



DISH
EAT. DRINK. DISCOVER.

Weekly Menu Plan

Welcome!

Welcome to our weekly menu, kick-off where we'll share the recipes we're craving this week to help you plan an easy menu to get through Monday, hump-day, and all the way to the weekend!

Since next Sunday is the big game, which usually means big snacks, we're keeping this week light-ish with poached fish (not bland!), some veggie options, and an easy sheet pan chicken supper. Make these recipes in any order that makes sense for your schedule.

If you aren't into broccoli rabe, Monday's side dish can be made with broccoli florets using the same method. If you prefer, you can also sauté greens, like spinach or Swiss chard. No need to blanch.

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

1. Trim and blanch the broccoli rabe for Monday's dinner.
2. Make the Cauliflower Almond Soup the whole way through and reheat it on Tuesday!
3. Make the mojo marinade for Wednesday's dinner.

And no, we did not forget Game Day! The pulled pork recipe makes enough for plenty of leftovers, so reheat them and use them to stuff baked potatoes, top nachos, or make sliders!



WEEK 1 DINNER MENU

MONDAY

Fish Poached in Fennel-Orange Broth with Broccoli Rabe

TUESDAY

Cauliflower Almond Soup

WEDNESDAY

Mojo-Style Chicken with Sweet Potato and Plantains

THURSDAY

Pasta e Ceci

FRIDAY

Slow Cooker Pulled Pork Sandwiches with Mango Slaw

PROTEINS

- 6 bone-in chicken thighs
- 5 lb boneless pork butt or shoulder
- 1 lb 8 oz fish fillet (flounder, salmon)

PRODUCE

- 1 shallot
- 2 leeks
- 3 yellow onions
- 2 heads garlic
- 2 stalks celery
- 2 bulbs fennel
- 1 small head cauliflower
- 3 lb broccoli
- 1 head red cabbage
- 1 bunch fresh basil
- 1 bunch cilantro
- 1 bunch flat-leaf parsley
- 1 bunch rosemary
- 1 or 2 jalapeños
- 2 sweet potatoes
- 2 ripe plantains
- 2 limes
- 3 oranges
- 1 mango

SPICES

- 1/4 teaspoon ground nutmeg
- 1/2 tsp red pepper flakes
- 1/2 tsp chili powder
- 1/2 tsp chipotle powder
- 1 tsp dried oregano
- 2 tbsp ground cumin
- 3 tbsp smoked paprika

PANTRY

- Kosher salt
- Black pepper
- 1/4 cup almond oil
- 1 1/4 cup olive oil
- 1 1/4 cups apple cider vinegar
- 2 1/2 quarts low-sodium chicken broth
- 1 (28 oz) can crushed tomatoes
- Pappardelle (3/4 cups broken)
- 2 anchovies
- 1 cup mayonnaise
- 1/4 cup almond-cashew cream
- 1 lb dried chickpeas
- 3/4 cup sliced almonds
- 2 tsp arrowroot
- 2 tbsp sugar
- 3/4 cup light brown sugar
- Hamburger buns, for serving



Poached fish doesn't have to be boring, and this broth is flavorful without being too rich or decadent. We paired it with a simple veggie side dish, but you can add some cooked grains or couscous if your appetite calls for it.

FISH POACHED IN FENNEL-ORANGE BROTH

SERVES 2

- 4 teaspoons almond oil
- 1 pound 8 ounces fish fillet, such as flounder or salmon
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 cups thinly sliced fennel bulb
- 1 leek, sliced, white and light green parts
- 2 garlic cloves, thinly sliced
- 1 teaspoon orange zest
- 3 cups low-sodium chicken broth
- 1 orange, juiced
- 2 teaspoons arrowroot
- 1/4 cup toasted sliced almonds
- 1/4 cup minced fennel fronds

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1. Preheat the oven to 350°F. Cut a piece of parchment paper the size of the pan being used to poach the fish. Coat the parchment paper with a thin layer of the almond oil.
 2. Season the fish with the salt and pepper and set aside. Heat the remaining almond oil in the pan over medium heat. Add the fennel and sweat until it starts to soften, about 4 minutes. Add the leek, garlic, and orange zest. Once the leeks begin to soften, place the fish fillet on top of the vegetables.
 3. Add enough of the broth to come half to three-quarters of the way up the sides of the fish. Add the orange juice and cover with the prepared parchment paper, oiled side down. Place the pan in the oven and poach just until the fish is opaque, 10 to 15 minutes.
 4. Remove the fish from the pan and cover to keep warm. Strain the poaching liquid into a small saucepan and reserve the vegetables. Mix the arrowroot with 1 tablespoon water to form a paste. Bring the poaching liquid to a boil and add the arrowroot paste.
 5. Allow to boil until the volume of the poaching liquid is reduced by half and thickened to a sauce consistency. Stir in the almonds and fennel fronds and serve with the sauce poured over the fish and vegetables.



