



TAKEOUT at Home

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**EASY FAVORITES FOR
THE WEEKNIGHT COOK**

BY JESSICA & FRANK SMITH

A Note to Readers,

5pm Tuesday in the middle of a busy week you find yourself with no plan for dinner. We've all been there. (We have twin one-year-olds, so we're there more often than we care to admit.) In those moments takeout menus can save the night. Takeout is fast, easy and usually pretty fun. But over time it hurts budgets and health goals.



That's where the idea for this cookbook was born. We wanted to unlock the delicious secrets of a few well-loved restaurant dishes and simplify them for any night of the week.

Most importantly, the meals you'll find here will help rather than hurt your grocery budget and are healthier than anything off a takeout menu. (We provided the nutrition stats with each recipe to prove it.)

How to Use It

The best way to use this resource is to cook through all five recipes in a single week. If you want to give it a try, use the shopping list on [Page 5](#) to pick up what you need. Come home each night, pull up the recipe that sounds the best for that evening, and get cooking.

The Goal

To save you time and money, all of the recipes you find here use ingredients that can be found at your neighborhood grocery store. Each recipe is written with clear steps so you can get the whole meal, side dishes included, on the table in under 40 minutes. Shop at the beginning of the week, walk in the door at 6 and sit down to a healthy, happy dinner by 6:45.



To Make it Great

- *To make the recipes delicious*, we made them in our home kitchen and tested them on our most discerning tasters - our kids. We also had a team of family and friends who tested for us and gave invaluable feedback.
- *To make the recipes budget-friendly*, we checked prices and availability at our local Kansas City grocery store, Aldi, and Trader Joe's. Our grocery expenses were lower than an average week any time we cooked through these recipes.
- *To make the recipes fast*, we tested them on a normal weeknight with our kids running around, the phone ringing, the laundry piles glaring from the corner, and way too much to get done before bedtime.



Happy dinners from our busy family to yours,

Jess, Frank, Molly & Clara



For more great weeknight-friendly recipes from Jess and Frank, visit us at InquiringChef.com or follow us here:



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Shopping List

KITCHEN STAPLES

- Cooking Oil, any type
- Red or White Wine Vinegar
- Dijon Mustard
- Salt
- Black Pepper

SPICES

- 1 Tbsp Garam Masala
- 2 tsp Paprika
- 1 tsp Italian Seasoning
- 1/2 tsp Ground Cumin
- 1/2 tsp Chili Powder
- 2 Tbsp White Sesame Seeds

PRODUCE

- 1 Avocado
- 16 oz Broccoli Florets
- 12 oz Green Beans, Steam-in-Bag
- 1 Lemon
- 1 Lime
- 1 Onion
- 1 Red Bell Pepper
- 1 Sweet Potato (about 3/4 lb)
- 5 cloves Garlic
- 1 piece Fresh Ginger (2-inches long)
- 4 stalks Fresh Chives
- 1 head Butterhead Lettuce

MEAT

- 3 1/2 lb Boneless, Skinless Chicken Breasts
- 4 links (12 oz total) Chicken-Apple Sausage (or use any type of sausage)

DAIRY & CHEESE

- 8 Taco-Sized (6-inch) Corn or Flour Tortillas
- 1 small container (6 oz) Plain Greek Yogurt
- 1 cup Sour Cream
- 1 1/2 cup Shredded Mexican Blend Cheese
- 1/2 cup Grated Parmesan Cheese
- 4 oz Mozzarella Cheese
- 8 Eggs

PASTA & CANNED GOODS

- 16 oz Pasta (we like Bucatini or Spaghetti)
- 1 jar (24 oz) Pasta Sauce
- 1 can (14 oz) Tomato Puree
- 1 can (14 oz) Fire Roasted Diced Tomatoes
- 1 (14 oz) can Black Beans

