



DISH
EAT. DRINK. DISCOVER.

Weekly Menu Plan

Welcome!

It's Week 2 of our Weekly Menu series, and we hope that last week had you well-fed and maybe a little bit less stressed.

This week is all about using big flavors in easy ways. Monday's garlic shrimp is served with a radish and soba noodle salad that is tossed in an Asian-style vinaigrette. That means lots of flavors, like sesame oil, fish sauce, and even some hot chiles, if you're up for it! Later in the week you'll see tangy chimichurri sauce on a simple roasted chicken, sweet and savory pepper jelly on a pizza (trust us!), and our favorite small effort, big flavor ingredient: sauerkraut.

Hopefully this serves as a good reminder that you can pair your well-practiced, favorite recipes with flavorful sauces, garnishes, or even just a splash of vinegar for a whole new dinner.

If you have some time this weekend (or maybe Monday, if you're busy eating corn dogs on Sunday), get a few prep items out of the way to make the rest of the week easier:

- For the Grilled Garlic Shrimp recipe, prep the whole salad and vinaigrette. Store them separately, then toss right before dinner.
- Make the chimichurri sauce all the way through.
- If you want homemade broth, make a batch for Thursday's soup. But don't worry, you don't have to!



WEEK 2 DINNER MENU

MONDAY

Grilled Garlic Shrimp
and Radish Salad

TUESDAY

Roasted Chicken
with Chimichurri Sauce

WEDNESDAY

Prosciutto and Egg Pizza

THURSDAY

Chicken Tortilla Soup

FRIDAY

Reuben Sandwiches

PROTEINS

- 12 (16/20) count shrimp
- 1 (3 -3 1/2 lb) roasting chicken
- 6 oz thinly sliced prosciutto
- 1 lb sliced corned beef

PRODUCE

- 1 (2-in) piece fresh ginger
- 1 head garlic
- 1 lb carrots
- 2 yellow onions
- 1 head celery
- 1 lb fingerling potatoes
- 1 bell pepper (any color)
- 1 bunch thyme or rosemary
- 1 bunch parsley
- 2 large bunches (or 3 small) cilantro
- 1 avocado
- 1 tomato
- 1 daikon radish
- 1 bunch French radishes
- 3 limes
- 1 Thai chile (optional)

PREPARED FOODS

- 6 oz cooked chicken breast
- 1 cup sauerkraut
- 1 lb prepared pizza dough

EGGS / DAIRY

- 4 tbsp butter
- 8 slices Swiss cheese
- 3 oz extra-sharp Cheddar cheese
- 6 eggs

SPICES

- 1/2 tsp crushed red pepper flakes
- 2 tsp chili powder
- 1 tbsp ground cumin
- 1 tbsp sesame seeds
- 2 bay leaves
- Kosher salt
- Black pepper

PANTRY

- 1/4 cup red pepper jelly
- 1/4 cup ketchup
- 1 tbsp vegetable oil
- 1/2 cup extra-virgin olive oil
- 3/4 cup mayonnaise
- 1/4 cup red wine vinegar
- 1 tbsp sesame oil
- 8 oz soba noodles
- 1/3 cup mirin
- 3 tbsp white miso paste
- 1 tbsp fish sauce
- 1/2 tsp Worcestershire sauce
- 8 cups low-sodium chicken broth
- 1 1/2 cups tomato purée
- 8 slices rye bread
- 7 (6-in) corn tortillas



There is something about grilled shrimp that is so good. You can grill them outside or inside on a grill pan. Or, if you prefer, just cook them in your old standby skillet and they will be just as tasty!

GRILLED SHRIMP AND RADISH SALAD

SERVES 2

- 12 shrimp (16/20 count), peeled and deveined
- 1 1/2 teaspoons minced ginger
- 1 1/2 teaspoons minced garlic
- Zest of 1 lime
- Juice of 1 lime
- 1/3 cup chopped cilantro
- 1 tablespoon vegetable oil
- 3 tablespoons lime juice
- 1 tablespoon sesame seeds
- 3/4 cup thinly sliced daikon radish
- 3/4 cup thinly sliced French radish
- 1/2 cup thinly sliced carrots
- 1/2 cup thinly sliced bell pepper
- 1/4 cup minced cilantro stem
- 1 cup chopped cilantro leaves
- 8 oz soba noodles, cooked
- 1 Thai chile, thinly sliced (optional)
- Vinaigrette:
 - 3 tablespoons white miso paste
 - 1/3 cup mirin
 - 1 tablespoon sesame oil
 - 1 tablespoon fish sauce
 - 1/2 teaspoon kosher salt, plus more as needed

