



DISH
EAT. DRINK. DISCOVER.

Weekly Menu Plan

Welcome!

We're starting the week out right with a super simple salad that we think you'll make over and over. It's full of tender greens and herbs, and should be an all-around crowd pleaser. By the time you get to Friday, we hope you're ready for something a little different. If you've never had "dip dinner," then prepare to be forever changed.

We've pulled our favorite mezze-style dips and spreads for you to enjoy with warmed pitas, and it hits all of the food groups. If you want to, supplement with a bowl of olives, stuffed grape leaves, or toasted nuts. It's the perfect dinner for unwinding after a long week, especially with a glass of wine.

If you have some time this weekend, here are some ways to get ahead of the prep:

- Make the pickles for the Banh Mi salad
- Prepare the Chili all the way through (let it simmer while you get through the rest of your list)
- Caramelize your onions for the baked potatoes
- Make the Hummus and/or Sun-dried Tomato Pesto

If this prep list feels big, use shortcuts when you can. Pick up a rotisserie chicken to shred for your salad, or grab a tasty pre-made hummus to round out Friday's mezze table. Do what you can!



WEEK 4 DINNER MENU

MONDAY

Banh Mi-Style Chicken Salad

TUESDAY

Beef Chili

WEDNESDAY

Baked Sweet Potatoes
with Caramelized Onions
and Mushrooms

THURSDAY

Pennette a'lla Arrabbiata

FRIDAY

Mezze Spread
with Hummus bi Tahini,
Sun-dried Tomato Pesto,
Baba Ganoush, and Pitas

PROTEINS

- 5 boneless, skinless chicken thighs
- 3 lb boneless beef shoulder

PRODUCE

- 2 carrots
- 3 heads garlic
- 5 medium yellow onions
- 1 seedless cucumber
- 3 red radishes
- 2 jalapeños
- 1 lb 8 oz mixed mushrooms
- 4 sweet potatoes
- 2 large eggplants
- 1 bunch scallions
- 2 heads Bibb lettuce
- 1 bunch basil
- 1 bunch cilantro
- 1 bunch mint
- 1 bunch thyme
- 1 bunch basil
- 1 lime
- 4 lemons

EGGS / DAIRY

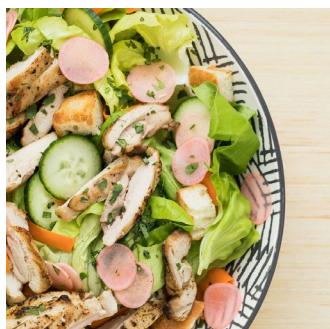
- 1 cup shredded Cheddar cheese
- 1 cup grated Parmigiano-Reggiano
- 2 tbsp unsalted butter
- 1 pint sour cream
- 1/2 cup crème fraîche

SPICES

- 1/4 tsp cayenne pepper
- 1/2 tsp ground cinnamon
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tbsp sweet chili powder
- 1 tbsp medium hot chili powder
- 1 tbsp smoked Spanish paprika
- 1 tsp dried oregano

PANTRY

- 1 1/2 cups extra-virgin olive oil
- 1/3 cup vegetable oil
- 1 cup seasoned rice vinegar
- 1 tsp fish sauce
- 2 tbsp dry white wine
- 12 oz beer
- 4 dried red chiles
- 2 tbsp tomato paste
- 2 cups sun-dried tomatoes, in oil
- 1 (14.5 oz) can whole plum tomatoes
- 1 (28 oz) can whole San Marzano tomatoes
- 1 lb dried pennette lisce
- 1 can chipotles in adobo
- 8 oz dried chickpeas
- 1 cup tahini
- 8 to 12 pitas
- 1 baguette or 1 box croutons
- 1/3 cup pine nuts
- 1 tsp sugar
- Kosher salt
- Black pepper



Banh mi is a Vietnamese sandwich made with roasted pork, creamy pâté, pickled veggies, and lots and lots of herbs. It's served on a French roll, and is supremely delicious, but also very rich. We love these flavors and wanted to try lightening them up. With this salad, we took what we think are the key elements: the pickled veggies and herbs, and paired it with simple grilled chicken thighs and tender butter lettuce. The quick-pickling liquid also serves as the dressing, so it's nice and easy for a Monday night.

