



DISH
EAT. DRINK. DISCOVER.

Weekly Menu Plan

Welcome!

Most of this week's recipes are shining examples of customizable dishes (except for the Cacio e Pepe, which is *chef's kiss* *perfect* as is!). Sure, it's great to have a recipe to follow, but not every recipe is perfect for every family, and we encourage you to adjust our suggestions to suit your needs.

Take Monday's Bibimbap, for example. It's simply a rice bowl that you can top with any protein that your family likes the most, including plant-based options, any veggies, including cooked or raw leftovers, and whatever sauce you like best. Flavorful additions, like kimchi, marinated cucumber salad, or dreamy, creamy tahini will only make it more delicious.

On Thursday, we included a recipe that's great for celebrating a certain special occasion. If that isn't on your agenda, we feel like cheesy spaghetti is a pretty solid option for regular ol' Thursday, too!

If you have some time this weekend to get ahead of your meal prep, here are our suggestions:

1. Prepare your Bibimbap marinade and get that beef soaking. You can cut all of your veggies and wrap them in damp paper towels to keep them fresh.
2. Peel and dice your squash for Tuesday's couscous.
3. Make Wednesday's marinade. Add to the chicken and veggies on Tuesday night or Wednesday morning.



WEEK 3 DINNER MENU

MONDAY

Bibimbap

TUESDAY

Israeli Couscous Risotto
with Pumpkin and
Chantarelle Mushrooms

WEDNESDAY

Lemon-Ginger Grilled Chicken
with Grilled Vegetables and
Coconut-Ginger Rice

THURSDAY

Cacio e Pepe

FRIDAY

Spinach and Cheddar Frittata

WEEK 3 • DINNER SHOPPING LIST



PROTEINS

- 1 lb beef skirt steak
- 4 boneless, skinless chicken thighs

PRODUCE

- 1 medium yellow onion
- 1 bunch scallions
- 3 shallots
- 1 head garlic
- 1 (6-in) piece fresh ginger
- 1/2 lb carrots
- 2 bell peppers, any color
- 2 small zucchinis
- 1 head Napa cabbage
- 1 bunch red radishes
- 1 small daikon radish
- 1 seedless cucumber
- 6 cups spinach
- 2 cups chanterelle mushrooms
- Fresh pumpkin or other hard-skinned squash (or 2 cups diced)
- 1 Russet potato
- 4 shisho leaves (optional)
- 1 bunch sage
- 1 bunch thyme
- 6 lemons

EGGS / DAIRY

- 10 eggs
- 1/2 cup whole milk
- 2 tbsp unsalted butter
- 1/2 cup shredded Cheddar
- 1/4 cup shaved Parmigiano-Reggiano
- 4 oz Pecorino Romano

PANTRY

- 1 cup olive oil
- 1/2 cup peanut oil
- 1 tsp dark sesame oil
- 1 quart vegetable broth
- 1 lb spaghetti
- 2 cups Israeli (pearl) couscous
- 2 1/2 cups long-grain white rice
- 1/4 cup soy sauce
- 2 tsp sugar
- 4 tsp light brown sugar
- 1 (13.5 oz) can coconut milk
- 2 tsp sesame paste
- 2 tbsp Korean red pepper paste (gochujang)
- 1 tsp Szechuan peppercorns
- Kosher salt
- Ground black pepper



Bibimbap is Korean Cuisine 101, and the savory beef and crisp vegetables are flavorful without being too daring for picky eaters. Feel free to substitute the beef for chicken, pork, tofu, or seitan, if you like. Look for items like sesame paste or Korean red pepper paste at your specialty Asian market.

BIBIMBAP

SERVES 4

Beef Marinade

- 1/4 cup soy sauce
- 2 teaspoons sugar
- 1/4 cup minced scallions
- 1 tablespoon minced garlic
- 2 teaspoon minced ginger
- 2 teaspoons sesame paste
- Freshly ground black pepper, as needed
- 1 lb beef skirt steak, cut into 1/2-inch strips
- 1/4 cup peanut or canola oil, as needed

- 2 cups steamed long-grain white rice (from about 1 cup uncooked)
- 1 cup very thinly sliced Napa cabbage
- 1 cup julienned or grated red radish
- 1 cup julienned or grated daikon radish
- 1 cup julienned or grated carrots
- 1 cup julienned or grated seedless cucumber
- 4 shiso leaves, cut into fine shreds (optional)
- Few drops dark sesame oil, as needed
- 4 large eggs
- 2 tablespoons Korean red pepper paste (gochujang), or as needed