BROCCOLI RABE WITH GARLIC

SERVES 4 to 6

- 3 lb broccoli rabe
- 1/4 cup olive oil
- 3 tablespoons thinly sliced garlic
- 1 or 2 anchovy fillets, optional

This is a great method for cooking just about any vegetable, including broccoli, carrots, Brussels sprouts, and greens. For tender, quick-cooking ingredients, you can skip the blanching step completely.

1. Bring a large pot of salted water to a boil. Wash the broccoli rabe and remove any tough stems and very large leaves. Blanch the broccoli rabe in the boiling water until it is bright green, about 3 minutes. Drain and rinse the broccoli rabe to stop the cooking. Squeeze dry and chop, if desired.
2. In a sauté pan, heat the oil over low heat. Add the garlic and cook gently, stirring frequently, until the garlic is limp and barely golden, about 2 minutes. (Keep the heat very low to avoid scorching the garlic.)
3. Add the anchovy fillets, if using, and smash them into the olive oil with the back of a spoon. Cook until the anchovy is dissolved, about 1 minute. Add the red pepper flakes and stir into the oil. Increase the heat to high, add the broccoli rabe, and sauté quickly until the broccoli rabe is very hot, about 3 minutes. Season to taste with salt and pepper. Serve immediately on heated plates or in a heated serving bowl.



You can buy almond-cashew cream at health food stores or specialty markets. If you can't find it, substitute the cream for 1/3 cup raw cashews. Add them to the pot with the cauliflower. When you purée the soup, it will add the same creaminess.

CAULIFLOWER ALMOND SOUP

SERVES 6

- 2 tablespoons almond oil
- 2 stalks celery, chopped (about 1 cup)
- 1 leek, white and light green parts, sliced (about 1 1/2 cups)
- 1 small head cauliflower separated into florets (about 4 cups)
- 1 quart low-sodium chicken or vegetable broth
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon ground nutmeg
- 1/4 cup almond-cashew cream
- 1/4 cup chopped parsley
- 1/2 cup sliced almonds, toasted

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1. Heat the almond oil in a large soup pot over medium heat. Add the celery and sweat until it begins to soften. Add the leek and continue to sweat until both vegetables are soft.
 2. Steam a few cauliflower florets and set aside for garnish. Add the remaining cauliflower, the broth, salt, pepper, and nutmeg to the vegetable mixture and bring to a boil. Simmer until the cauliflower is soft, about 10 minutes.
 3. Purée the soup in a blender or food processor. Stir in the almond-cashew cream. Serve each bowl of soup garnished with 1 tablespoon of the parsley, 2 tablespoons of the almonds, and a few of the reserved cauliflower florets.



While the chicken and veggies are roasting, remember to soak your chickpeas for tomorrow's Pasta e Ceci! Use any leftovers to top a green salad for tomorrow's lunch.

MOJO CHICKEN WITH SWEET POTATO AND PLANTAINS

SERVES 6

- 1/4 cup freshly squeezed orange juice
- 1/4 cup freshly squeezed lime juice
- 1/3 cup plus 1 tablespoon extra-virgin olive oil, divided
- 5 garlic cloves, mince
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon kosher salt, plus more as needed
- 1/2 teaspoon freshly ground black pepper, plus more as needed
- 6 bone-in chicken thighs
- 2 sweet potatoes, chopped
- 2 ripe plantains, peeled and sliced into 1-inch rounds



1. In a bowl, combine the orange juice, lime juice, 1/3 cup of the oil, garlic, cumin, oregano, salt, and pepper. Add the chicken and turn to coat. Cover and refrigerate for 30 minutes.
2. Preheat the oven to 400°F. Transfer the chicken to one half of a lightly oiled sheet pan. On the other side, arrange the sweet potatoes and plantain slices in one layer and drizzle with the remaining 1 tablespoon of olive oil. Season with salt and pepper.
3. Roast until the chicken is cooked through and the vegetables are tender and browned around the edges, about 45 minutes. Turn the vegetables and plantains once halfway through cooking.
4. Stir the vegetables on the pan before serving to coat with any residual cooking liquid.



This makes great leftovers for lunch! Heat it, if you want, but it's just as good at room temperature.

