



DISH
EAT. DRINK. DISCOVER.

Weekly Menu Plan

Welcome!

We're already hungry thinking about next week's dinner! We're starting the week off with some crispy crunchy comfort food in the form of pan-fried chicken breasts. We stuffed them with fontina cheese, prosciutto, and mushrooms, but you can try ham and provolone, Cheddar and steamed broccoli florets, or even caramelized onions and Gruyère.

The rest of the week is full of one-dish meals that are quick and easy. Feel free to move Friday's grilled tacos to whatever night of the week is going to be warm enough for outdoor cooking. Or, if you're snowed in, cook the fish in a grill pan or non-stick skillet.

If you have some time this weekend, here are a few ways to get some prep out of the way:

1. Prepare the chicken all the way through the breading step.
2. Make the Minestrone all the way through, or at least prep your veggies.
3. Prep your veggies for Thursday's udon noodles.



WEEK OF MARCH 18 DINNER MENU

MONDAY

Pan-Fried Chicken Breast
with Prosciutto, with
Steamed Broccoli

TUESDAY

Minestrone Soup

WEDNESDAY

Orrechiette with Ricotta,
Peas, and Lemon Zest

THURSDAY

Curry Udon Noodles

FRIDAY

Grilled Fish Tacos

DINNER SHOPPING LIST



PROTEINS

- 8 boneless, skinless chicken breasts
- 6 thin slices prosciutto
- 1 oz pancetta
- 3 lb mahi-mahi fillets

PRODUCE

- 1 yellow onion
- 1 white onion
- 1 red onion
- 2 spring onions
- 2 scallions
- 3 carrots
- 1 stalk celery
- 1 head garlic
- 1 (1-in) piece fresh ginger
- 4 oz button mushrooms
- 2 lb broccoli
- 2 plum tomatoes
- 1 large head green cabbage
- 1 head Napa cabbage
- 1 jalapeño
- 2 yellow potatoes
- 8 oz turnip
- 2 lb fresh garden peas
- 1 cup radish sprouts (optional)
- 1 bunch flat-leaf parsley
- 1 bunch cilantro
- 1 lemon
- 5 limes

PANTRY

- 1 1/2 cups extra-virgin olive oil
- 3/4 cup vegetable oil
- 2 1/4 quarts chicken broth
- 1 cup all-purpose flour
- 1 1/2 tsp sugar
- 2 tbsp honey
- 1 container bread crumbs
- 1 box elbow macaroni
- 1 lb dried orecchiette
- 1 (15 oz) can chickpeas or kidney beans
- 1/3 cup prepared pesto
- 1 1/2 oz Japanese curry paste
- 1 1/2 tsp light soy sauce
- 1 lb dried udon noodles
- 8 (8-inch) flour or corn tortillas
- Kosher salt
- Black pepper

SPICES

- 1 1/2 tbsp chili powder
- 1 1/2 tsp ground cumin
- 1 1/2 tsp ground coriander

DAIRY AND EGGS

- 6 slices fontina cheese
- 4 oz parmesan cheese (with rind)
- 1 1/2 cups ricotta
- 1/2 pint sour cream
- 4 eggs



Crispy chicken cutlets are a Monday cure-all, and then we went and stuffed them with cheese and prosciutto! These are a tiny bit labor intensive, but you can get them all stuffed and breaded on Sunday night and then just pan-fry them when you're ready to eat. We're pairing them with simple and light steamed broccoli, but you can pick whichever veggie you like best.

PAN-FRIED CHICKEN BREAST WITH PROSCIUTTO

SERVES 6

- 6 boneless, skinless chicken breasts
- Salt, as needed
- Freshly ground black pepper, as needed
- 6 thin slices prosciutto
- 4 oz mushrooms, sliced and sautéed
- 6 thin slices fontina cheese
- 2 egg whites, lightly beaten, as needed
- All-purpose flour, as needed
- Eggs, beaten, as needed
- Bread crumbs, as needed
- Extra-virgin olive oil, as needed

1. Place each breast between two sheets of parchment paper or plastic wrap and pound with a mallet to a thickness of between 1/4 and 1/2 inch.
2. Season the chicken breasts with salt and pepper. Top each breast with 1 slice of prosciutto, 1/4 cup mushrooms, and 1 slice of cheese, leaving a border of 1 inch uncovered. Brush the edges with egg white, and roll one side of the pounded breast over the filling to meet the opposite edge, and then gently pound the edges with a mallet to seal.
3. Dredge the chicken breasts in the flour, shaking off any excess. Coat in the beaten eggs and then roll in the bread crumbs.
4. In a sauté pan, heat enough oil to come one-third to one-half of the way up the sides of the chicken breasts. When the oil is shimmering, place 3 chicken breasts in the pan, seam side down, and cook until the bottom is golden brown, 3 to 5 minutes. Turn the breasts over, and cook the second side until golden brown. Remove the breasts from the pan and transfer to a dish lined with paper towels. Repeat with the remaining 3 breasts. Let the chicken rest for 20 minutes before serving.



