



WELCOME!

Well, we're still home, and we hope you're holding up okay. The cabin fever may have set in, but if anything good can come of this, at least you'll be a really confident cook.

Like last week, we're visiting some of our favorite recipes with limited ingredients. All of these dishes are adaptable and customizable. Swap proteins and veggies for whatever you have on hand.

Make sure to check DISH for project recipes to do if you have some free time. Maybe this will be the week you finally make your own [ravioli!](#)

PREP AHEAD

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

1. Prep veggies for Tuesday's fried rice.
2. Make the sauce for Thursday's eggs.



MONDAY

One Pot Mediterranean Pasta



TUESDAY

Easy Chicken Fried Rice



WEDNESDAY

Poke-Style Roasted Salmon Bowls



THURSDAY

Eggs in Purgatory



FRIDAY

Moo Shu Vegetables



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ONE POT MEDITERRANEAN PASTA

Noodles will work best here, but if you only have tubes or other short pastas, go for it. Use whatever pasta accoutrement that you have on hand, like sun-dried tomatoes, anchovies, or even prepared pesto. Toss in cooked shrimp or even canned tuna at the end.

INGREDIENTS:

- 12 oz spaghetti
- 16 Kalamata olives, pitted and halved
- 2 cloves garlic, thinly sliced
 - 1 shallot, thinly sliced
- 1 cup roughly chopped roasted red peppers
- 2 tbsp oregano leaves
- 2 tbsp freshly lemon juice
 - 1/2 tsp kosher salt
- Ground black pepper, to taste
- 2 tbsp extra-virgin olive oil
 - 4 1/2 cups water
- 4 oz feta, crumbled

1. To a large saucepan or shallow skillet, add the spaghetti, olives, garlic, red peppers, oregano, lemon juice, salt, and oil. Pour in the water and bring to a boil over medium heat.
2. Cook, stirring frequently, until the pasta is al dente and the water is absorbed, about 8 minutes. Divide the portions into bowls and sprinkle with feta before serving.

SERVES 4



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CHICKEN FRIED RICE

You could literally make this dish with just rice, soy sauce, and egg if you really wanted to, and it would be amazing, so anything else is just icing on the cake. Use leftover veggies and other odds-and-ends from the fridge. Add shredded rotisserie chicken or shrimp, if you like.

INGREDIENTS:

- One (1-inch) piece ginger, peeled and grated
- 2 cloves garlic, grated
 - 1 tbsp rice vinegar
 - 1 tbsp soy sauce
 - 1 tbsp sesame oil
 - 1/2 tsp sugar
 - 1 tbsp vegetable oil
- 3 boneless, skinless chicken thighs, cut into bite-size pieces
 - Kosher salt, to taste
- Ground black pepper, to taste
 - 1 large carrot, diced
 - 1/2 medium onion, diced
 - 2 eggs, beaten
- 3 cups cooked brown rice, preferably day-old
 - 1/2 cup shelled edamame (fresh or frozen)
- 2 scallions, sliced into 1/2-inch pieces, plus more for garnish

1. In a small bowl, combine the ginger, garlic, vinegar, soy sauce, sesame, oil, and sugar. Set aside.

2. Heat the vegetable oil in a large well-seasoned cast-iron skillet or non-stick sauté pan over medium-high heat. Add the chicken, season with salt and pepper, and cook, turning occasionally, until well-browned and cooked through, about 7 minutes. Transfer to a bowl and set aside.

3. To the same pan, add the carrot and onion, and cook until soft and browned around the edges. The carrot should be just about cooked through, about 4 minutes. Transfer to the bowl with the chicken.

4. Reduce the heat to medium-low and add the eggs and a pinch of salt. Cook without stirring until the eggs begin to set on the bottom, about 15 seconds. Stir and continue cooking until large curds form, about 30 more seconds.

