SMALL KITCHEN SUPPER

The Weeknight Table

Breakfasts, suppers and bakes for busy weeks



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smallkitchensupper.com

The Weeknight Table: Breakfasts, Suppers and Bakes for Busy Weeks

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A note on safety. Read every recipe before you start. Check labels for allergens: some recipes contain dairy, eggs, gluten, nuts or soy. Cook food to safe temperatures and follow your local food-safety guidance. The author is not responsible for reactions to ingredients.

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How to use this book



These are the recipes I cook on a Tuesday, when I have forty minutes and not much patience. Each one fits on a page or a spread, so you can prop the book open and cook from it without turning a page with floury hands.

READ THE RECIPE FIRST

The ingredients are listed in the order you use them. Read the method once, all the way through, before you turn on the stove.

OVEN TEMPERATURES

Temperatures are for a conventional oven, in °F with °C after. For a fan oven, set it about 25 °F (15 °C) lower. Every oven runs a little hot or cold, so trust the visual cue in each step.

CUPS AND GRAMS

Baking recipes give both. Weigh flour if you can: a cup of flour can be 120 g or 150 g, depending on how you fill it. The chart at the back has the rest.

SALT

I cook with fine sea salt. If you use coarse kosher salt, use about one and a half times as much.

CHAPTER 1

Breakfast

Make-ahead jars for the rushed days, and one pan of eggs for the slow ones.

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BREAKFAST

Berry Overnight Oat Jars

I make four of these on Sunday night and the week starts itself. Layer them in jam jars so you can see the stripes; the oats soften overnight and the berries bleed into the yogurt.

MAKES	PREP	CHILL
4 jars	10 min	8 hours

INGREDIENTS

- **1⅓ cups** (120 g) rolled oats
- **2 tbsp** chia seeds
- **1⅓ cups** (320 ml) milk of your choice
- **2 tbsp** maple syrup
- **1 cup** (240 g) plain yogurt
- **2 cups** mixed berries
- **2 tbsp** pumpkin seeds

METHOD

1. Stir the oats, chia seeds, milk and maple syrup together in a bowl. Leave for 5 minutes, then stir again so the chia does not clump.
2. Spoon a quarter of the oats into each of 4 jars. Add a layer of yogurt, then a handful of berries.
3. Close the jars and chill for at least 8 hours, or up to 3 days.
4. Scatter with pumpkin seeds just before you eat, so they stay crisp.

> **SWAP**
>
> Frozen berries work well. Add them straight from the freezer; they thaw overnight in the jar.

BREAKFAST

Spinach and Feta Skillet Eggs

The weekend version of breakfast: one pan, straight to the table, with bread for the sauce. Not every recipe needs a photo. A clean text page reads well and keeps your print cost down.

SERVES	PREP	COOK
2	5 min	15 min

INGREDIENTS

- **1 tbsp** olive oil
- **1** small onion, thinly sliced
- **2** garlic cloves, sliced
- **½ tsp** smoked paprika
- **1 can** (14 oz / 400 g) chopped tomatoes
- **4 handfuls** (100 g) baby spinach
- **4** large eggs
- **⅓ cup** (50 g) feta, crumbled
- Salt and black pepper
- Toast, to serve

METHOD

1. Warm the oil in a 10-inch skillet over medium heat. Add the onion and cook for 6 minutes, until soft.
2. Add the garlic and paprika and stir for 30 seconds. Add the tomatoes and a pinch of salt, and simmer for 5 minutes.
3. Stir in the spinach a handful at a time until it wilts.
4. Make 4 wells in the sauce and crack an egg into each. Cover and cook over low heat for 5 to 7 minutes, until the whites are set.
5. Scatter with feta and pepper. Serve from the pan with toast.

TIMING

Check the eggs at 5 minutes. The whites set from the outside in; the pan keeps cooking them after you take it off the heat.

