



# WELCOME!

Do you have confidence in the kitchen? We love sharing recipes with you, but we also think it's important to remind you: these recipes are just a good place to start, and we want you to improvise and adjust them to meet your needs!

That means swap out pork for chicken or tofu for shrimp! Use green curry paste instead of red, or add beans to the chili, because, well, you want to! If you hate celery? Ditch it! You love avocado? Add it! You'll never know until you try, so don't be afraid to experiment.

## PREP AHEAD

To make your week easier, check through this quick prep list on Sunday to get ahead of the game.

1. Prepe your veggies for Monday's moo shu and Tuesday's curry.
2. Make the chili all the way through!



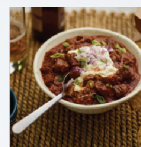
**MONDAY**  
Moo Shu Vegetables



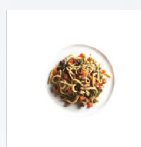
**TUESDAY**  
Tofu Red Curry



**WEDNESDAY**  
Grilled Chicken Caesar Salad



**THURSDAY**  
Beef Chili



**FRIDAY**  
Spaghetti with Sausage and Bitter Greens



**DISH**  
EAT. DRINK. DISCOVER.



## MOO SHU VEGETABLES

If you're lucky to have a great local Asian market, you should be able to find prepared moo shu pancakes. If not, flour tortillas will do the trick, or serve the veggie mixture over cooked rice.

### INGREDIENTS:

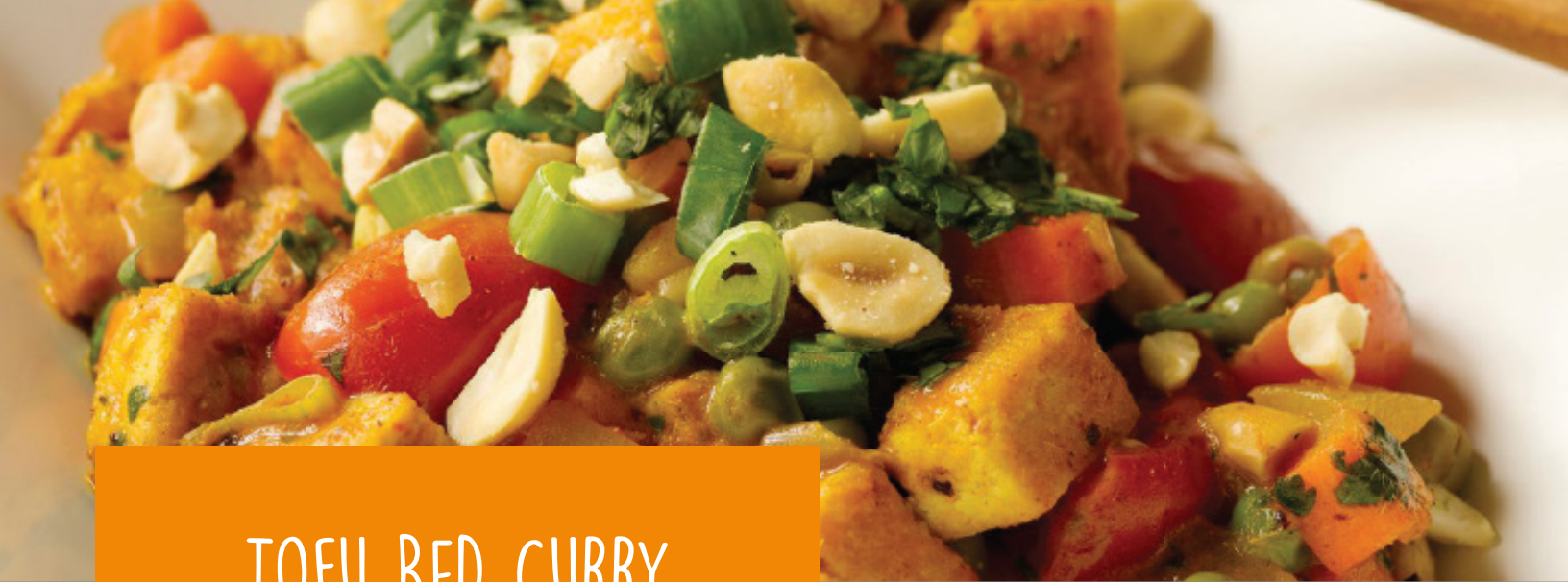
- 3 tbsp canola oil
- 1 tbsp garlic, minced
- 1 tbsp peeled, minced ginger
- 1 tbsp minced scallion
- 1 red pepper, cut in 1-2 inch strips
- 4 celery stalks, cut in 1-2 inch strips
- 4 carrots, cut in 1-2 inch strips
  - 1/2 head Napa cabbage, chiffonade
  - 2 tbsp hoisin sauce, plus more for serving
  - 3 tbsp soy sauce
  - 1 tbsp sesame oil
  - 1 egg, beaten
- 16 moo shu pancakes (or flour tortillas)

1. Heat the oil in a wok or large sauté pan over medium heat. Add the garlic, ginger, and scallion. Stir-fry until aromatic.
2. Add the red pepper, celery, carrots, and cabbage. Stir-fry until tender, approximately 2 minutes. Stir in the hoisin sauce, soy sauce, and sesame oil.
3. Make a well in the middle of the vegetable mixture, pour in the egg and let it set for 30 seconds, and then break up into vegetables.
4. Serve with moo shu pancakes and extra hoisin sauce, if you like. The pancakes can be heated in a stack with a damp cloth over them in the microwave or oven.