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1. Soak 4 wooden skewers in water for 30 minutes.
 2. In a small bowl, toss the shrimp with the ginger, garlic, lime zest, juice, cilantro, and oil. Thread 4 shrimp onto each skewer and refrigerate until needed, at least 1 hour.
 3. To make the vinaigrette, place the miso in a small bowl. Add the mirin and whisk to break up the miso. Add the sesame oil, fish sauce, salt, lime juice, and sesame seeds.
 4. In a separate bowl, combine the radishes, carrots, pepper, cilantro, noodles, and chiles. Add the vinaigrette and toss until coated. Reserve about 1 tablespoon of the vinaigrette.
 5. Preheat the grill to medium-high heat.
 6. Grill the shrimp skewers until the shrimp are cooked, about 3 minutes per side. Brush with the reserved vinaigrette and serve over the salad.



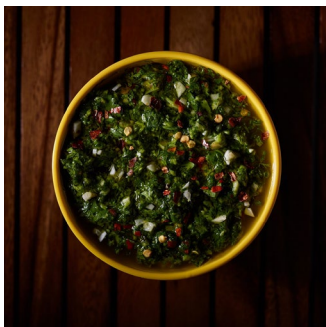
Roasted chicken seems like a big deal dinner, but it's actually one of the simplest things you can make on a busy night (only three steps!). Change up the sauces and sides, and it will feel like a new dinner every time. Don't forget to freeze the bones to use for chicken stock!

ROASTED CHICKEN

SERVES 4 to 6

- 1 cup medium-dice yellow onion
- 3 carrots, sliced
- 1/2 cup medium-dice celery
- 1 lb fingerling potatoes
- One 3- to 3 1/2-lb roasting chicken
- Kosher salt, as needed
- Freshly ground black pepper, as needed
- 2 sprigs thyme or rosemary

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1. Preheat the oven to 400°F. Scatter the onion, carrot, celery, and potatoes in the bottom of a roasting pan. Place a roasting rack over the vegetables, if using.
 2. Season the chicken with salt and pepper and place the thyme or rosemary in the cavity. Rub the skin with oil and truss the chicken. Roast, basting the chicken occasionally with the juices that accumulate in the bottom of the pan, until an instant-read thermometer inserted in the thickest part of the thigh registers 170°F, about 50 minutes.
 3. Remove the chicken and rack from the roasting pan and let the chicken rest for 15 minutes. While the chicken rests, return the roasting pan to the oven to brown the vegetables. Carve the chicken and serve with the roasted vegetables.



Chimichurri sauce is the easiest and most flavorful way to jazz up a simple roasted chicken. This tangy, herb-filled sauce is popular in Argentina, but variations exist from all over the world, like the Italian salsa verde, which leaves out the cilantro, but adds lots of anchovies and capers.

CHIMICHURRI SAUCE

MAKES ABOUT 2 CUPS

- 1 cup roughly chopped flat-leaf parsley leaves (about 1 bunch)
- 1 cup roughly chopped cilantro leaves (about 1 bunch)
- 1/2 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 1 tsp kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon crushed red pepper flakes
- 2 large garlic cloves, coarsely chopped

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1. Combine the parsley and cilantro in the bowl of a food processor and pulse a few times to finely chop the herbs. Add the olive oil, vinegar, salt, black pepper, and red pepper flakes and pulse until the mixture is well combined. Add the garlic and pulse quickly to combine. If you do not have a food processor, all of the dry ingredients can be chopped by hand with a knife and then combined with the wet ingredients. If desired, you can use a mortar and pestle, as that is the traditional way of making this sauce.
 2. Transfer the sauce to a bowl and set aside for 30 minutes to allow the flavors to blend. Refrigerate in an airtight container until needed, up to 2 weeks.