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1. Combine the soy sauce and sugar in a bowl. Add the scallions, garlic, ginger, and sesame seeds. Add the sesame oil and pepper to taste. Add the skirt steak and toss until evenly coated. Let the steak marinate for at least 1 and up to 8 hours.
 2. Heat 2 tablespoons of the oil in a wok over high heat until it is nearly smoking. Add the beef strips and stir fry until the beef is cooked, about 4 minutes. Transfer to a bowl and keep warm.
 3. Divide the rice evenly among 4 bowls. Top the rice with the cabbage. Toss together the red radish, daikon, carrot, cucumber, and shiso leaves, if using. Divide the vegetables evenly among the bowls. Top the vegetables with the skirt steak and season each serving with a few drops of dark sesame oil.
 4. Wipe out the wok and return it to the burner. Add 1 tablespoon oil to the wok and heat over medium heat until the oil ripples. Add the eggs to the hot oil one at a time and fry, basting the top with a little oil, until the whites are set and the yolk is hot, 2 to 3 minutes. Top each serving with a fried egg and serve at once, accompanied by the Korean red pepper paste.



Cooking couscous "risotto-style" is much faster than the real thing, but the results are equally satisfying and creamy. Be sure to look for Israeli, or pearl, couscous, which is the larger variety. Omit the cheese garnish to make this fully vegan. If you can't find chantarelle mushrooms, you can use whichever variety looks best at your store.

ISRAELI COUSCOUS RISOTTO WITH PUMPKIN AND CHANTARELLE MUSHROOMS

SERVES 4 TO 6

Vegetables

- 2 shallots, finely chopped
- 1/4 cup olive oil
- 2 cups chanterelle mushrooms, washed, dried, and diced
- Kosher salt, to taste
- Freshly ground black pepper to taste
- 2 cups peeled and diced fresh pumpkin or other hard-skinned squash

Couscous Risotto

- 1 tablespoon extra-virgin olive oil
- 1 shallot, finely chopped
- 2 cups Israeli couscous
- 1 quart vegetable broth
- 6 sage leaves, finely chopped
- 1 thyme sprig, finely chopped
- 1 tablespoon kosher salt
- Freshly ground black pepper, to taste
- 1/4 cup shaved Parmigiano-Reggiano

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1. To prepare the vegetables: Preheat the oven to 350°F.
 2. In a large sauté pan, sauté 1 of the shallots in 2 tablespoons of the olive oil over medium heat until translucent. Add the mushrooms and cook until they are caramelized, 8 to 10 minutes. Season with salt and pepper and set aside.
 3. On a sheet pan, toss together the remaining shallot, the remaining olive oil, and the diced pumpkin and roast in the oven until caramelized and tender, about 15 minutes.
 4. To make the couscous: Heat the oil in a small sauce pot over moderate heat, add the shallot, and cook until aromatic, 1 to 2 minutes.
 5. Add the couscous and cook gently for a few minutes until it is "parched" and smells lightly toasted. (Parching is a method that makes the product absorb the liquid more easily.) Add the broth in small additions and stir until it has evaporated and the couscous looks a bit dry. Turn off the heat.
 6. Stir in the pumpkin, mushrooms, sage, and thyme. Just before serving, season with salt and pepper. Serve the cheese on the side, if using.



Bell peppers and zucchini are natural options for the grill, but you can use any veggie, like eggplant, onions, mushrooms, asparagus, or even green beans. Boneless chicken thighs are easy for fool-proof cooking, but you can use breasts or even little drumette chicken wings, if you prefer.