SERVES 6 to 8



**DASH**  
EAT. DRINK. DISCOVER.



## TOFU RED CURRY

Before cubing your tofu, wrap it in a few layers of paper towels and place it on a plate. Top it with another plate, weighted with something heavy, like a can or a book, and set it aside for 15 minutes to press out some moisture. This will help it brown.

### INGREDIENTS:

- 1 1/2 tbsp canola oil
- 8 ounces extra-firm tofu, cubed
  - 1 tbsp fresh lime juice
- 1 medium carrot, peeled and diced
- 1/4 cup diced yellow onion
  - 2 garlic cloves, minced
  - Chicken or vegetable broth, as needed
- 1 cup grape tomatoes, halved
- 1/2 cup frozen green peas, thawed
  - 2 tbsp red curry paste
- 1/4 tsp ground turmeric
  - 1/4 tsp kosher salt
  - 1/4 tsp ground black pepper
- 3/4 cup light coconut milk
  - 1/4 cup chopped cilantro
  - 1/4 cup minced scallions
- 1/4 cup chopped peanuts

1. Heat the peanut oil in a skillet over medium high heat. Add the tofu cubes and cook until they are golden on all sides, 5 to 7 minutes. To help the tofu cubes maintain their shape, turn them with a flat spatula. Remove from the skillet and sprinkle with the lime juice.
2. Add the carrot and onion to the skillet and sweat until soft, 4 to 5 minutes. Add the garlic and cook until fragrant, about 1 minute more. Splash the vegetables with a small amount of chicken or vegetable broth to prevent them from sticking to the bottom of the skillet and burning. Add the tomatoes and green peas and sweat just until they release a little of their liquid.
3. Stir in the curry paste, turmeric, salt, and pepper. Add the coconut milk, reduce the heat, and simmer until the sauce has thickened slightly, 6 to 8 minutes.
4. Stir the tofu cubes back into the pan and heat through. Stir in the cilantro, scallions, and peanuts.

SERVES 4



**DASH**  
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## Grilled Chicken CAESAR SALAD

Caesar salads are a great base for any protein, so don't feel tied to the grilled chicken. Oven-roasted salmon, blanched shrimp, or even shredded rotisserie chicken are perfect options. For a meat-free version, try crispy chickpeas! You can find them in the snack aisle at some stores, or make them by baking canned chickpeas.

### INGREDIENTS:

- 3 pounds chicken breast, boneless and skinless
  - Kosher salt, as needed
- Freshly ground black pepper, as needed
  - 1/2 cup olive oil
  - 1/4 cup lemon juice
- 1 teaspoon anchovy paste
- 1 teaspoon Dijon mustard
- 2 garlic cloves, finely minced
- 1 1/4 pounds romaine lettuce, washed, drained, and cut into bite size pieces
- 1/2 cup grated Parmesan cheese
  - 4 cups croutons

1. Prepare a grill for medium heat cooking. Grill the chicken until well-browned and cooked through, about 6 minutes per side. Set aside.
2. Meanwhile, in a large bowl, whisk the oil, lemon juice, anchovy paste, mustard, and garlic to blend. Add the lettuce, cheese, and croutons, and toss to coat.
3. Slice the chicken. Serve the salad on chilled plates topped with the chicken.

SERVES 4



**DISH**  
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# BEEF CHILI

**This chili is best if made a few days ahead, so squeeze it in whenever you have some time. For a quick version, replace the beef shoulder with the same amount of ground beef or turkey. You'll only need to cook the chili for about 40 minutes, in that case.**

## INGREDIENTS:

- 3 lb boneless beef shoulder, cubed
    - 2 tsp ground cumin
    - 2 tsp ground coriander
      - 1 tbsp sweet chili powder
      - 2 tbsp chili powder
      - 1 tsp dried oregano
    - 1/2 tsp ground cinnamon
    - 1/4 tsp cayenne pepper
    - One 14.5-oz can whole plum tomatoes
    - 2 cups chopped onion
  - 8 garlic cloves, roughly chopped
  - 3 chipotles in adobo, chopped
  - 1 jalapeño, seeded and chopped
    - 2 tsp tomato paste
      - 1 tsp sugar
    - 3 tbsp canola oil
      - 12 oz beer
    - 1 1/2 tsp kosher salt
  - 1 tbsp fresh lime juice
1. In a bowl, combine the ground cumin and coriander with the chili powder, paprika, oregano, cinnamon, and cayenne.
  2. In a food processor, purée the tomatoes, onion, garlic, chipotle peppers, jalapeño, tomato paste, and sugar until smooth. Reserve until needed.
  3. Heat the oil in a large, heavy pot. Working in batches, brown the meat until it is browned all over. Transfer to a plate, as done.
  4. Add the spice mixture to the pot to quickly toast the spices in the remaining fat from the meat. Deglaze the pan with the beer. Stir to pick up any caramelized bits on the bottom of the pan, add the puréed tomato mixture to the pot, and bring to a boil over high heat. Reduce the heat to establish a gentle simmer, then add the salt.
  5. Continue simmering until the meat is tender, 2 to 2 1/2 hours. If the chili reduces down and becomes too thick during cooking, add some water to adjust the consistency; if there is not enough moisture, the meat will not cook properly.
  6. When the meat is tender, add the lime juice. Serve the chili in bowls. Garnish with cheese, sour cream, or scallions, if you like.

