reduce heat and cover. Cook for around 5 minutes. If your pan is a little dry, add a little water, chicken broth or chicken stock.

Notes:

- Slice beef thinly. This ensures quick cooking and tender bites.
- Use high heat. Stir-frying works best when the pan is hot.
- Don't overcrowd the pan. Cook in batches if needed to avoid steaming the beef.
- Make extra sauce. If you like things saucier, double the sauce ingredients!
- Sprinkle some sesame seeds over the top for extra flavor.

Add the rice and cheese
Add the cooked rice, salt, pepper and any other seasonings you like, and combine thoroughly. Take skillet off the heat, add the cheese and stir in. We don't want the skillet on the heat when we add the cheese, in case it burns. The heat from the food will melt it nicely.

Devour
Sprinkle some fresh parsley over your finished one-pot meal if you're feeling fancy. Check your seasoning, and adjust if necessary, then devour.

Notes:

- Vegetables: If you have asparagus, peas, or frozen mixed vegetables, use those.
- Protein: If you don't like smoked sausage, some leftover steak or chicken, or even some shrimp from the freezer work deliciously.
- Rice: White or brown rice can be used, as long as it is fully cooked.
- Seasonings: I use a mix of onion powder and garlic powder, salt and pepper, but to mix it up I use Cajun Seasoning, or add some cayenne pepper.

PASTA ALLA VODKA

Creamy and flavorful, this vodka pasta sauce blends tomatoes, onions, garlic, and a splash of vodka and a little cream and parmesan for a rich, comforting pasta dish. Perfect for an easy weeknight dinner!

PREP TIME **10 MIN**

COOK TIME **10 MIN**

SERVINGS **8 TACOS**

INGREDIENTS

- **Pasta**
- 12 ounces pasta (short pasta like penne)
- 1 tablespoon salt (for pasta water)

Vodka Sauce

- 2 tablespoons olive oil
- 1 cup onion (finely diced)
- 2 cloves garlic (minced)
- ½ teaspoon salt
- ½ teaspoon pepper
- 1/2 teaspoon red pepper flakes (optional)
- 1/2 cup vodka
- 28 ounces crushed tomatoes (or tomato sauce)
- 1 cup heavy cream
- 1/2 cup parmesan cheese (grated freshly)
- 1 cup fresh basil (cut into ribbons (aka chiffonade)

DIRECTIONS

Get prepped

- Fill a large pot with water and add 1 tablespoon of salt. Bring to a boil over high heat.

Cook the pasta

- Add the penne pasta to the boiling water and cook according to the package instructions until al dente. Drain the pasta and set aside.

Prepare the vodka sauce

- In a large skillet, heat the olive oil over medium heat. Add the chopped onion and cook until softened, about 3-4 minutes.
- Add the minced garlic, salt, pepper and red pepper flakes (if using) and cook for another 1-2 minutes, until fragrant.
- Pour in the vodka and let it simmer until it has reduced by half, about 5 minutes.
- Stir in the tomatoes and bring to a simmer. Cook for 10 minutes, stirring occasionally.
- Reduce the heat to low and slowly stir in the heavy cream. Cook for another 5 minutes, until the sauce is heated through.
- Add the grated Parmesan cheese and stir until melted and well combined. Taste and add season with salt and pepper if needed.

Combine pasta and sauce

- Add the cooked penne pasta to the skillet with the vodka sauce. Toss to coat the pasta evenly with the sauce.

Serve

- Divide among plates. Sprinkle with fresh basil and additional parmesan cheese, if desired.
- Serve immediately.

Notes:

- Add some protein: a little leftover chicken, some fish or some shrimp is perfect for this.
- Don't cut the basil until the last minute.
- Remember to save some of the pasta water in case you need to thin out your sauce.

BAJA SHRIMP TACOS

Make these Baja Shrimp Tacos and you'll bring a fresh coastal vibe to every bite! Season up your shrimp with Baja spices, and top with fresh and crisp coleslaw, then wrap in a warm tortilla.

PREP TIME **10 MIN**
COOK TIME **10 MIN**
SERVINGS **8 TACOS**

INGREDIENTS

For the slaw

- 2 cups cabbage (shredded)
- ¼ cup cilantro (chopped fresh)
- ½ cup red onion (diced)
- ½ teaspoon salt
- 2 tablespoons lime juice

For the shrimp

- 1 pound small shrimp (peeled and deveined and dried with a paper towel)
- 2 tablespoons Old Bay seasoning
- 1 teaspoon cumin
- 2 teaspoons garlic powder
- 4 tablespoons olive oil (divided)

For the tacos

- 8 corn or flour tortillas (4 inch aka street taco size)
- Optional toppings
- Sour cream
- Sliced avocado or guacamole
- Pico de gallo
- Crumbled queso fresco
- Hot sauce

DIRECTIONS

Make the slaw

- Add the shredded cabbage, chopped cilantro, diced red onion, salt and lime juice to a medium sized bowl.
- Toss together, making sure everything is coated well, set aside.

Season the shrimp

- Add the shrimp to a bowl and sprinkle with the seasonings. Toss gently to combine.

Cook the shrimp

- Heat the oil in a skillet, over medium heat. Add the shrimp and cook for a couple of minutes on each side until they are a light pink color and fully cooked. Be careful not to overcook!
- Remove the shrimp and set aside.

Heat the tortillas

- In a small skillet, heat 1 tablespoon of oil over medium heat and place a tortilla in the oil until softened and a little crispy (about 30 seconds per side). Remove from the skillet and keep warm.
- Repeat for all tortillas.

Assemble

- Place 6-10 cooked shrimp in each tortilla, and 1-2 tablespoons of the slaw.
- Serve with the optional toppings.

Notes:

- Allow leftover Baja shrimp to cool and separate them from the other taco ingredients.
- Store the shrimp and taco fixings in a separate airtight container, ensuring freshness for up to three days. Reheat the shrimp gently in a skillet (don't microwave).