LEMON-GINGER GRILLED CHICKEN WITH GRILLED VEGETABLES

SERVES 4

- 1/4 cup lemon zest
- 2/3 cup lemon juice, fresh
- 4 teaspoons peeled and minced ginger
- 4 teaspoons light brown sugar
- 1 tablespoon peanut oil
- 1 teaspoon dried Szechuan chile peppers, crushed
- 1 tablespoon kosher salt
- 4 boneless, skinless chicken thighs
- 2 bell peppers, any color, cored and cut into quarters
- 2 small zucchinis, sliced on a bias

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1. Combine the lemon zest, lemon juice, ginger, sugar, oil, chiles, and salt in medium mixing bowl. Place about 2/3 of the dressing in a zip-top bag, add the chicken, and turn to coat the chicken in the marinade. To the bowl, add the peppers and zucchini to the remaining marinade and toss to coat. Cover and refrigerate the vegetables and chicken for at least 1 hour.
 2. Preheat a grill to high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate and oil it. Alternately, heat an indoor grill or grill-pan over medium-high heat.
 4. Grill the chicken and vegetables until grilled marks form and they are cooked through, about 6 minutes per side.



COCONUT-GINGER RICE

SERVES 4

- 2 tablespoons unsalted butter
- 2 garlic cloves, minced
- 1 1/2 tablespoons ginger, minced
- 1 1/2 cups long-grain white rice
- 1 cup coconut milk
- 2 cups water
- 1/2 tablespoon kosher salt, or to taste
- 1/2 teaspoon freshly ground black pepper

This rice is as easy as any other boiled white rice, but the ginger and coconut make it just a little more special. Add some raisins if you like a little bit of sweet and savory.

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1. Heat the butter in saucepan. Add the garlic and ginger. Sauté until fragrant, about 1 minute. Add the rice and sauté until the grains are coated with butter.
 2. Add the coconut milk, water, salt, and pepper. Bring the mixture to a boil. Reduce the heat, cover, and cook the rice until tender, about 20 minutes.
 3. Fluff the rice with a fork, cover it, and let it rest 5 minutes before serving.



CACIO E PEPE

SERVES 4 TO 6

- Kosher salt, as needed
- 1 lb spaghetti
- 1 cup finely grated Pecorino Romano (4 oz)
- 1/2 cup extra-virgin olive oil
- 1 tablespoon freshly ground black pepper

The key to a creamy cacio e pepe is to keep a cool head (and pan). You shouldn't need any additional heat, other than the residual warmth from the pasta and warm pot to melt the cheese and form the sauce, but if the cheese isn't quite melting, keep the flame low.

1. Bring a large pot of salted water to a rolling boil over high heat; covering the pot will help it come to a boil more quickly.
2. Add the spaghetti all at once and stir a few times to separate the pasta. Cook uncovered at a boil until the pasta is just tender to the bite, 10 to 12 minutes. Transfer a few ladlefuls of pasta water from the pot to a bowl or cup to have ready for finishing the sauce. (You may need up to 3/4 cup.)
3. Drain the spaghetti immediately through a colander. Shake well to remove any water clinging to the pasta. Pour the spaghetti back into the pot. Add the cheese, olive oil, and black pepper. Stir the pasta until the cheese and pepper are evenly distributed. Add about 1/4 cup of the pasta cooking water to the spaghetti to moisten the pasta slightly. It should appear creamy, not oily. If necessary, add a bit more of the pasta water until a light sauce forms.
4. Serve at once, passing additional cheese on the side.



SPINACH AND CHEDDAR FRITTATA

SERVES 6

- 1 tablespoon olive oil
- 1 onion, cut into small dice
- 1 Russet potato, cut into medium dice and boiled until tender
- 6 cups spinach
- 6 eggs, lightly beaten
- 1/2 cup whole milk
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup shredded Cheddar cheese

Don't leave your eggs behind in the A.M., because they are all-day ingredients. Frittatas are quick, easy, and hearty, and you can add just about any ingredient you want. Pre-cook proteins like sausage or bacon, as well as any high-moisture veggies, like greens and mushrooms. Serve wedges of frittata alongside a simple green salad to round out a great meal.

1. Preheat the oven to 350°F.
2. Heat the oil in a medium skillet over medium heat. Add the onion and sauté until translucent, 4 to 5 minutes.
3. Add the potato and cook gently until warmed through, 1 to 2 minutes more. Add the spinach and cook until just wilted, about 30 seconds.
4. In a medium bowl, whisk the eggs, milk, salt, and pepper to combine. Add the egg mixture to the hot skillet, and reduce the heat to low. Cook for a few minutes, until the edges begin to set.
5. Sprinkle the top of the frittata with the cheese, if using, and transfer the skillet to the oven. Bake until the eggs are just set, 7 to 9 minutes more. Serve warm.