CHAPTER 2

Weeknight

Suppers in 40 minutes or less, most of them from the pantry.

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Chickpea and Spinach Curry, page opposite.

WEEKNIGHT

Chickpea and Spinach Curry

This is the recipe my readers cook most. It is mostly pantry: two cans of chickpeas, one of coconut milk, and whatever greens are wilting in the fridge.

SERVES	PREP	COOK
4	10 min	25 min

INGREDIENTS

Curry base

- **2 tbsp** neutral oil
- **1** large onion, finely chopped
- **3** garlic cloves, grated
- **1 tbsp** fresh ginger, grated
- **2 tbsp** mild curry powder
- **1 can** (14 oz / 400 g) chopped tomatoes

To finish

- **2 cans** (15 oz / 425 g each) chickpeas, drained
- **1 can** (13.5 oz / 400 ml) coconut milk
- **5 oz** (140 g) spinach
- **1** lime
- Rice and cilantro, to serve

METHOD

1. Heat the oil in a large pot over medium heat. Add the onion with a pinch of salt and cook for 8 minutes, until golden at the edges.
2. Add the garlic, ginger and curry powder. Stir for 1 minute, until it smells toasty.
3. Add the tomatoes and cook for 5 minutes, scraping the bottom of the pot, until the sauce is thick.
4. Add the chickpeas and coconut milk. Simmer for 10 minutes.
5. Stir in the spinach until it wilts. Squeeze in half the lime and taste for salt.
6. Serve over rice with cilantro and the rest of the lime in wedges.

> **MAKE AHEAD**
>
> The curry keeps for 3 days in the fridge and tastes better on day two. Add the spinach when you reheat it.



WEEKNIGHT

Red Lentil Ragù with Soba

Red lentils melt into a sauce in 20 minutes, so this tastes like a slow ragù on a Wednesday. Spaghetti works too; I like the nutty soba.

SERVES	PREP	COOK
4	10 min	25 min

INGREDIENTS

- **2 tbsp** olive oil
- **1** onion, 1 carrot, 1 celery stalk, finely chopped
- **2 tbsp** tomato paste
- **¾ cup** (150 g) red lentils, rinsed
- **1 can** (14 oz / 400 g) crushed tomatoes
- **2 cups** (480 ml) vegetable stock
- **8 oz** (225 g) soba noodles
- Basil, to serve

METHOD

1. Cook the onion, carrot and celery in the oil over medium heat for 8 minutes, until soft.
2. Stir in the tomato paste for 1 minute, then add the lentils, tomatoes and stock.
3. Simmer for 20 minutes, stirring now and then, until the lentils break down. Add water if it gets too thick.
4. Cook the soba as the package says, then rinse in cold water so it does not stick. Serve the ragù over it with basil.



WEEKNIGHT

Crispy Tofu Wraps with Quick Slaw

Cornstarch is the trick for tofu that stays crisp under a pile of slaw. Set the fillings out and let everyone build their own.

SERVES	PREP	COOK
4	15 min	15 min

INGREDIENTS

- **14 oz** (400 g) extra-firm tofu, pressed and cubed
- **2 tbsp** cornstarch
- **3 tbsp** neutral oil
- **2 tbsp** soy sauce
- **2 cups** red cabbage, shredded
- **1 tbsp** rice vinegar
- **4** large flour tortillas
- **1** cucumber, sliced

METHOD

1. Toss the tofu in the cornstarch. Fry in the oil over medium-high heat for 10 to 12 minutes, turning, until crisp on every side. Toss with the soy sauce.
2. Mix the cabbage with the vinegar and a pinch of salt. Leave for 5 minutes.
3. Warm the tortillas in a dry pan. Fill with tofu, slaw and cucumber, and fold.

CHAPTER 3

Baking

One bread that needs no kneading, and one loaf cake for the tin on the counter.

No-Knead Country Loaf 19

Spiced Pumpkin Loaf 20



No-Knead Country Loaf, page opposite.

