



**DISH**  
EAT. DRINK. DISCOVER.

*Weekly Menu Plan*

# Welcome!

We're sharing a few of our favorite all-purpose recipes this week, which are good for mixing and matching. Pair Monday's caponata with Tuesday's pork chops, and you better believe Tuesday's red pepper orzo would be the perfect companion to Monday's shrimp! In fact, that would make a pretty stellar leftover lunch.

We kept Tuesday's pork chops very simple (just salt and pepper!), but if you feel the urge, toss them in your favorite marinade in the morning. Even some olive oil, a squeeze of lemon juice, and a few crushed garlic cloves or two will give them a little bit of depth. Add a sprig of rosemary if you're a show-off!

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

1. Make the caponata for Monday's dinner. You can clean your shrimp, too.
2. Prepare the Red Pepper Orzo salad, or at least get the veggie prep out of the way.
3. Make Wednesday's lamb and mint stew all the way through. Cook the pasta fresh on Wednesday and toss with the reheated stew, which are always better the next day!



## WEEK OF APRIL 15 DINNER MENU

### MONDAY

Pan-Roasted Shrimp  
with Caponata

### TUESDAY

Chicken Curry

### WEDNESDAY

Orecchiette with Lamb  
and Mint Stew

### THURSDAY

Grilled Pork Chops  
with Red Pepper Orzo

### FRIDAY

Black Bean Cakes  
with Tomato Salsa

# DINNER SHOPPING LIST

## PROTEINS

- 2 lb medium shrimp (20/25)
- 2 1/2 lb skinless chicken thighs, bone-in
- 1 lb 8 oz lamb shoulder
- 1/2 cup finely chopped prosciutto
- 6 bone-in pork chops
- 1/2 oz Spanish-style chorizo sausage

## SPICES

- 1/4 tsp red pepper flakes
- 1/2 tsp cumin seed
- 1/2 tsp chili powder
- 1 tsp garam masala
- 1 tsp ground turmeric
- 1 tbsp ground coriander

## DAIRY AND EGGS

- 3/4 cup plain yogurt
- 3 tbsp non-fat Greek yogurt
- 1 cup crumbled feta cheese
- 1 egg

## PRODUCE

- 4 medium yellow onion
- 2 medium red onions
- 1 bunch celery
- 1 head garlic
- 1 (2-in) piece fresh ginger
- 1 red bell pepper
- 1 yellow bell pepper
- 1 green bell pepper
- 2 jalapeños
- 1 bunch green onions
- 1 bulb fennel
- 1 1/2 lb eggplant
- 6 Roma tomatoes
- 1 1/3 cups baby spinach leaves
- 1 bunch basil
- 1 bunch parsley
- 1 bunch cilantro
- 1 bunch rosemary
- 1 bunch mint (2, if small)
- 1 bunch thyme
- 1 lemon
- 2 limes

## FREEZER

- 1/2 cup frozen peas

## PANTRY

- 1 cup extra-virgin olive oil
- 1 tbsp vegetable oil
- 6 1/2 cups chicken broth
- 1/2 cup prepared tomato sauce
- 1/2 cup tomato juice or purée
- 2 tbsp tomato paste
- 2 tbsp pine nuts
- 2 tbsp raisins
- 1/4 cup green olives, pitted
- 1 1/2 tbsp salted capers
- 1 tbsp sugar
- 1/4 cup red wine vinegar
- 2 dried red chiles
- 2 tbsp sweetened flaked coconut
- 3/4 cup unsweetened coconut milk
- 2 tbsp almond meal
- 1 cup jasmine rice
- 8 oz orecchiette
- 8 oz orzo
- 1/3 cup red wine
- 1 cup dried black beans
- 1/3 cup cornmeal



*Caponata is a great side to just about any protein, so feel free to make substitutions here. Try grilled chicken, roasted pork loin, or broiled salmon. If picky eaters won't eat olives or capers, you can leave them out, but consider adding just a splash of olive brine (they won't know it's there!).*

## PAN-ROASTED SHRIMP WITH CAPONATA

### SERVES 6

#### Caponata

- 1 1/2 lb eggplant, coarsely chopped
- Kosher salt, as needed
- 1 cup finely chopped yellow onion
- 2 small stalks celery heart, tender part only, finely chopped
- 1/4 cup extra-virgin olive oil, plus as needed
- 1/2 cup prepared tomato sauce
- 2 tablespoons toasted pine nuts
- 2 tablespoons raisins
- 1/4 cup green olives, pitted and sliced
- 1 1/2 tablespoons salted capers, soaked in cold water for 10 minutes and drained

- 6 or 7 basil leaves
- 1 tablespoon sugar
- 1/4 cup red wine vinegar
- 2 tablespoons extra-virgin olive oil, plus more for serving