PROSCIUTTO AND EGG PIZZA

MAKES 4 TO 6 SERVINGS

- 1 lb prepared pizza dough
- 1/4 cup red pepper jelly
- 6 oz thinly sliced prosciutto
- 6 eggs

If you hadn't noticed yet, this recipe only has four ingredients! Make your own pizza dough, if you want, or buy the pre-made balls of dough from your grocery store or local pizza parlor (yes, you can do that!). Don't stress out about the eggs. Our pizzas aren't perfect, and yours don't have to be, either.

1. Preheat an oven to 525°F. Preheat a pizza stone, if you like.
2. Stretch or roll the pizza dough into a 16-inch circle and place on an oiled pizza pan (if using a pizza stone, place on a well-floured pizza peel).
3. Spread the dough all over with the red pepper jelly. Top with prosciutto and transfer to the oven. Bake until browned around the edges, about 10 minutes.
4. Remove from the oven and crack the eggs directly onto the pizza, spacing them evenly apart. Return to the oven and bake until the eggs are cooked to your desired doneness (about 7 minutes for runny yolks). Slice and serve right away.



This soup can be as homemade or semi-homemade as you want, depending on how busy your Thursday has been! Use prepared chicken broth, tortilla chips, and a rotisserie chicken, or mix in anything homemade you might have on hand, like leftover roasted chicken.

CHICKEN TORTILLA SOUP

MAKES 4 TO 6 SERVINGS

- 4 teaspoons minced garlic
- 1 2/3 cups diced onion
- 8 cups low-sodium chicken broth
- 7 six-inch corn tortillas, thinly sliced
- 1/4 cup chopped cilantro
- 1 1/2 cups tomato purée
- 1 tablespoon ground cumin
- 2 teaspoons chili powder
- 1/2 teaspoon kosher salt
- 2 bay leaves
- 6 ounces cooked chicken breast, shredded
- 3 ounces extra-sharp Cheddar cheese, shredded
- 1/4 cup diced avocado
- 1/4 cup diced tomato

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1. Preheat the oven to 350°F.
 2. In a small pot, sweat the garlic and onion in a small amount of the chicken broth until the onion is translucent, 4 to 5 minutes. Purée the mixture in a blender or food processor. Set aside.
 3. Toast the tortilla strips in the oven until crisp. Set aside 1/2 cup of the strips for garnish and crumble the remaining strips.
 4. Combine the cilantro, tomato purée, onion purée, and crushed tortillas in large soup pot. Bring to a simmer over medium heat.
 5. Add the remaining broth, the cumin, chili powder, salt, and bay leaves. Simmer until the soup is flavorful, about 15 minutes. Remove and discard the bay leaves.
 6. Purée the soup in a blender or food processor. Serve the soup garnished with the chicken, cheese, avocado, diced tomato, and the reserved tortilla strips.



A hot, gooey sandwich is the perfect 15 minute dinner at the end of a long week. Corned beef is classic for a reuben, but you can use pastrami or even smoked turkey in yours. We're sharing a recipe for Russian Dressing, but you can certainly use store-bought, if you like. Serve it along side a green salad for a super easy supper.

REUBEN SANDWICH

MAKES 4 SERVINGS

- 8 slices rye bread
- Russian Dressing
- 8 slices Swiss cheese
- 1 lb sliced corned beef
- 1 cup sauerkraut
- 1/4 cup (4 tablespoons) butter
- Russian Dressing
- 3/4 cups mayonnaise
- 1/4 cup ketchup
- 2 tablespoons minced onion
- 1/2 teaspoon Worcestershire sauce
- Ground black pepper, as needed

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1. Lay out all slices of the rye bread and spread the Russian Dressing on top., about 1 tablespoon per slice. Place a slice of cheese onto 4 of the bread slices, then place 1 or 2 slices of corned beef onto the cheese to cover. Place sauerkraut onto the corned beef and spread evenly. Place 1 or 2 more slices of corned beef onto the sauerkraut to cover, and top with another slice of cheese. Top with the remaining 4 slices of bread and press down slightly.
 2. Heat half of the butter on a griddle or in a skillet over medium heat. Cook the sandwiches until brown and crispy on both sides, 5 to 8 minutes. If the bread browns before the cheese is melted, you can place the sandwich on a baking sheet in a 350°F oven until warmed through.