



WELCOME!

We love recipe customization, and this week is full of choose-your-own-adventure dishes!

Before you go shopping, read through all of the recipes and do some personalization! Shrimp fried rice instead of chicken, pork and pepper sauce instead of lamb, smoked tempeh fajita bowls in addition to the veggies!

Don't be afraid to try something new and get adventurous. You know how to cook, so be confident!

PREP AHEAD

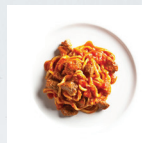
To make your week easier, check through this prep list on Sunday to get ahead of the game.

1. Prep veggies for Monday's fried rice.
2. Make Tuesday's lamb sauce.
3. Make the chili all the way through, if you like.



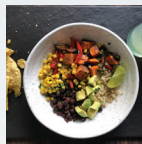
MONDAY

Easy Chicken Fried Rice



TUESDAY

Spaghetti with Lamb and Pepper Sauce



WEDNESDAY

Roasted Veggie Fajita Bowls



THURSDAY

Turkey Chili



FRIDAY

Potato Gnocchi with Quick Fondue



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Easy Chicken FRIED RICE

Feel free to swap the chicken for shrimp, thinly sliced pork chops, tempeh, or tofu. Or leave it out entirely and top the dish with a fried egg. Use leftover rice, if you have it. This is also a great opportunity to use that frozen convenience rice.

INGREDIENTS:

- One (1-inch) piece ginger, peeled and grated
- 2 cloves garlic, grated
 - 1 tbsp rice vinegar
 - 1 tbsp soy sauce
 - 1 tbsp sesame oil
 - 1/2 tsp sugar
 - 1 tbsp canola oil
- 3 boneless, skinless chicken thighs, cut into bite-size pieces
 - Kosher salt, to taste
- Ground black pepper, to taste
 - 1 large carrot, diced
 - 1/2 medium onion, diced
 - 2 eggs, beaten
- 3 cups cooked brown rice, preferably day-old
- 1/2 cup shelled edamame (fresh or frozen)
- 2 scallions, sliced into 1/2-inch pieces, plus more for garnish

1. In a small bowl, combine the ginger, garlic, vinegar, soy sauce, sesame, oil, and sugar. Set aside.

2. Heat the vegetable oil in a large well-seasoned cast-iron skillet or non-stick sauté pan over medium-high heat. Add the chicken, season with salt and pepper, and cook, turning occasionally, until well-browned and cooked through, about 7 minutes. Transfer to a bowl and set aside.

3. To the same pan, add the carrot and onion, and cook until soft and browned around the edges. The carrot should be just about cooked through, about 4 minutes. Transfer to the bowl with the chicken.

4. Reduce the heat to medium-low and add the eggs and a pinch of salt. Cook without stirring until the eggs begin to set on the bottom, about 15 seconds. Stir and continue cooking until large curds form, about 30 more seconds.

5. Add the rice and reserved soy sauce mixture and stir to coat. Increase the heat to medium-high and cook without stirring until the rice begins to brown at the bottom of the pan, about 1 minute. Stir and cook again, without stirring. Continue this until the rice is nicely browned, about 4 minutes total.

6. Add the cooked chicken and vegetables, along with the edamame and scallions. Cook about 3 minutes more until the scallions are slightly wilted. Top with more sliced scallions to serve.

SERVES 4 TO 6



SPAGHETTI WITH LAMB SAUCE

Make this recipe in your pressure cooker to save time! Brown the lamb and onions on sauté mode, then add the lamb and other ingredients (but not the pasta) and cook on high pressure for about 35 minutes. Let the pressure release gradually. You can also use ground lamb and cook the sauce for about 30 minutes to blend the flavors.

INGREDIENTS:

- 1/4 cup extra-virgin olive oil
- 1 lb boneless lamb shoulder, cut in 1-inch cubes
 - 1/2 cup minced onion
 - 1 tsp red pepper flakes
 - 1/4 cup dry red wine
 - 3 cups canned whole plum tomatoes, crushed through a food mill or sieve
 - 1 bay leaf
 - 1/2 red bell pepper, cut in half and seeded
 - Beef broth, as needed
 - Kosher salt, as needed
 - 1 lb spaghetti

1. Heat the oil in a 4-quart Dutch oven over medium heat. Add the lamb and cook, stirring, until browned on all sides. Transfer to a plate.
2. Add the onion and red pepper flakes to the same pot and cook, stirring frequently, until the onion is tender, about 2 minutes. Return the lamb to the pot with any accumulated juices and add the wine, tomatoes, and bay leaf and cook over low heat, stirring gently, until the meat is partially cooked, about 2 1/2 hours. Add the red pepper and continue to cook until the lamb is extremely tender, another 1 1/2 to 2 hours. Add a bit of broth if the sauce looks too dry as it cooks. Remove and discard the bay leaf and the bell pepper.
3. Remove the sauce from the heat and let sit for about 15 minutes, then pull the lamb apart into smaller pieces, but do not shred it completely. Season with salt, as needed.
4. Bring a large pot of salted water to a boil over high heat. Add the spaghetti all at once and stir to submerge and separate the strands. Cook, uncovered, until just tender (al dente), 7 to 8 minutes.
5. Drain the spaghetti in a colander. Shake well to remove any water clinging to the pasta. Pour the drained pasta into a bowl, add the sauce, and toss together until well combined. Serve at once in heated pasta plates.

SERVES 6



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Roasted Veggie FAJITA BOWLS

These are quick, easy, and endlessly customizable. Swap out your favorite veggies, add a spoonful of leftover chili, or stir in your favorite salsa. We kept it simple (it only LOOKS like a lot of ingredients!), but you can dress these up as much as you like.

INGREDIENTS:

- 1 red bell pepper, sliced
 - 1/2 red onion, sliced
- 1 medium sweet potato, cubed
 - 1 tbsp vegetable oil
- 1/2 tsp kosher salt, plus as needed
 - 1/2 tsp chili powder
 - 1/4 tsp ground cumin
 - 1/4 tsp garlic granules
- Ground black pepper, to taste
 - 3 tbsp lime juice
 - 1 tsp honey
- 2 tbsp minced cilantro, plus more for garnish
- 1 (15 oz) can black beans, rinsed and drained
- 4 cups cooked brown rice (from 2 cups dry)
 - 1/2 cup corn kernels
 - 1 avocado, diced
- 4 lime wedges, for serving

1. Preheat the oven to 425°F.

2. Combine the bell pepper, onion, and sweet potato on a baking sheet. Drizzle with oil, 1/2 teaspoon of the salt, chili powder, cumin, garlic, and black pepper. Toss to coat. Roast until the veggies are browned and the potatoes are cooked through, about 25 minutes.

3. In a medium bowl, stir together the lime juice, honey, and cilantro. Add the black beans and toss to coat. Season with salt and set aside.

4. To assemble, place 1 cup of rice in the bottom of each bowl. Top with a quarter of the roasted vegetable mixture, a quarter of the black beans (and any accumulated dressing), 2 tablespoons of corn, and a quarter of the avocado. Serve with a lime wedge.

SERVES 4



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TURKEY CHILI

This is our favorite beef chili recipe, but with ground turkey to make it quicker, easier, and a little lighter. You can add black or pinto beans, roasted corn, or even roasted butternut squash to give it some extra personality, if you like.

INGREDIENTS:

- One 14.5-oz can whole plum tomatoes
- 2 cups chopped onion
- 8 garlic cloves, roughly chopped
 - 3 chipotles in adobo sauce, chopped
- 1 jalapeño, seeded and chopped
 - 2 tbsp tomato paste
 - 1 tsp sugar
 - 2 tbsp canola oil
 - 3 lb ground turkey
 - 2 tsp ground cumin
 - 2 tsp ground coriander
 - 2 tbsp chili powder
- 1 tbsp smoked Spanish paprika
 - 1 tsp dried oregano
- 1/2 tsp ground cinnamon
- 1/4 tsp cayenne pepper
 - 12 oz beer
- 1 1/2 tsp kosher salt
- 1 tbsp fresh lime juice

1. In a food processor, purée the tomatoes, onion, garlic, chipotle peppers, jalapeño, tomato paste, and sugar until smooth. Reserve until needed.
2. Heat the oil in a large heavy-bottomed pot. Add the turkey and cook, breaking it apart with the back of a spoon, until browned, about 6 minutes.
3. Add the cumin, coriander, chili powder, paprika, oregano, cinnamon, and cayenne to the pot to quickly toast in the remaining fat with the meat.
4. 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.
6. Continue simmering until the chili is thickened slightly and flavorful, about 30 minutes.
7. Stir in the lime juice just before serving.

SERVES 6



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GNOCCHI IN A QUICK FONDUE

If you're cooking for someone you love (especially if that someone is YOU!), cheese is always a good choice. The gorgonzola ends up being mild among the other ingredients, but if it's really not your thing, replace it with an equal amount of any good melting cheese.

INGREDIENTS:

- 1 1/2 lb Idaho or other starchy potatoes
- Kosher salt, as needed
- 1 cup all-purpose flour, or as needed
- 1 large egg
- 1 egg yolk
- 1/2 cup grated Parmigiano-Reggiano (2 oz), plus more for serving
 - Pinch of grated nutmeg
 - 1 cup heavy cream
 - 1 ounce Fontina cheese, roughly chopped or grated
 - 1 ounce Gruyère cheese, roughly chopped or grated
- 1 ounce Gorgonzola dolce cheese (not too strong), crumbled

SERVES 4

1. Put the potatoes in a pot and add enough cold water to cover them by about 2 inches. Add enough salt to make the water taste salty, and bring it to a gentle boil. Cook until the potatoes are easy to pierce with a knife. Drain the potatoes and dry them in the pot over low heat, about 3 minutes. Remove the skin and purée through a food mill or potato ricer onto a lightly floured work surface.
2. Gather the potatoes into a mound and make a well in the center. Surround with half of the flour. Add the egg, egg yolk, Parmigiano-Reggiano, 1/2 teaspoon salt, and nutmeg to the well. Mix the ingredients by hand to form a soft dough. If necessary, add more of the flour, a little at a time, until the dough has the correct consistency. Make a few test gnocchi and adjust the dough if necessary with additional flour or seasoning.
3. Roll the dough into 1-inch-thick ropes, and cut them into 1-inch-long pieces.
4. Heat the cream in a small saucepot over very low heat. When it reaches a bare simmer, add the cheeses. Stir until the cheeses are melted, about 3 minutes; keep warm while cooking the gnocchi.
5. Bring a pot of salted water to a boil. Add the gnocchi and cook uncovered at a gentle boil until they rise to the surface and are cooked through, 2 to 4 minutes depending on their size. Use a slotted spoon to lift the cooked gnocchi out of the water.
6. Serve the gnocchi topped with the sauce, with additional Parmigiano-Reggiano on the side.

DINNER SHOPPING LIST

DAIRY

- 4 eggs
- 1 cup heavy cream
- 3/4 cup grated Parmigiano-Reggiano
- 1 oz Fontina
- 1 oz Gruyère
- 1 oz Gorgonzola dolce

SPICES

- 1 bay leaf
- 2 1/2 tbsp chili powder
- 1 tbsp smoked paprika
- 2 1/4 tsp cumin
- 2 tsp ground coriander
- 1 tsp oregano
- 1 tsp red pepper flakes
- 1/2 tsp ground cinnamon
- 1/4 tsp garlic granules
- 1/4 tsp cayenne
- Pinch nutmeg
- Kosher salt
- Black pepper

PANTRY

- 1/4 cup olive oil
- 1/4 cup canola oil
- 1 tbsp sesame oil
- 1/4 cup dry red wine
- 12 oz beer
- 1 (15 oz) can black beans
- 1 (14.5 oz) can whole plum tomatoes
- 2 (28 oz) cans whole plum tomatoes
- 2 tbsp tomato paste
- 1 can chipotles in adobo
- 1 lb spaghetti
- 2 cups beef broth
- 1 tbsp rice vinegar
- 1 tbsp soy sauce
- 1 cup all-purpose flour
- 1 1/2 tsp sugar
- 1 tsp honey
- 7 cups cooked brown rice (from 3 1/2 cups dry)

PRODUCE

- 3 yellow onions
- 1 red onion
- 1 head garlic
- One (1-inch) piece ginger
- 1 large carrot
- 1 1/2 lb Idaho potatoes
- 1 medium sweet potato
- 2 red bell peppers
- 1 jalapeño
- 1/2 cup shelled edamame
- 1/2 cup corn kernels
- 1 avocado
- 1 bunch scallions
- 5 limes
- 1 bunch cilantro

PROTEIN

- 2 boneless, skinless chicken thighs
- 1 lb boneless lamb shoulder
- 3 lb ground turkey