PASTA E CECI

SERVES 4 to 6

- 1 lb dried chickpeas (about 2 1/2 cups)
- 1/2 cup extra-virgin olive oil, plus more for drizzling
- 1 medium yellow onion, finely chopped
- 1 celery stalk, finely chopped
- 2 garlic cloves, chopped
- 1 rosemary sprig, leaves picked and chopped
- 3 cups chicken or vegetable broth, plus more needed
- 3/4 cup broken pappardelle (or any short dried pasta)
- Kosher salt, to taste
- Freshly ground black pepper, as needed
- Crushed hot red pepper, as needed
- Chopped basil (optional)
- Chopped flat-leaf parsley (optional)

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1. The day before making the soup, sort and rinse the chickpeas and soak in cold water to cover for at least 12 and up to 24 hours.
 2. Drain the chickpeas and put them in a pot. Add enough cold water to cover them by at least 2 inches. Bring the water to a boil over high heat. Decrease the heat to low and continue to simmer the chickpeas until they are tender, at least 45 minutes, or longer depending upon how old the chickpeas are. Drain the chickpeas in a colander and reserve.
 3. Heat a soup pot over medium heat. Add the olive oil, onion, celery, garlic, and rosemary. Stir to coat the vegetables in the oil. Cover the pot and cook over low heat until the vegetables are tender and have started to release some of their juices, about 10 minutes.
 4. Drain the chickpeas and add them to the soup pot, along with the broth. Stir well and cook over low heat until the chickpeas are very tender, 30 to 40 minutes.
 5. Transfer half of the soup to a large bowl. Use an immersion blender to puree the soup left in the pot. Return the unpureed soup to the pot, and add the pasta. Continue to simmer the soup until the pasta is cooked and tender, 10 to 12 minutes depending upon the shape of the pasta you use. Add salt, black pepper, and hot red pepper to taste.
 6. Serve the soup in heated soup plates or bowls, topped with basil and parsley, if desired, and a drizzle of olive oil.



Pulled pork makes great sandwiches, but you can take this dinner off the bun, if you like. Serve it alongside our favorite mango coleslaw and some extra veggies or a green salad.

SLOW COOKER PULLED PORK BARBECUE SANDWICHES

SERVES 12 to 14

- 5 pounds boneless pork butt (shoulder)
- 3 cups (about 2 large) thinly sliced onions
- 1 28-ounce can crushed tomatoes
- 1 tablespoon crushed garlic
- 3 tablespoons smoked paprika
- 1/2 teaspoon chili powder
- 1/2 teaspoon dried chipotle or hot pepper
- 1 1/2 tablespoons ground cumin
- 1 cup apple cider vinegar
- 3/4 cup light brown sugar
- 1 1/2 tablespoons kosher salt
- Ground black pepper, to taste

1. Remove the excess fat from the exterior of the pork. It is fine to leave some on, as we will skim off fat later. If the pork is one large piece, cut it into 2 or 3 pieces.
2. Place the onions, tomatoes, garlic, paprika, chili powder, chipotle, cumin, vinegar, brown sugar, and salt into the slow cooker and toss to combine. Add the pork and mix it with the other ingredients. Cover.
3. Set the slow cooker for 8 hours on low. Although the pork will begin to smell really good in about an hour, leave the lid alone.
4. After 4 hours, turn the meat over once, replace the lid, and continue to cook.
5. When the cooking is complete, remove the meat and set aside. Skim any fat along the top of the cooking liquid, or allow the liquid to cool and then remove the fat.
6. Purée the remaining liquid to a sauce-like consistency; it should be thick but smooth.
7. When the meat is cool enough to handle, use two forks to pull the pork into shreds. Season with black pepper.
8. Heat the puréed liquid and add it to the meat as desired, depending on how saucy you like your pulled pork.
9. Store leftover pulled pork in an airtight container for 5 to 6 days or in a freezer for up to 6 weeks.



You can make this coleslaw in the morning when you put the pork in the slow cooker or right when you get home. It's delicious even if it doesn't have time to rest, so do what works best for you.

MANGO COLESLAW

SERVES 6

- 2 garlic cloves, finely chopped
- 1 cup mayonnaise
- 2 tablespoons cider or white wine vinegar
- 2 tablespoons freshly squeezed lime juice
- 2 tablespoons sugar
- 1 tablespoon water
- 5 cups shredded red cabbage (from 1 head cabbage)
- 1 mango, diced
- 1 or 2 jalapeños, seeded, chopped
- 1 shallot, minced
- 1/2 cup chopped cilantro, chopped
- Kosher salt, to taste
- Freshly ground black pepper, to taste

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1. In a large serving bowl, combine garlic, mayonnaise, vinegar, lime juice, sugar, and water. Stir to combine.
 2. Add cabbage, mango, jalapeño, shallot, and cilantro. Toss to combine. Season with salt and pepper. Cover and refrigerate for at least one hour or up to overnight before serving.