BANN MI-STYLE CHICKEN SALAD

SERVES 6

- 2 carrots, cut into thin, wide strips with a vegetable peeler
- 3 red radishes, very thinly sliced
- 1/2 jalapeño, thinly sliced, seeds removed, if desired
- 1/2 cup seasoned rice vinegar
- 1 cup water
- 1/2 teaspoon kosher salt, plus more as needed
- 5 boneless, skinless chicken thighs
- Freshly ground black pepper, to taste
- 1 teaspoon fish sauce
- 1 clove garlic, minced
- 1/4 cup vegetable oil
- 2 heads Bibb lettuce, torn into bite-size pieces
- 1/4 cup basil, chopped
- 1/4 cup cilantro, chopped
- 1/4 cup mint, chopped
- 1 seedless cucumber, thinly sliced
- 1 cup fresh French bread croutons

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1. In a jar, combine the carrots, radishes, jalapeño, vinegar, water, and salt. Cover and shake to combine. Refrigerate for at least an hour to pickle.
 2. Meanwhile, prepare a grill for medium-high heat cooking and lightly brush with oil. Season the chicken with salt and pepper and grill until cooked through and lightly charred, about 6 minutes per side. Set aside to rest.
 3. In a small bowl, combine 1/4 cup of the vegetable pickling liquid with the fish sauce, garlic, and vegetable oil to make a vinaigrette. Thinly slice the chicken thighs.
 4. In a large serving bowl, combine the lettuce, basil, cilantro, mint, cucumber, pickled vegetables, sliced chicken, and croutons. Drizzle with vinaigrette (you may not use it all), and toss to combine. Serve right away.



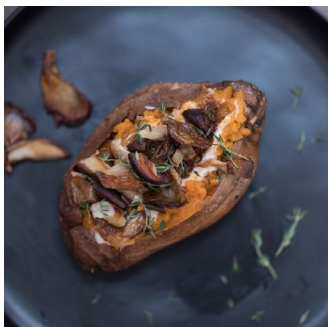
Don't be turned off by all of these ingredients, because this dish comes together quickly. You can use a prepared salt-free chili spice mix to save time, if you like. We use boneless beef shoulder, which gets nice and tender after a long cook, but you can use coarsely ground beef or even chicken, if you want. You can reduce the cooking time in either case, taking it off the heat when the chili is flavorful.

BEEF CHILI

SERVES 6

- 3 lb boneless beef shoulder, cut into 1/2-in cubes
 - 2 teaspoons ground cumin
 - 2 teaspoon ground coriander
 - 1 tablespoon sweet chili powder
 - 1 tablespoon medium hot chili powder
 - 1 tablespoon smoked Spanish paprika
 - 1 teaspoon dried oregano
 - 1/2 teaspoon ground cinnamon
 - 1/4 teaspoon cayenne pepper
 - One 14.5-oz can whole plum tomatoes
 - 2 cups chopped onion
 - 8 garlic cloves, roughly chopped
 - 3 canned chipotles in adobo sauce, chopped
 - 1 jalapeño, seeds and veins removed, roughly chopped
 - 2 tablespoons tomato paste
 - 1 teaspoon sugar
 - 3 tablespoons vegetable, corn, or canola oil
 - 12 oz beer
 - 1 1/2 teaspoons kosher salt
 - 1 tablespoon fresh lime juice
- Garnish
- 1 cup shredded Cheddar cheese, plus more as needed
 - 6 tablespoons sour cream, plus more as needed
 - Chopped scallions, as needed