INTERNATIONAL

- 1/4 cup Soy Sauce
- 1 can (10 oz) Mild Red Enchilada Sauce
- 1/4 cup Salsa (for serving)
- 3 bags (about 3.5oz each) Boil-in-Bag Rice
- 3/4 cup Panko Breadcrumbs (or Italian breadcrumbs)
- 1 can Light Coconut Milk

BAKING

- 1/4 cup Honey

FROZEN

- 1 cup Frozen Corn
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Sesame Chicken Noodle Bowls with Broccoli

Serves: 4 Active: 30 min Total: 30 min

Kitchen Tools:

Large Pot and Strainer
Cutting Board and Knife
Small Mixing Bowl
Wok (or skillet)

Ingredients:

8 oz Broccoli Florets
1 ½ lb Boneless, Skinless Chicken Breasts
¼ cup Soy Sauce
¼ cup Honey
3 tsp Cornstarch
1 tsp Red or White Wine Vinegar
2 Tbsp White Sesame Seeds
8 oz Pasta (we like Bucatini or Spaghetti)
1 Tbsp Oil

To Cook:

1. Fill a large pot with water and 2 teaspoons of salt. Bring to a boil.
2. If broccoli isn't pre-chopped, chop into florets.
3. Cut chicken into cubes.
4. In a small mixing bowl, combine ¼ cup water, soy sauce, honey, cornstarch, vinegar and white sesame seeds. Whisk with a fork.
5. Boil noodles until nearly tender, about **8 minutes**. Just before noodles are done, add broccoli to the pot and boil until both are tender, about **2 minutes**. Drain.
6. Place a wok or skillet over medium-high heat. Add oil. When oil begins to shimmer add chicken and season with salt and pepper. Cook, stirring frequently, until golden brown on all sides and cooked through, **5 minutes**. Add sauce and cook until it thickens and coats the chicken, **1 minute**.
7. Divide noodles and broccoli between bowls and top with chicken and sauce. Extra credit if you eat it with chopsticks!

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Nutrition (per serving) / Calories: 552 / Fat: 11g / Carbs: 66g / Fiber: 8g / Sugars: 21g / Protein: 48g



Skillet Enchiladas

with sweet potatoes, corn & black beans

Serves: 4 Active: 25 min Total: 30 min

Kitchen Tools:

Cutting Board and Knife
Oven-Safe Skillet with a Lid
(or a skillet and
a 9 x 9 casserole dish)
Strainer

Ingredients:

8 taco-sized (6-inch) Corn or Flour Tortillas
1 large Sweet Potato
1 Tbsp Oil
½ tsp Chili Powder
½ tsp Ground Cumin
1 (14 oz) can Black Beans
1 cup Frozen Corn
1 can (10 oz) Mild Red Enchilada Sauce
1 cup Shredded Mexican Blend Cheese
½ cup Sour Cream, for serving
¼ cup Salsa, for serving

To Cook:

1. Turn on the oven's broiler and position an oven rack about 6 inches below it.
2. Chop tortillas into bite-sized pieces.
3. Scrub and peel potato. Chop into cubes (the smaller the cubes, the faster they will cook).
4. Place a large oven-safe skillet over medium heat. Add oil and when it begins to shimmer, add sweet potatoes, chili powder, and cumin. Cook, stirring, until potatoes are beginning to brown on the outside, **3 minutes**. Pour ½ cup water in the skillet and put the lid on (or cover the skillet with foil). Cook, covered, until the potatoes are tender, **5 minutes**.
5. While potatoes cook, pour black beans and corn into a strainer and rinse under warm tap water. (This will defrost the corn a bit, but don't worry if it's still pretty frozen.)
6. When potatoes are tender, add black beans, corn, and enchilada sauce. Cook just until the corn is defrosted, **2 minutes**. Stir in the tortilla pieces and half the cheese. (Note: if your skillet is not oven-safe, at this point, transfer the enchiladas to a 9 x 9 casserole dish.) Sprinkle the remaining half of the cheese over the top.
7. Put skillet under the broiler and cook until the cheese is melted and the top is golden brown, **4 minutes**.
8. Spoon enchiladas into bowls, top with sour cream and salsa. Easiest Taco Tuesday ever - Olé!