STEAMED BROCCOLI

SERVES 6

- 2 lb broccoli (about 4 bunches)
- Salt, as needed
- Freshly ground black pepper, as needed

This is as no-fuss as a recipe gets, and it's a great side for a rich main dish. An inexpensive steamer is a handy tool (don't splurge on a fancy one), but if you don't have one, you can quickly blanch the broccoli in salted boiling water.

1. Trim the broccoli and cut them into spears. Arrange the broccoli on a steamer rack or perforated insert, and season with salt and pepper.
2. In the bottom of a tightly covered steamer, bring water to a full boil. Add the rack or insert, replace the cover, and steam the broccoli until tender, 5 to 7 minutes.
3. Remove the broccoli from the steamer. If serving immediately, season with additional salt and pepper. Otherwise, cool to room temperature, refrigerate, and adjust the seasoning before serving.



This recipe has so many shortcut opportunities, and we encourage you to use as many as you want. You can buy already-diced pancetta and prepared mirepoix (that's the chopped onion, carrot, and celery) that will work just fine in place of the veggies we call for. Use prepared chicken broth, canned diced tomatoes, and prepared pesto, and bim, bam, boom, you've got dinner in 30 minutes.

MINISTRONE SOUP

SERVES 8

- 2 tablespoons olive oil
- 1 oz pancetta (5 to 6 thin slices), chopped
- 1 1/2 cups chopped green cabbage
- 1 cup chopped yellow onion
- 1 cup sliced carrot
- 1/3 cup chopped celery
- 2 garlic cloves, minced
- 2 quarts chicken broth
- 1/2 cup medium-dice yellow potatoes
- 1 piece parmesan rind (about 3 inches square)
- 3/4 cup elbow macaroni, cooked and drained
- 1/2 cup peeled, seeded, and chopped plum tomatoes
- 3/4 cup canned beans such as chickpea or kidney, drained and rinsed
- 1/3 cup prepared pesto
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- Freshly grated parmesan, as needed

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1. Heat the oil in a soup pot over medium heat. Add the pancetta and cook until the fat renders and the pancetta begins to brown, 3 to 5 minutes.
 2. Add the cabbage, onion, carrot, celery, and garlic and cook until the onions are translucent, 6 to 8 minutes.
 3. Add the broth, potatoes, and cheese rind and bring to a simmer. Cook until the vegetables are tender, about 30 minutes; do not overcook.
 4. When the vegetables are tender, add the macaroni, tomatoes, chickpeas, and kidney beans. Cook until heated through.
 5. Remove and discard the cheese rind, and stir in the pesto, salt, and pepper.
 6. Serve immediately, topped with grated cheese.



This is spring in a bowl, and even if it's cold where you are, it's time to fake it 'til you make it. This recipe calls for freshly shelled peas, but if you don't have those, frozen will work just fine. You should be seeing spring onions at markets and specialty grocery stores (they look like bigger scallions with white or red bulbs at the bottom), but if not, you can use a thinly sliced shallot instead.

ORECCHIETTE WITH RICOTTA, PEAS, AND LEMON ZEST

SERVES 4 TO 6

- 1/2 cup extra-virgin olive oil, plus more as needed for serving
- 2 spring onions, white and green portions, thinly sliced (about 1/2 cup)
- 1/2 cup chopped flat-leaf parsley
- 2 lb fresh garden peas, shelled
- 3/4 cup chicken or vegetable broth, or more as needed
- Kosher salt, as needed
- 1 lb dried orecchiette
- 1 1/2 cups fresh ricotta
- 1/2 cup grated Parmigiano-Reggiano
- Zest of 1/2 lemon, cut into very fine strips
- Freshly ground black pepper, as needed