#### Shrimp

- 2 lb medium shrimp (20/25 count), peeled and deveined
- Kosher salt, as needed
- Freshly ground black pepper, as needed
- 3 tablespoons chopped flat-leaf parsley

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1. To make the caponata, season the eggplant with salt and let it rest for at least 1 hour to leach part of the water out of the eggplant. Drain on paper towels.
  2. In a large sauté pan, sweat the onions and celery in the olive oil over medium-low heat until tender with no color, about 4 minutes. Add the tomato sauce. Cook for 5 minutes longer.
  3. In a separate pan, fry the eggplant in a small amount of olive oil until soft and it has a nice dark color. Add the eggplant to the vegetables, toss to coat, and remove from the heat. Add the pine nuts, raisins, olives, capers, and basil.
  4. In a saucepan, bring the sugar and vinegar to a boil. Pour over the caponata in the sauté pan. (The caponata is ready to serve now, or you can store it in a covered jar in the refrigerator for up to 3 days.)
  5. Season the shrimp with salt and pepper and coat with olive oil. Quickly sauté in a medium nonstick pan over medium-high heat, turning as necessary, until cooked through, about 6 minutes.
  6. Spoon the caponata into the center of the serving plate. Arrange the shrimp around the caponata and dress with the parsley and extra-virgin olive oil.



*This is one of our favorite crave-worthy dinners (do you remember it from last month?), and once you make it a few times, you'll barely even need the recipe. Try adding a minced chile to the marinade for some spice! Top each plate with a dollop of Greek-style yogurt to help balance the burn.*

## CHICKEN CURRY

**SERVES 4 to 6**

- 1 1/2 tablespoon finely grated ginger
- 1 tablespoon minced garlic
- 3/4 cup plain yogurt
- 2 1/2 lb skinless chicken thighs, bone in (2 thighs per person)
- 2 dried red chiles, crushed
- 2 cups finely chopped yellow onion
- 1 tablespoon vegetable oil
- 1 tablespoon ground coriander
- 1 teaspoon garam masala
- 1 teaspoon ground turmeric
- 1/4 teaspoon freshly cracked black pepper
- 2 tablespoon sweetened flaked coconut
- 1 teaspoon ground cinnamon
- 3/4 cup unsweetened coconut milk
- 2 tablespoons almond meal
- 1/2 cup frozen peas
- 1 teaspoon fresh lemon juice
- Kosher salt, as needed
- 1 cup jasmine rice, steamed

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1. Combine the ginger, garlic, and yogurt in a 1-gallon zip-close plastic bag. Stir or squeeze to combine the ingredients well. Add the chicken, remove as much air as possible from the bag, seal, and place in the refrigerator overnight.
  2. Combine the crushed chiles and onion in a food processor. Purée until smooth.
  3. Heat the oil in a large pot over low heat. Add the coriander, garam masala, turmeric, and black pepper and lightly toast the spices, about 1 minute.
  4. Add the chile-onion mixture, coconut, and cinnamon. Increase the heat to bring the mixture to a boil, then reduce the heat and simmer for 10 minutes. Remove the pot from the heat, and add the coconut milk, chicken with its marinade, ground almonds, and peas.
  5. Bring the mixture to a very gentle simmer over medium heat. Simmer until the chicken is tender, 30 to 40 minutes. Stir in the lemon juice and adjust the seasoning with salt as needed.



*If lamb isn't a familiar flavor at your house, this is a great recipe to ease into something new. Tomato paste and red wine help mellow the flavor of the lamb, and the herbs brighten everything up for a perfect spring dinner. Of course, you can substitute beef or pork, if you would like.*

## ORECCHIETTE WITH LAMB AND MINT STEW

### SERVES 6

- 1 lb 8 oz lamb shoulder, cut into 1-inch cubes
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons olive oil
- 1 cup small-dice yellow onion
- 1 teaspoon finely chopped rosemary
- 1 teaspoon finely chopped mint
- 1/2 cup finely chopped prosciutto
- 2 tablespoons tomato paste
- 1/3 cup red wine
- 1/4 teaspoon red pepper flakes
- 2 1/2 cups chicken broth, warmed
- 2/3 cup coarsely chopped mint
- 2/3 cup chopped tomatoes, peeled if desired
- 1 1/3 cups baby spinach leaves
- 8 oz orecchiette, cooked

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1. Preheat the oven to 350°F.
  2. Dry the lamb cubes and season with the salt and pepper. In a large, heavy-bottomed pot, heat the olive oil, add the lamb, and brown over medium-high heat, about 5 minutes. Remove the lamb from the pot and reserve.
  3. Add the onion, rosemary, finely chopped mint, and prosciutto. Cook over medium-high heat until the onion is lightly caramelized, about 5 minutes.
  4. Add the tomato paste and cook until it has caramelized and become a dark, rusty red color, 2 to 3 minutes. Deglaze the pan with the wine and reduce to nearly a dry consistency, about 5 minutes, stirring often. Add the red pepper flakes and return the lamb to the pot.
  5. Add enough hot broth to come halfway up the lamb. Bring to a simmer. Skim off any scum that rises to the surface. Cover and braise in the oven until the lamb is tender, about 40 minutes.
  6. When the lamb is fork-tender, remove it from the pot and set aside. Reduce the sauce until it coats the back of a wooden spoon. Add the coarsely chopped mint and tomato concassé and stir to combine. Stir in the spinach and cook just until wilted. Return the lamb to the pot, toss with the orecchiette, and serve.