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Nutrition (per serving) / Calories: 546 / Fat: 23g / Carbs: 71g / Fiber: 9g / Sugars: 8g / Protein: 19g



Baked Chicken Parmesan with lemon garlic broccoli

Serves: 4 Active: 35 min Total: 35 min

Kitchen Tools:

Baking Sheet Lined with Foil
Large Pot and Strainer
Cutting Board and Knife
2 Mixing Bowls

Ingredients:

8 oz Broccoli Florets
2 cloves Garlic
2 tsp Oil
1 lb Boneless, Skinless Chicken Breasts
1/2 cup grated Parmesan Cheese
3/4 cup Panko Breadcrumbs (or use Italian breadcrumbs)
1 tsp Italian Seasoning
8 oz Pasta (we like Bucatini or Spaghetti)
1 jar (24 oz) Pasta Sauce
4 oz Mozzarella Cheese
Juice from 1/2 Lemon

To Cook:

1. Preheat oven to 400 degrees F. Line a baking sheet with foil and spray it with nonstick cooking spray.
2. Fill a large pot with water and 2 teaspoons of salt. Bring to a boil.
3. If broccoli isn't pre-chopped, chop into florets. Slice garlic. In a mixing bowl, combine broccoli, garlic, and oil. Toss with a pinch of salt and pepper.
4. Cut chicken into cubes. Season with salt and pepper.
5. In a mixing bowl, combine chicken, parmesan, breadcrumbs, and Italian seasoning.
6. Spread broccoli on half the foil-lined baking sheet and chicken on the other. Bake until chicken is crisp and golden brown, **12 minutes**.
7. While chicken is baking, boil noodles until tender, about **10 minutes**. Drain.
8. Heat pasta sauce in the microwave or on the stovetop.
9. Grate mozzarella. Spread mozzarella over the chicken continue baking until chicken is cooked through and mozzarella is melted, about **3 minutes**.
10. Squeeze lemon juice over the broccoli.
11. Top pasta with sauce and then with parmesan chicken. Serve with broccoli on the side. (Or as one of our testers recommended - dip chicken tenders and broccoli in the sauce for a fun Italian-inspired dinner for all ages!)

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Nutrition (per serving) / Calories : 594 / Fat: 15g / Carbs: 71g / Fiber: 11g / Sugars: 12g / Protein: 46g



Chicken Tikka Masala

with rice & green beans

Serves: 4 Active: 35 min Total: 35 min

Kitchen Tools:

Large Pot
Cutting Board and Knife
Microplane or Cheese Grater
Large Skillet

Ingredients:

1 lb Boneless, Skinless Chicken Breasts
3 cloves Garlic
1 piece (2-inches long) Fresh Ginger
3 bags (about 3.5 oz each) Boil-in-Bag Rice
1 Tbsp Garam Masala
2 tsp Paprika
1 Tbsp Oil
1 can (14 oz) Tomato Puree
1 can (14 oz) Fire Roasted Diced Tomatoes
1 can Light Coconut Milk
12 oz Green Beans, Steam-in-Bag
Juice from 1/2 Lime
1 container (6 oz) Plain Greek Yogurt

To Cook:

1. Fill a large pot with water. Bring to a boil.
2. Cut chicken into cubes. Season with salt and pepper.
3. Chop garlic. Cut the peel off the ginger and grate using a microplane or cheese grater.
4. Boil rice according to package directions, about **10 minutes**.
5. While rice cooks, place a large skillet over medium heat. Add oil and when it begins to shimmer, add chicken and cook on all sides until chicken is golden-brown on the outside and cooked through, **5 minutes**. Transfer chicken to a plate and return skillet to the heat.
6. Add garlic, ginger, garam masala and paprika to the pan and cook just until fragrant, **1 minute**. Add tomato puree, diced tomatoes, and coconut milk and simmer until it begins to thicken, about **6 minutes**.
7. While sauce simmers, steam green beans in the microwave according to package directions, about **2 minutes**.
8. Add chicken to the simmering tomato sauce and cook just until warmed through, **1 minute**. Squeeze lime juice over chicken. Taste and season with salt and pepper, as needed.
9. Serve chicken over rice with green beans on the side. Top with plenty of yogurt!