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1. In a bowl, combine the ground cumin, coriander, sweet and medium chili powders, paprika, oregano, cinnamon, and cayenne. In a food processor, purée the tomatoes, onion, garlic, chipotle peppers, jalapeño, tomato paste, and sugar until smooth. Reserve until needed.
 2. Heat 1 1/2 tablespoons of oil in each of 2 large heavy-bottomed or cast-iron pans. If you only have one pan, you will need to work in small batches, deglazing the pan with some water in between batches; do not overload the pans with meat or it will boil and turn gray.
 3. Add the meat to the pans and cook until browned on all sides, about 10 minutes. When the meat is brown, transfer it to a 2- or 3-quart pot over medium heat.
 4. Add the ground spice mixture to the pot to quickly toast the spices in the remaining fat with the meat.
 5. 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. 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.
 7. Serve the chili in bowls. Top each portion with cheese and sour cream, then sprinkle with scallions.



BAKED SWEET POTATO WITH CAMELIZED ONIONS AND MUSHROOMS

SERVES 4

- 4 small sweet potatoes, scrubbed
- 3 tablespoons extra-virgin olive oil, divided use
- Kosher salt, to taste
- 2 tablespoons unsalted butter
- 3 medium yellow onions, thinly sliced
- Freshly ground black pepper, to taste
- 1 lb 8 oz mixed mushrooms, like oyster, shiitake, or cremini, cut into bite-sized pieces
- 2 tablespoons minced garlic
- 2 tablespoons dry white wine
- 2 teaspoons chopped thyme, plus more as needed
- 1/2 cup crème fraîche

Baked sweet potatoes are the perfect family dinner, because you can stuff them with just about anything and have a great meal. If picky eaters turn their noses up at the onions and mushrooms, fill the potatoes with leftover chili or steamed broccoli and cheese. For a vegan version, substitute olive oil for the butter, and top the potatoes with a dollop of vegan yogurt or cashew cheese.

1. Preheat the oven to 350°F. Poke the potatoes all over with a fork, then drizzle with 1 tablespoon of the oil. Rub the potatoes all over, sprinkle with salt, and transfer to a baking sheet. Bake until the potatoes are tender when pierced with a knife, 45 minutes to 1 hour.
2. Meanwhile, heat the butter in a large skillet over medium heat. Add the onions and a pinch of salt, and cook, stirring occasionally, until the onions are very lightly browned all over, about 15 minutes. Lower the heat to medium-low and cook, stirring frequently, until the onions are deeply browned, about 40 minutes. If any drop spots in the pan begin to burn, add some water to moisten the pan. Transfer the onions to a bowl, and wipe out the pan.
3. Return the pan to medium heat and add the remaining 2 tablespoons olive oil. Add the mushrooms and a pinch of salt, working in batches, if needed, and cook without stirring until the edges are browned and well-seared, about 4 minutes. Continue cooking, stirring occasionally, until the mushrooms are well-browned all over, about 8 minutes. Stir in the garlic and a pinch of pepper and cook until fragrant, about 30 seconds. Add the wine and cook until the wine has reduced and the pan is dry, about 1 minute. Remove from the heat and stir in the thyme.
4. To serve, slice each potato down the center and push the two sides apart slightly. Use a fork to gently mash the inside of the potato. Top each potato with 2 tablespoons of crème fraîche. Add a layer of caramelized onions, then top with the mushrooms. Sprinkle with additional thyme before serving, if you like.



PENNETTE A'LLA ARRABBIATA

SERVES 6

- 6 tablespoons extra-virgin olive oil
- 4 small dried red chiles (peperoncini), crushed
- 3 garlic cloves, minced or thinly sliced
- 1 can (28 oz) whole San Marzano tomatoes
- 1 lb dried pennette lisce (not rigate)
- Kosher salt, as needed

This sauce is pretty spicy, so if that's not for you, leave out or reduce the chiles for a simple tomato sauce. You can use about 1 teaspoon crushed red pepper flakes in place of the whole chiles. Pennette (or just penne) is just right in this dish, but you can use whichever pasta you like best.

