



# WELCOME!

We hate to rush the weekend, but we are so ready for Monday's Kimchi Stew, and we think you're going to love this dish, too!

Look for kimchi in the refrigerated section of your grocery store, or go to your local Asian market where you're sure to have plenty of options. Some versions are very spicy, but if you don't love heat, you should be able to find a mild variety.

## PREP AHEAD

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

1. Make Monday's stew all the way through.
2. Make marinade and pesto for Wednesday's pitas.
3. Make the meatloaf, or just the veggie portion.



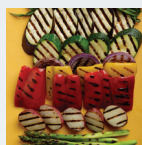
### MONDAY

**Kimchi Stew with Pork**



### TUESDAY

**Roasted Sausage and Broccoli Grain Bowl**



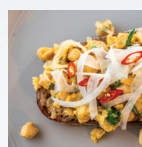
### WEDNESDAY

**Marinated Grilled Veggie Pitas with Sun-dried Tomato Pesto**



### THURSDAY

**Blended Meatloaf with Mashed Potatoes**



### FRIDAY

**Smashed Chickpea Toast**



**DISH**<sup>®</sup>  
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## KIMCHI STEW WITH PORK

Kimchi is salty, a little sour, and sure, sort of funky, but definitely in a great way. This fermented chile-rubbed cabbage and scallion mixture is a great base for dishes, like this stew. Like all stews, this one is even better the next day.

### INGREDIENTS:

- 1 yellow onion, diced
- 2 tbsp vegetable oil
- 2 garlic cloves, sliced
- 1 lb 8 oz thinly sliced pork shoulder
  - 2 tbsp gochujang (Korean hot pepper paste)
- 2 tsp Korean chile powder
- 1 lb 8 oz cabbage kimchi, cut into bite-size pieces
- 1 1/2 quarts chicken or beef stock
  - 1 lb soft tofu, diced
  - Salt, as needed
  - 2 scallions, sliced
- 1 jalapeño, thinly sliced

1. Heat the oil in a large saucepot over medium heat. Add the onions and cook, stirring occasionally, until softened, about 5 minutes. Add the garlic and cook until fragrant, about 30 seconds.
2. Add the pork and cook until the meat turns opaque, about 5 minutes. Add the gochujang and chile powder and cook for another 30 seconds.
3. Add the kimchi and just enough stock to barely submerge. Bring to a boil, and simmer gently for 20 minutes.
4. Add the tofu, stirring very carefully in order not to break it apart. Continue to simmer very gently for 10 minutes, until the meat is tender. Adjust seasoning as necessary.
5. To serve, ladle the stew into a deep bowl and garnish with sliced scallions and jalapeño.

SERVES 8



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## ROASTED SAUSAGE AND BROCCOLI GRAIN BOWLS

This is a great recipe to keep in your back pocket. Serve the roasted mixture over grains, like we did here, or stuffed in a pita, tossed with pasta, or even to top a quick pizza. Use turkey sausage, if you like.

### INGREDIENTS:

- 3 heads broccoli
- 1/4 cup lemon juice
- 1/4 cup plus 2 tbsp olive oil
- 2 tbsp whole grain mustard
  - 2 cloves garlic
  - 1 tsp kosher salt
- 1/2 tsp ground black pepper
  - Pinch red pepper flakes
  - 1 lb Italian sausage, removed from casings
- 1 cup farro, wheat berries, or other grain, cooked and drained

1. Preheat the oven to 425°F. Remove the broccoli florets from each head and thinly slice the stalks. Transfer to a large baking or roasting dish.

2. In a small food processor, combine the lemon juice, oil, mustard, garlic, salt, pepper, and garlic flakes. Blend until smooth. Reserve 2 tablespoons and set aside; pour the remainder over the broccoli and toss to coat.

3. Drop tablespoon-sized pieces off sausage over the broccoli, nestling it among the florets. Transfer to the oven and bake, stirring occasionally, until the sausage is cooked through and the broccoli is tender and browned, about 30 minutes.