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Nutrition (per serving) / Calories: 375 / Fat: 11g / Carbs: 41g / Fiber: 7g / Sugars: 9g / Protein: 31g



Southwestern Egg Bake

with butterhead lettuce & avocado salad

Serves: 4 Active: 35 min Total: 35 min

Kitchen Tools:

Cutting Board and Knife
Oven-Safe Skillet
(or a skillet and
a 9 x 9 casserole dish)
Large Mixing Bowl
Small Bowl

Ingredients:

4 stalks Fresh Chives
1 small Onion
1 Red Bell Pepper
4 links (12 oz total) Chicken-Apple Sausage
8 Eggs
1/2 tsp Salt
1/2 tsp Black Pepper
1 Tbsp Oil
1/2 cup Shredded Mexican Blend Cheese
1 head Butterhead Lettuce
1 Avocado
3 Tbsp Oil
1 Tbsp Red or White Wine Vinegar
1 tsp Dijon Mustard
1 tsp Honey
1/2 cup Sour Cream, for serving

To Cook:

1. Preheat oven to 400 degrees F.
2. Finely chop chives and set aside to use at the end of cooking.
3. Chop onion, red bell pepper, and sausage into small pieces (the smaller the pieces, the faster they will cook) and combine.
4. Place a large oven-safe skillet over medium-high heat. Add oil and when it begins to shimmer, add onion, red bell pepper, and sausage. Cook, stirring frequently until onions are soft and sausage is lightly browned, **6 minutes**.
5. In a large mixing bowl, whisk eggs, salt, and pepper.
6. Turn off the heat under the skillet. (Note: if your skillet is not oven-safe, transfer the mixture to a greased 9 x 9 casserole dish.) Sprinkle cheese over the sausage mixture and then gently pour the eggs evenly over the entire dish. Bake until the dish is slightly puffy and a fork inserted in the middle comes out clean, **22 minutes**.
7. While the eggs bake, rinse and chop lettuce. Slice avocado. Combine in a serving bowl.
8. In a small bowl, whisk together oil, vinegar, mustard, and honey. Drizzle over the top of the salad.
9. Cut the egg bake into slices and top with sour cream. Serve with salad on the side and top both with chives. Enjoy for dinner, but leftovers are also great for breakfast!

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Nutrition (per serving) / Calories: 375 / Fat: 11g / Carbs: 41g / Fiber: 7g / Sugars: 9g / Protein: 31g

ABOUT JESS & FRANK



Since 2010, Inquiring Chef has celebrated home cooking with fun, simple, family-friendly recipes. Inquiring Chef seeks to inspire readers from around the world to believe in their inner cook.

Jess and Frank Smith moved from Washington, D.C. to Bangkok, Thailand in 2010 which is where, as newlyweds, they found themselves surrounded by amazing Thai food and wanting to cook it themselves. Since those humble first explorations in stir-fry noodles, they have grown passionate about creating new delicious dishes in their home kitchen. Jess creates all of the original recipes and photos for Inquiring Chef. She reads cookbooks for fun and thinks skillet enchiladas ([Pg. 8](#)) might be the perfect meal. Frank is the nuts and bolts guy, social media guru, and does all of the creative layout visuals on the site (including designing this book).

If you like these recipes, please share our site! And if you make anything from this book, we'd love to see you share it with [#inquiringchef](#) on Instagram.



For more great weeknight-friendly recipes from Jess and Frank, visit us at InquiringChef.com or follow us here:

