



WELCOME!

Monday's breakfast-for-dinner (brinner) includes our all time favorite sun-dried tomato pesto. You might consider making a double batch to serve with literally everything (it would be great on Friday's pork pitas, come to think of it!).

PREP AHEAD

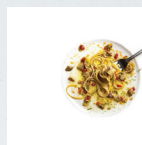
To make your week easier, check through this prep list on Sunday to get ahead of the game.

1. Make the sun-dried tomato pesto for Monday.
2. Pit olives for Wednesday, if needed (okay if you bought already-pitted!).
3. Make Thursday's salad dressing.



MONDAY

**Sun-Dried Tomato
Polenta Bake with Prosciutto**



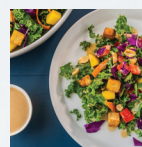
TUESDAY

**Spaghetti with Anchovies
and Fennel**



WEDNESDAY

**Chicken Thighs with
Green Olives**



THURSDAY

**Chopped Kale Salad
with Tofu**



FRIDAY

Spiced Pork Pitas



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SUN-DRIED TOMATO POLENTA BAKE WITH PROSCIUTTO

Prosciutto cotto is the cooked variety of prosciutto, more like typical ham than the dried variety we see on charcuterie boards. We like it here because it feels a little more substantial for this breakfast dish, but you can use whatever style you like best.

INGREDIENTS:

- 2 (7 oz) jars sun-dried tomatoes
packed in oil
 - 5 cloves garlic
 - 1/2 cup basil leaves
(about 12 large leaves)
 - 1/2 cup walnut halves
- 4 oz prosciutto cotto, thinly sliced
 - 4 cups water
 - 2 cups heavy cream
 - 1 tsp kosher salt
- 1 1/2 cups quick-cooking polenta
- 3 tbsp grated Parmesan, divided,
plus more for serving
 - 6 eggs
- Ground black pepper, as needed

1. In a food processor, combine the tomatoes (including their oil), garlic, basil, and walnut halves. Process until a fine paste is formed. Set aside.

2. Preheat the oven to 400°C. Butter a 9- by 13-inch baking dish.

3. Bring the water, cream, and salt to a simmer over medium heat. Slowly stream in the polenta, stirring constantly. Continue stirring until the polenta has thickened slightly and all of the cream is incorporated, about 1 minute. The polenta will still seem a bit runny.

4. Transfer the polenta to the prepared baking dish and top with 1 cup of the prepared sun-dried tomato mixture, in dollops. Stir the tomato mixture into the polenta so that it is mostly incorporated. Sprinkle with 2 tablespoons of the parmesan.

5. Tear the prosciutto into rough pieces and tuck them into the polenta mixture. Use the back of a spoon to create 6 small pockets in the polenta, then crack the eggs into the pockets. You may wish you crack the egg into a small glass or bowl first.

6. Sprinkle the eggs with the remaining cheese and black pepper. Bake, turning the dish halfway through, if necessary, until the eggs are set to your desired doneness, about 7 minutes for medium. Serve right away with the extra sun-dried tomato mixture and Parmesan cheese.

SERVES 6



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SPAGHETTI WITH ANCHOVIES AND FENNEL

You aren't required to like anchovies, though we hope you'll give them a try if you never have. If they aren't for you, you can substitute diced pancetta or ground sausage. Add either of these options in step 2, before the garlic and pepper flakes. Let them brown or crisp around the edges (and cook through, for the sausage) before moving on.

INGREDIENTS:

- Kosher salt, as needed
 - 1 lb dried spaghetti
- 6 salt-cured anchovy fillets
- 1/4 cup extra-virgin olive oil
- 4 garlic cloves, thinly sliced
 - 1/4 tsp red pepper flakes
- 1/4 cup chopped fennel fronds
- 1/2 cup toasted bread crumbs

1. Bring a large pot of salted water to a boil over high heat. Add the spaghetti and stir to submerge and separate the strands. Cook, uncovered, until the pasta is just tender (al dente), 10 to 12 minutes (check the cooking time for your pasta). Reserve a few ladlefuls of the pasta cooking water for finishing the sauce (you will need about 1/2 cup).

2. While the pasta is cooking, use a small knife to cut the anchovy fillets away from the bone. Scrape the salt away. Heat the oil in a large sauté pan over medium heat. Add the garlic and red pepper flakes and cook, stirring frequently, until the garlic is lightly browned, about 2 minutes. Add the anchovies and cook, mashing them into the sauce with the back of a wooden spoon, until they melt into the oil, about 2 minutes. Add 1/4 cup of the reserved pasta cooking water and the fennel fronds, and simmer slowly over low heat for 5 minutes.