4. Serve the roasted sausage and broccoli over the cooked grains, drizzled with the remaining lemon juice mixture.

SERVES 4 TO 6



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## MARINATED GRILLED VEGGIE PITAS WITH PESTO

**Stuff + pitas is the formula for the easiest dinner any night of the week. Marinated grilled veggies are a great no-meat option, but you can add shredded rotisserie chicken, grilled shrimp, or mashed chickpeas, too.**

### INGREDIENTS:

- 1 cup vegetable oil
- 1/4 cup soy sauce
- 2 tbsp fresh lemon juice
- 1 tbsp minced garlic
- 1/2 tsp crushed fennel seeds
- 1 tbsp minced rosemary
  - 2 zucchini, sliced
  - 3 eggplants, sliced
- 1 yellow onion, sliced into rings
  - Kosher salt, as needed
- Freshly ground black pepper, as needed
  - 1 green bell pepper
  - 1 red bell pepper
- Sun-Dried Tomato Pesto (recipe follows)
- 5 pitas, for serving

1. In a large bowl, combine the vegetable oil, soy sauce, lemon juice, 1 tablespoon of the garlic, the fennel seeds, and rosemary to make a marinade. Add the zucchini, eggplant, and onion and gently toss to evenly coat. Marinate the vegetables for 1 hour. Drain any excess marinade off the vegetables before grilling.

2. Preheat the grill for medium-heat cooking. Season the zucchini, eggplant, and onion with salt and black pepper. Place the vegetables on the grill and cook until browned on one side, about 2 minutes. Turn once and cook on the second side until the vegetables are tender, about 2 minutes more. Remove from the grill.

3. Grill or broil the bell peppers until evenly charred on all sides. Transfer to a stainless steel bowl, cover with plastic wrap, and let cool 30 minutes. Remove the skin, core, seeds, and ribs, and slice.

4. Cut the pitas in half and spread the insides with sundried tomato pesto. Stuff with the veggies and serve.

SERVES 5



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## SUN-DRIED TOMATO PESTO

This pesto stores really well, so make it over the weekend, if you like. You can leave out the cheese to make this fully vegan.

### INGREDIENTS:

- 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
- 1 cup grated Parmigiano-Reggiano

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.

MAKES ABOUT 2 CUPS



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# BLENDED MEATLOAF WITH MASHED POTATOES

You can make this whole recipe several days ahead, if you like. Or, if you just have a little bit of time, prepare the cooked veggie mixture through Step 4. Refrigerate it and then mix it with the remaining ingredients just before baking.

## INGREDIENTS:

- 1 lb button mushrooms, cleaned
  - 2 tbsp extra-virgin olive oil, divided use
  - 1 tsp kosher salt, divided use
    - 4 cloves garlic
- 1 bell pepper, any color, cored and roughly chopped
- 4 medium carrots (about 10 oz), roughly chopped
  - 1 medium yellow onion, peeled and quartered
  - 2 tbsp tomato paste
    - 3 tbsp soy sauce
  - 1 lb ground turkey
  - 1 cup dry breadcrumbs

SERVES 4 TO 6

1. Pulse the mushrooms in a food processor until they are finely chopped, but do not form a paste. Heat 1 tbsp of the oil in a large skillet over medium heat. Add the mushrooms and 1/2 tsp of the salt. Cook, stirring occasionally, until the mushrooms have released most of their liquid and appear dry, 8 to 10 minutes. Add more oil, if needed, to prevent sticking.

2. Meanwhile, combine the garlic, pepper, carrots, and onion in the food processor (no need to clean it between uses) and pulse until the mixture is about the same size as the mushrooms.

3. Transfer the cooked mushrooms to a large mixing bowl and set aside. Heat the remaining 1 tbsp oil to the pan and add the chopped vegetable mixture. Add the remaining 1/2 tsp of salt and cook until the vegetables are fully cooked and the pan is nearly dry, about 15 minutes. Don't rush the process, because too much moisture will prevent the meatloaf from setting up later.

4. Add the tomato paste to the pan, stir to coat the vegetables and cook until it darkens in color, about 3 minutes. Add the soy sauce and cook to reduce slightly, about 3 minutes. Preheat the oven to 375°F.

5. Transfer to the bowl with the mushrooms and let cool for about 15 minutes. Add the turkey and breadcrumbs and mix until well-combined. Transfer to an 8- by 8-inch square baking dish and bake until the meatloaf is browned and pulling away from the pans around the edges, about 50 minutes.



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## SMASHED CHICKPEA TOAST

The chickpea portion of this dish is simple, but it's made perfect by the quick-pickled fennel. If you aren't a huge fennel fan, these pickles may surprise you, but you can certainly replace it with radishes, onions, or even sauerkraut.

### INGREDIENTS:

Pickled Fennel:

- 1/2 cup cider vinegar
  - 1/2 cup water
  - 1 tbsp sugar
  - 1 tsp kosher salt
- 1 bulb fennel, cored and thinly sliced
  - 1/2 red chile, thinly sliced
    - 2 cloves garlic
    - 1 bay leaf
  - 1 tbsp olive oil
- 1 shallot, thinly sliced
- 1 (15 oz) can chickpeas, drained and rinsed
  - Kosher salt, to taste
- Ground black pepper, to taste
  - 1 clove garlic
  - 2 tbsp tahini
- 4 slices crusty bread, lightly toasted
  - Chopped parsley, for garnish

1. In a small pot, combine the vinegar, water, sugar, and salt over medium heat. Stir until the sugar and salt has fully dissolved, about 2 minutes. Remove from the heat and set aside.

2. In a jar or glass bowl, combine the fennel, chile, garlic, and bay leaf. Pour the vinegar mixture over the vegetables until they are fully submerged (you may not use it all). Cover and refrigerate for at least 8 hours.

3. For the toasts, heat the oil in a skillet over medium heat. Add the shallot and cook, stirring constantly, until just beginning to brown around the edges, about 2 minutes. Add the chickpeas and cook, using the back of the spoon to lightly mash the beans, until heated through. Season with salt and pepper and remove from the heat.

4. Rub the garlic clove across the surface of each slice of bread. Top with tahini (about 1 1/2 teaspoons per slice) and spread to the edges. Divide the chickpea mixture among each slice of bread, and then top with pickled fennel. Sprinkle with parsley just before serving.

SERVES 4



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# DINNER SHOPPING LIST

## PROTEIN

- ☐ 1 lb soft tofu
- ☐ 1 lb Italian sausage
- ☐ 1 lb ground turkey
- ☐ 1 lb 8 oz pork shoulder

## DAIRY

- ☐ 1 cup grated  
Parmigiano-Reggiano

## SPICES

- ☐ 2 tsp Korean  
chile powder
- ☐ 1 tsp red pepper flakes
- ☐ 1/2 tsp crushed  
fennel seeds
- ☐ 1 bay leaf
- ☐ Kosher salt
- ☐ Ground black pepper

## PANTRY

- ☐ 1 1/4 cup olive oil
- ☐ 1 1/4 cup vegetable oil
- ☐ 1/2 cup cider vinegar
- ☐ 1 1/2 quarts chicken  
and beef stock
- ☐ 1 (15 oz) can chickpeas
- ☐ 2 tbsp tahini
- ☐ 1 cup farro
- ☐ 1 cup dry breadcrumbs
- ☐ 1/3 cup pine nuts
- ☐ 2 cups oil-packed  
sun-dried tomatoes
- ☐ 2 tbsp tomato paste
- ☐ 1/2 cup soy sauce
- ☐ 1 lb 8 oz kimchi
- ☐ 2 tbsp gochujang
- ☐ 2 tbsp whole grain  
mustard
- ☐ 1 tbsp sugar
- ☐ 5 pitas
- ☐ 1 loaf crusty bread

## PRODUCE

- ☐ 3 yellow onions
- ☐ 1 shallot
- ☐ 4 medium carrots
- ☐ 2 heads garlic
- ☐ 1 bulb fennel
- ☐ 2 green bell peppers
- ☐ 1 red bell pepper
- ☐ 3 heads broccoli
- ☐ 2 zucchinis
- ☐ 3 eggplants
- ☐ 1 jalapeño
- ☐ 1 red chile
- ☐ 1 lb button mushrooms
- ☐ 1 bunch scallions
- ☐ 5 lemons
- ☐ 1 bunch basil
- ☐ 1 bunch parsley
- ☐ 1 bunch rosemary