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1. Heat the oil in a large sauté pan over medium heat. Add the spring onions and cook, stirring frequently, until tender, about 2 minutes. Add half the parsley and cook for 2 minutes more. Add the shelled peas and the broth and bring to a simmer, stirring well. Reduce the heat to medium low or low and continue to cook, covered, until the peas are tender but not mushy, 4 to 5 minutes (the time may vary depending upon the size of your peas). Take the pan off the heat and set aside.
 2. Bring a large pot of salted water to a boil over high heat. Add the orecchiette and stir to submerge and separate the pieces. Cook, uncovered, until just tender (al dente), 8 to 10 minutes (check the cooking time for your pasta).
 3. Drain the orecchiette in a colander. Shake well to remove any water clinging to the pasta. Pour the drained pasta into the peas and return the pan to low heat. Gently stir the orecchiette into the peas until well combined. (If there is a lot of liquid, continue cooking for a few minutes to cook it off.)
 4. Remove the pan from the heat, add half of the ricotta to the orecchiette and fold together. Fold in the remaining parsley, the Parmigiano-Reggiano, and lemon zest. Season with salt and pepper as needed.
 5. Serve the orecchiette at once in a warmed serving bowl or in pasta plates topped with spoonfuls of the remaining ricotta and drizzled with some extra-virgin olive oil.



This is a quick and easy recipe that tastes like an all-day dish. Look for Japanese curry at your Asian markets. They're usually sold in boxes and portioned by the half-ounce. The noodles will taste great no matter which variety you buy, so choose whichever one suits you best!

CURRY UDON NOODLES

SERVES 4 TO 6

- 1/2 medium white onion, thinly sliced
- 2 tablespoons vegetable oil
- 2 garlic cloves, thinly sliced
- One 1-inch piece fresh ginger, peeled and minced
- 2 boneless, skinless chicken breasts, very thinly sliced
- 8 oz turnip, julienned
- 1 1/2 teaspoons sugar
- Kosher salt, as needed
- 5 cups water
- 1 1/2 oz Japanese curry paste
- 1 1/2 teaspoons light soy sauce
- 8 oz Napa cabbage, thinly sliced
- 1 lb dried udon noodles
- 2 scallions, sliced
- 1 cup radish sprouts, optional

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1. In a pan over medium heat, sweat the onions in the vegetable oil until tender, 5 to 8 minutes. Add the garlic and ginger and continue to sweat until aromatic, 10 to 20 seconds. Add the chicken breast and cook, turning as necessary, until opaque. Add the turnip and continue to cook over medium heat until tender, 3 to 5 minutes. Add the sugar and adjust the seasoning with salt. Remove the mixture from the pan and reserve.
 2. Add the water to the pan and bring to a boil over high heat. Lower the heat to a gentle simmer, and add the Japanese curry paste and simmer until the curry paste is fully dispersed and the sauce is slightly thick, about 2 minutes. Add the soy sauce, the cooked chicken mixture, and the cabbage to the curry sauce and simmer until the cabbage is slightly tender, 3 to 5 minutes.
 3. In a pot over high heat, cook the noodles in 2 gallons of well-salted boiling water until tender, 3 to 5 minutes. Rinse with hot water, toss with the green onions, and divide into 8 Asian noodle bowls.
 4. Top each bowl of noodles with the curry sauce and mix gently to combine. Garnish each bowl with radish sprouts, if using.



Tacos are a one-handed meal, and these are no exception. Filled with a tangy slaw, you don't really need a side -- but if you want one, these would be perfect with grilled veggies.

GRILLED FISH TACOS

SERVES 4 to 6

- 3 lb mahi-mahi fillets
- Kosher salt, as needed
- 1/2 cup vegetable oil
- 3 tablespoons lime juice
- 1 1/2 tablespoons chili powder
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons ground coriander
- 2 garlic cloves, minced
- 8 (8-inch) flour or corn tortillas
- Sour cream, for serving
- Lime wedges, for serving
- Southwestern Slaw
 - 1 lb green cabbage, chopped
 - Kosher salt, as needed
 - 2 tablespoons lime juice
 - 2 tablespoons honey
 - 1/4 red onion, minced
 - 1/2 jalapeño, seeded and finely minced
 - 1/4 cup coarsely cut cilantro
 - Ground black pepper, as needed

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1. Cut the mahi-mahi into 16 equal slices, and season with salt as needed.
 2. Gently combine the vegetable oil, lime juice, chili powder, cumin, coriander, and garlic with the fish. Allow the fish to marinate for about 30 minutes.
 3. Meanwhile, prepare the southwestern slaw. In a mixing bowl, mix the chopped cabbage with salt, mix well, and allow to sit for about 15 minutes.
 4. Squeeze excess moisture out of the cabbage and combine with the lime juice, honey, onions, jalapeños, and cilantro. Adjust seasoning with salt and pepper, as needed
 5. Grill the fish over high heat until well-marked and cooked through, about 1 minute on each side.
 6. Place about 2 tablespoons of slaw into a corn tortilla and top with two pieces of fish. Top with sour cream and a squeeze of lime.