3. Drain the spaghetti in a colander. Shake well to remove any water clinging to the pasta. Pour the drained pasta into the pan with the garlic fennel sauce and toss together over low heat until the pasta is evenly coated, about 1 minute. Add half the bread crumbs and quickly toss the pasta until they are evenly distributed. Serve at once on heated plates topped with the remaining bread crumbs.

SERVES 4



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CHICKEN THIGHS WITH GREEN OLIVES

The saffron in this recipe is subtle in flavor and color, so if you don't want to splurge, you can skip it entirely. For olives, Castelvetranos are plump and fruity, which works great in this dish, but there is no bad olive, so choose whatever variety you like best (even if they aren't green!).

INGREDIENTS:

- 4 bone-in chicken thighs
 - Salt, as needed
- Ground black pepper, as needed
- 1 tbsp extra-virgin olive oil
 - 1 cup diced onions
 - 1 tbsp minced garlic
 - 1/2 tsp ground ginger
 - 1/2 tsp ground cumin
 - 1 1/2 tsp paprika
 - Pinch saffron
- 1 1/2 cups chicken stock
 - 8 oz green olives, pitted and cracked
- 1/4 cup chopped flat-leaf parsley
- 1/4 cup coarsely chopped cilantro
 - 1 tbsp lemon juice
- Pita bread, for serving

1. Season the chicken with salt and pepper. In a large saucepan over medium heat, sear the chicken in the olive oil until well browned, 5 to 8 minutes. Remove the chicken from the pan and set aside.

2. In the pan drippings, cook the onions over moderate heat until very tender, about 10 minutes. Add the garlic, ginger, cumin, paprika, and saffron. Cook over low heat for 1 minute, until fragrant.

3. Return the chicken pieces to the pot and add chicken stock to submerge by about 1 inch. Add the olives and adjust seasoning as needed. Simmer until the chicken is tender, 30 to 45 minutes.

4. Once the chicken is tender, add the parsley and cilantro, and adjust seasoning with the lemon juice and salt. Serve with pita bread on the side.

SERVES 4



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CHOPPED KALE SALAD WITH TOFU

Kale is hearty and makes for a nice base for substantial salad ingredients. Be sure to give it a nice massage before serving, which will make it much less tough and “grassy”-tasting. We’ve topped this salad with lightly seasoned tofu, but you can substitute grilled shrimp, chicken, or even roasted chickpeas.

INGREDIENTS:

- 1/4 cup unsweetened peanut butter
 - 2 tbsp seasoned rice vinegar
 - 1 tbsp low sodium soy sauce
 - 1 clove garlic
- 1/2 cup canned coconut milk
 - 2 tsp chile powder
 - 1/2 tsp curry powder
 - 1/4 tsp garlic granules
 - 1/2 tsp kosher salt
- 1 (14 oz) package firm tofu, drained and cubed
- 1 1/2 tbsp olive oil, divided use
 - 1 bunch kale (about 12 oz), tough stems removed, chopped
- 1 carrot, peeled and cut into ribbons with a vegetable peeler
 - 1 large mango, cubed
 - 1 red bell pepper, chopped
 - 2 cups chopped red cabbage
- 1/2 cup chopped roasted peanuts

1. For the dressing, combine the peanut butter, vinegar, soy sauce, garlic, and coconut milk in a small food processor and blend until smooth. Set aside.

2. In a medium bowl, combine the chile powder, curry powder, garlic granules, and salt, and stir to mix. Add the tofu and toss to coat. Heat 1 tablespoon of the oil in a skillet over medium-high heat and add the tofu. Cook, stirring frequently, until the tofu is browned all over, about 10 minutes. Set aside.

3. In a salad bowl, toss the kale with the remaining 1/2 tablespoon olive oil and massage the leaves until they have darkened in color and feel tender, about 4 minutes. Add the carrot, mango, bell pepper, cabbage, peanuts, and tofu, and toss to combine. Add the dressing (you may not need it all) and toss until the leaves are coated. Serve right away.

SERVES 4



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SPICED PORK PITAS

Boston butt steaks are slices off of a larger Boston butt roast. They are usually about 1-inch thick, and unlike the larger roast, you can grill them hot and fast for a juicy, tender meat. If you can't find the Boston butt steak, ask your butcher if they will cut one for you. Otherwise, you can replace it with pork chops (not quite as juicy, but quick to cook).

INGREDIENTS:

- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1 1/2 tsp dried oregano
- 1/2 tsp granulated garlic
 - 1/2 tsp paprika
 - 3/4 tsp kosher salt
- 1/2 tsp ground black pepper
- 2 Boston butt steaks (about 1 lb each)
- 3 cups baby arugula
- 1 1/2 cups olive tapenade
- 6 pitas, warmed

1. In a small bowl, combine the cumin, coriander, oregano, garlic, paprika, salt, and pepper.

2. Place the pork in a large baking dish or on a baking sheet. Sprinkle the pork with the spice mixture on both sides and rub it all over. The steaks should be generously and evenly coated. Cover and refrigerate for at least an hour and up to overnight.

3. Prepare a grill for medium heat cooking and oil the grates as needed (or, heat a grill pan over medium-high heat). Cook the pork until well browned on both sides and just cooked through, about 4 minutes per side. Set aside to rest for about 10 minutes, then slice, removing the bone, if needed.

4. To serve, stuff each pita with arugula, olive tapenade, and sliced pork.

SERVES 4



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DINNER SHOPPING LIST

PROTEIN

- ☐ 4 bone-in chicken thighs
- ☐ 2 Boston butt steaks
(about 1 lb each)
- ☐ 4 oz thinly sliced
prosciutto cotto
- ☐ 1 (14 oz) package
firm tofu

SPICES

- ☐ 1/4 tsp red
pepper flakes
- ☐ 1/2 tsp ground ginger
- ☐ 1/2 tsp curry powder
- ☐ 1/2 tsp ground coriander
- ☐ 1 1/2 tsp ground cumin
- ☐ 1 1/2 tsp dry oregano
- ☐ 1 3/4 tsp garlic granules
- ☐ 2 tsp ground paprika
- ☐ 2 tsp chile powder
- ☐ Pinch saffron

PANTRY

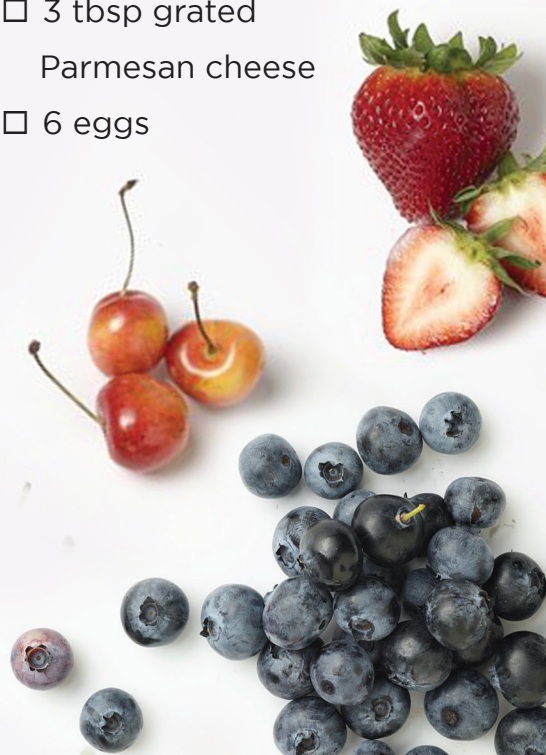
- ☐ 1/2 cup olive oil
- ☐ 2 tbsp seasoned
rice vinegar
- ☐ 1 tbsp soy sauce
- ☐ 1/2 cup canned
coconut milk
- ☐ 1/2 cup quick-cooking
polenta
- ☐ 1/2 cup fresh
bread crumbs
- ☐ 10 pitas
- ☐ 1 lb dried spaghetti
- ☐ 1 1/2 cups olive tapenade
- ☐ 6 salt-cured anchovies
- ☐ 2 (7 oz) jars sun-dried
tomatoes in oil
- ☐ 1/2 cup chopped peanuts
- ☐ 1/2 cup walnut halves
- ☐ 1/4 cup unsweetened
peanut butter
- ☐ 1 1/2 cups chicken stock
- ☐ 8 oz green olives
- ☐ Kosher salt
- ☐ Black pepper

PRODUCE

- ☐ 1 yellow onion
- ☐ 2 heads garlic
- ☐ 1 carrot
- ☐ 1 red bell pepper
- ☐ 1 head red cabbage
- ☐ 1 bulb fennel
(with fronds)
- ☐ 3 cups baby arugula
- ☐ 1 bunch kale
(about 12 oz)
- ☐ 1 large mango
- ☐ 2 lemons
- ☐ 1 bunch basil
- ☐ 1 bunch parsley
- ☐ 1 bunch cilantro

DAIRY

- ☐ 2 cups heavy cream
- ☐ 3 tbsp grated
Parmesan cheese
- ☐ 6 eggs



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