1. Heat the oil in a 4-quart Dutch oven over medium heat. Add the dried chiles and garlic and stir to coat them with the oil. Sauté over low heat, stirring often, until the garlic is just starting to turn color, about 3 minutes. Add the tomatoes with their juices and simmer the sauce, uncovered, until it is very flavorful and the tomatoes are “sweet,” 25 to 30 minutes. Use a wooden spoon or a potato masher to break up the tomatoes while the sauce simmers.
2. Bring a large pot of salted water to a boil over high heat. Add the pennette and stir to submerge and separate the pasta. Cook, uncovered, until just tender (al dente), 8 to 9 minutes (check the cooking time for your pasta).
3. Drain the pasta in a colander. Shake well to remove any water clinging to the pasta. Add the drained pasta to the arrabbiata sauce and toss them together until the pasta is evenly coated. Serve at once in warmed pasta plates.



We think the very best hummus starts with dried chickpeas, but we won't blame you for using canned. You'll need just about two (15 oz) cans of chickpeas for this recipe.

HUMMUS BI TAHINI

MAKES 1 QUART

8 oz dried chickpeas (about 1 1/4 cups)

Kosher salt, as needed

Juice of 2 lemons

2 garlic cloves, crushed to a paste with salt

6 tablespoons tahini

1/4 cup extra-virgin olive oil

Garnish

2 tablespoons olive oil (optional)

8 to 12 pitas, warmed, for serving

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1. Put the chickpeas in a large bowl and add enough cold water to cover them by 2 inches. Immediately discard any chickpeas that float to the surface. Soak the chickpeas overnight.
 2. The following day, place the soaked chickpeas in a pot, cover with fresh water, and put a lid on the pan. Simmer the chickpeas until tender, about 1 hour. Be sure to maintain the proper amount of cooking liquid. If the liquid evaporates, add more while cooking. After they are very tender, drain and reserve the cooking liquid.
 3. Place the chickpeas in a food processor and purée with some of the reserved cooking liquid to a smooth paste.
 4. Add the salt, lemon juice, garlic, tahini, and olive oil. Taste and adjust the seasonings and consistency.
 5. Garnish with the olive oil, if desired, and serve alongside warmed pitas.



Though this pesto is primarily sun-dried tomato, we hope you trust us that it doesn't just taste like mashed sun-dried tomatoes. It's a complex and ultra-tasty mixture that you'll love to use as a sandwich spread, mixed into salad dressings, and to top fried eggs.

SUN-DRIED TOMATO PESTO

MAKES 2 CUPS

6 garlic cloves

Salt, as needed

1/3 cup pine nuts

2 cups sun-dried tomatoes, packed in oil

1/2 cup extra-virgin olive oil,
plus more as needed

1 cup basil leaves, plus as needed for garnish

1 cup grated Parmigiano-Reggiano

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1. Mash the garlic and salt together to a smooth paste.
 2. Place the garlic paste and pine nuts in a food processor and blend until smooth. Add the sun-dried tomatoes and olive oil and blend slowly until a smooth, fluid consistency is achieved. Add the basil leaves and continue to blend until the basil is incorporated
 3. Add the cheese and more olive oil, if needed, and blend until smooth. Taste and adjust with salt, as needed. Garnish with basil leaves.



If you have leftovers, this recipe is perfect for freezing. Freeze it alongside a zip-top bag of pitas for a ready-to-go snack or finger food for a last minute get-together.

BABA GHANOUSH

MAKES 1 QUART

2 large eggplants

1/2 cup tahini, plus more as needed to taste

4 garlic cloves, crushed with salt

Juice of 2 lemons

Freshly ground black pepper, to taste

Salt, to taste

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1. Wash the eggplant and roast on a rack in the oven or directly on the grill until completely soft in the middle. Remove the eggplant from the heat and allow it to cool until it can be handled.
 2. Peel the eggplant and place into a fine-mesh sieve. Allow any excess juices to drain for about 15 minutes. Mash the eggplant to a purée consistency.
 3. In a food processor fitted with the metal blade, mix the tahini, garlic, lemon juice, pepper, salt, and a little cold water until the purée is homogenous. Pulse in the eggplant and purée until smooth. Taste and adjust the seasoning and consistency.