BAKING

No-Knead Country Loaf

Time does the kneading here. Mix it after dinner, shape it in the morning, and bake it in a hot covered pot so the crust cracks as it cools.

MAKES	PREP	RISE	BAKE
1 loaf	15 min	14 hours	45 min

INGREDIENTS

- **3¼ cups** (400 g) bread flour
- **1½ tsp** (8 g) fine sea salt
- **¼ tsp** instant yeast
- **1⅓ cups** (320 ml) lukewarm water
- Extra flour, for shaping

METHOD

1. Stir the flour, salt and yeast in a large bowl. Add the water and mix until no dry flour is left. The dough will be shaggy and sticky.
2. Cover and leave at room temperature for 12 to 14 hours, until the dough is bubbly and has doubled.
3. Tip the dough onto a floured counter. Fold the edges into the middle to make a round, and turn it seam side down onto floured parchment. Rest for 1 hour.
4. Put a lidded Dutch oven in the oven and heat to 450 °F (230 °C) for 30 minutes.
5. Lift the dough on its parchment into the hot pot. Cover and bake for 30 minutes, then uncover and bake for 15 minutes more, until deep brown.
6. Cool on a rack for at least 1 hour before you slice it.

> **IS IT DONE?**
>
> Tap the base: a baked loaf sounds hollow. An instant-read thermometer in the middle reads about 205 °F (96 °C).



BAKING

Spiced Pumpkin Loaf

A one-bowl loaf that keeps for days. The pumpkin seeds on top toast as it bakes.

MAKES	PREP	BAKE
1 loaf (10 slices)	15 min	60 min

INGREDIENTS

- **1 can** (15 oz / 425 g) pumpkin purée
- **2** large eggs
- **¾ cup** (150 g) brown sugar
- **½ cup** (120 ml) neutral oil
- **1¾ cups** (220 g) all-purpose flour
- **1 tsp** baking soda
- **2 tsp** pumpkin pie spice
- **2 tbsp** pumpkin seeds

METHOD

1. Heat the oven to 350 °F (175 °C). Line a 9 × 5 in loaf pan with parchment.
2. Whisk the pumpkin, eggs, sugar and oil in a large bowl until smooth.
3. Add the flour, baking soda, spice and a pinch of salt. Fold until just combined.
4. Pour into the pan, scatter with the seeds, and bake for 55 to 65 minutes, until a skewer comes out clean.

Conversion chart

OVEN TEMPERATURES

Fahrenheit	Celsius	Fan (°C)
300 °F	150 °C	130 °C
325 °F	165 °C	145 °C
350 °F	175 °C	160 °C
375 °F	190 °C	170 °C
400 °F	200 °C	180 °C
425 °F	220 °C	200 °C
450 °F	230 °C	210 °C

VOLUME

US	Metric
1 teaspoon	5 ml
1 tablespoon	15 ml
¼ cup	60 ml
⅓ cup	80 ml
½ cup	120 ml
1 cup	240 ml
4 cups (1 quart)	950 ml

WEIGHT

US	Metric
1 ounce	28 g
4 ounces (¼ lb)	113 g
8 ounces (½ lb)	227 g
16 ounces (1 lb)	454 g

ONE CUP OF…

Ingredient	Weight
All-purpose flour	125 g
Bread flour	125 g
Granulated sugar	200 g
Brown sugar, packed	200 g
Rolled oats	90 g
Butter (2 sticks = 1 cup)	227 g

Cup weights are averages for spooned-and-leveled cups. Fan temperatures are about 15 °C lower than conventional.

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About the author

Maya Lindqvist writes the food blog Small Kitchen Supper, where she has posted a weeknight recipe every Tuesday since 2019. She cooks in a galley kitchen in Minneapolis with one good knife and a Dutch oven she inherited from her grandmother.

Find more recipes, and the shopping lists for every chapter, at smallkitchensupper.com.