SERVES 6



**DISH**  
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## Spaghetti with Sausage AND BITTER GREENS

If you're still exploring the world of bitter greens, this is a great dish to start with. It's acidic and rich, which helps to balance the slight bitterness of the radicchio and escarole. Peel the tomatoes, if you want, but if the skins don't bother you, it's fine to leave them on.

### INGREDIENTS:

- 6 tbsp extra-virgin olive oil
  - 12 oz plain fresh pork sausage, crumbled
  - 1 cup minced shallots
  - 4 garlic cloves, smashed
  - 1 1/2 cups shredded radicchio
  - 1 1/2 cups shredded escarole
  - 1 cup shredded arugula
- 1 1/2 cups peeled, seeded, chopped ripe plum tomatoes
  - 2 tbsp chopped thyme
  - Red pepper flakes, as needed
  - Kosher salt, as needed
- 1 lb spaghetti 1 oz (2 tbsp) unsalted butter
  - 1/4 cup grated Parmigiano-Reggiano
- Freshly ground black pepper, as needed

SERVES 4 TO 6

1. Heat 1/4 cup of the oil in a large sauté pan over medium heat and add the sausage. Cook, stirring as needed, until the sausage is golden brown, about 5 minutes. Add the shallots and garlic and cook, stirring occasionally, until fragrant, about 3 minutes.
2. Increase the heat to high. Stir in the radicchio, escarole, and arugula and continue to cook until they are wilted, about 2 minutes. Add the tomatoes, thyme, and red pepper flakes. Turn the heat off, remove and discard the garlic cloves, and set aside the sausage mixture.
3. Bring a large pot of salted water to a boil over high heat. Add the spaghetti and stir a few times to separate the pasta and submerge the strands. Cook, uncovered, until the pasta is just tender (al dente), 7 to 8 minutes. Reserve a few ladlefuls of the pasta cooking water for finishing the sauce (you will need about 1/2 cup).
4. Drain the pasta in a colander. Shake well to remove any water clinging to the pasta. Pour the drained pasta into a large heated serving bowl. Add 1/4 cup of the reserved pasta cooking water, the reserved sausage mixture, the remaining 2 tablespoons olive oil, the butter, and cheese to the pasta. Toss together until the pasta is evenly coated. The pasta should appear creamy, not oily. If necessary, add a bit more of the pasta cooking water.
5. Serve the pasta immediately with freshly ground black pepper, as needed.



# DINNER SHOPPING LIST

## PROTEIN

- 8 oz extra-firm tofu
- 3 lb boneless, skinless chicken breast
- 3 lb boneless beef shoulder
- 12 oz pork sausage

## DAIRY

- 1 egg
- 1/4 cup grated Parmigiano-Reggiano
- 1/2 cup grated Parmesan
- 2 cups shredded Cheddar
- 1 cup sour cream

## FROZEN

- 1/2 cup frozen green peas

## PANTRY

- 1 cup olive oil
- 3/4 cup canola oil
- 1 cup chicken/veg broth
- 1 (14.5) oz can whole plum tomatoes
- 2 tsp tomato paste
- 3 tbsp soy sauce
- 1/4 cup hoisin sauce
- 2 tbsp red curry paste
- 3/4 cup coconut milk
- 1 tsp anchovy paste
- 3 chipotles in adobo
- 1 tsp Dijon mustard
- 1/4 cup chopped peanuts
- 1 tsp sugar
- 1 lb spaghetti
- 4 cups croutons
- 16 moo shu pancakes
- 2 tbsp chili powder
- 1 tbsp smoked paprika
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp red pepper flakes
- 1 tsp dried oregano
- 1/2 tsp ground cinnamon
- 1/4 tsp ground turmeric
- 1/4 tsp cayenne
- 12 oz beer

## PRODUCE

- 4 yellow onions
- 4 shallots
- 2 heads garlic
- 1 (2-in) piece ginger
- 1 jalapeño
- 1 cup grape tomatoes
- 5 plum tomatoes
- 1 red bell pepper
- 4 stalks celery
- 4 carrots
- 1 1/4 lb romaine lettuce
- 1 head radicchio
- 1 head escarole
- 1 cup arugula
- 1/2 head Napa cabbage
- 1 bunch scallion
- 1 bunch cilantro
- 1 bunch thyme
- 2 limes
- 4 lemons



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