*This is a very simple dinner to pull together, and it is endlessly customizable. Grill literally anything, from chicken to veggies to steak. Substitute the orzo for any small gluten-free pasta and omit the feta, to make this more allergy-friendly.*

*Don't forget to soak your beans for tomorrow's black bean cakes!*

## GRILLED PORK CHOPS WITH RED PEPPER ORZO

### SERVES 6

- 1/2 pound orzo
- 2 teaspoons salt, or to taste
- 1/4 cup olive oil
- 1 red onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 fennel bulb, finely diced
- 1 tablespoon garlic, chopped
- 1 tablespoon thyme, chopped
- 1/2 cup tomato juice
- 1/4 cup parsley, chopped
- 1 teaspoon freshly ground black pepper, or to taste
- 1 cup crumbled feta cheese
- 6 bone-in pork chops, 2 inches thick (about 12 oz each)
- 2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons olive oil

1. Boil the orzo in salted water until tender. Drain, rinse under cold water, toss with 3 tablespoons of the olive oil, cover, and refrigerate.
2. In a large saucepan, sauté the onions, peppers, and fennel in the remaining 1 tablespoon of olive oil until just tender, about 4 minutes. Add the garlic and thyme and cook an additional 2 minutes.
3. Toss the sautéed vegetables with the reserved orzo. Add the tomato juice. Toss in the parsley, pepper, feta cheese, and remaining 1 teaspoon of salt. Set aside.
4. Preheat the grill.
5. Season the pork with the salt and pepper and brush it lightly with the oil. Place the pork chops on the grill. Grill, undisturbed, for 8 to 10 minutes. Turn the pork chops over and grill to the desired doneness.
6. Remove the pork chops from the grill and allow them to rest, loosely covered with aluminum foil, for about 5 minutes. Serve the pork, sliced if you like, with the orzo salad.



*These crisp bean cakes are a meal in one, but they would also be perfect topping a simple green salad. You can use canned beans for this recipe to save time--just swap them out and omit the chicken broth that is used to cook the beans.*

## BLACK BEAN CAKES WITH TOMATO SALSA

### SERVES 6

#### Salsa:

- 3/4 cup peeled, seeded, and chopped tomato
- 1/2 jalapeño, seeded and minced
- 1/4 cup minced red onion
- 1/4 cup minced yellow bell pepper
- 1 tablespoon sliced green onion
- 1 tablespoon chopped cilantro
- 1 tablespoon fresh lime juice
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt

- 1 cup dried black beans
- 4 cups chicken broth
- 3/4 teaspoon kosher salt

- 1/2 ounce chopped Spanish-style chorizo sausage
- 1/4 cup diced onion
- 2 garlic cloves, minced
- 1 jalapeño, seeded and minced
- 1/2 teaspoon cumin seed, toasted and ground
- 1/2 teaspoon chili powder
- 1 egg white, lightly beaten
- 2 teaspoons fresh lime juice
- 1 tablespoon chopped cilantro
- 1/3 cup cornmeal
- 2 tablespoons olive oil
- 3 tablespoons nonfat Greek yogurt

1. For the salsa, combine the tomato, jalapeño, red onion, bell pepper, green onion, cilantro, lime juice, pepper, and salt. Cover and chill for several hours, allowing the flavors to develop. Taste and adjust seasoning to taste.
2. In a medium pot, soak the beans for 8 to 12 hours in enough cold water to cover by 3 inches.
3. Drain the beans and simmer in the chicken broth with 1/2 teaspoon of the salt until tender, about 1 hour. Start to check doneness of the beans after 40 minutes. The beans should absorb almost all the broth. Add more broth if necessary.
4. In a medium sauté pan, cook the chorizo over low heat until the fat just begins to render, 5 to 8 minutes. Add the onion, garlic, and jalapeño and sauté until the onion start to brown. Add the cumin and chili powder and sauté until aromatic.
5. Mash the beans and combine with the egg white, lime juice, cilantro, the remaining 1/4 teaspoon salt, and the chorizo mixture. Form the mixture into small cakes and lightly dust with the cornmeal.
6. Heat the olive oil in a large sauté pan over medium high heat. Sauté the cakes until golden brown on each side, 2 to 3 minutes. Keep warm.
7. Serve with the yogurt and tomato salsa.