5. Add the rice and soy sauce mixture and stir to coat. Increase the heat to medium-high and cook without stirring until the rice begins to brown at the bottom of the pan, about 1 minute. Stir and cook again, without stirring. Continue until the rice is nicely browned, about 4 minutes total.

6. Add the cooked chicken and vegetables, along with the edamame and scallions. Cook about 3 minutes more until the scallions are slightly wilted. Top with more sliced scallions to serve.

SERVES 4 TO 6



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POKE—STYLE ROASTED SALMON BOWLS

Roasted salmon is nice in this bowl (frozen fillets will work great, just reduce the cooking time for smaller pieces), but you can use anything you've got, like frozen shrimp or other fish, canned tuna, or even grilled chicken thighs. Pan-fry tempura-coated shrimp for a shrimp tempura bowl!

INGREDIENTS:

- 3/4 cup low-sodium soy sauce
- 3 tbsp seasoned rice vinegar
 - 1 1/2 tbsp sesame oil
 - 2 tbsp honey
 - 1 tsp grated ginger
- 2 cloves garlic, grated
 - 1 lb salmon
 - 1/4 cup mayonnaise
- 2 tsp Sriracha, or to taste
- 3 cups cooked brown rice (from about 1 1/2 cups raw)
- 3 Persian cucumbers (or 1/2 seedless cucumber), thinly sliced
 - 1 1/2 cups frozen edamame, defrosted
- 1 cup prepared seaweed salad
- Thinly sliced dried seaweed, for garnish
- Sesame seeds, for garnish

1. In a bowl, combine the soy sauce, rice vinegar, sesame oil, honey, ginger, and garlic. Place the salmon in a zip-top bag or shallow dish and pour about 3/4 of the soy sauce mixture over the salmon (reserve the remainder for later). Turn to cover the salmon and refrigerate for at least 1 hour.

2. Preheat the oven to 375°F. Transfer the salmon to a lightly oiled baking sheet, reserving the marinade. Bake, brushing with the salmon marinade occasionally, until the fish is opaque all over, feels semi-firm to the touch, and flakes when tested with a fork at the thickest part, about 25 minutes. Turn the oven to broil and cook the salmon until it is golden brown on top and beginning to char around the edges, about 4 minutes.

3. In a small bowl, stir together the mayonnaise and sriracha.

4. To assemble the bowls, evenly divide the rice among four bowls. Top each bowl with a quarter of the cucumber, a quarter of the edamame, and a quarter of the seaweed salad. Use a fork to flake the salmon into chunks and add to the bowls. Drizzle with the sriracha mayonnaise and the reserved soy sauce mixture, and garnish with dried seaweed and sesame seeds.

SERVES 4



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EGGS IN PURGATORY

This sauce is easy to prepare, but you can certainly use your favorite prepared tomato sauce, if it's all you have on hand. Add crushed red pepper flakes, if you like it spicy.

INGREDIENTS:

- 2 lb ripe plum tomatoes
- 2 tbsp extra-virgin olive oil
 - 2 garlic cloves, peeled and thinly sliced
 - 1 tbsp chopped parsley
- 8 basil leaves, fresh, torn in pieces
 - Kosher salt, to taste
- Ground black pepper, as needed
 - 8 large eggs
- 8 slices grilled or toasted bread

1. Blanch the tomatoes in boiling water for 30 seconds, shock them in cold water, then peel the skin. Cut the tomatoes in half, remove most of the seeds, and then cut them in large dice; set aside. If you don't mind skin in your sauce, you can skip this step and dice the tomatoes with the peel on.

2. Heat the oil and garlic in a sauté pan or saucepan that has a cover over medium heat. Just before the garlic starts to take on any color, about 1 minute, add the tomatoes, parsley, and basil. Season with salt and pepper, bring to a simmer over low heat, and let cook for 10 minutes, until the tomatoes become "saucy," but are still a little chunky.

3. Break the eggs, one at the time, into a cup or dish and then gently slide them, one at the time and without breaking the yolks, on top of tomato sauce. Try to keep them separated.

4. Cover the pan and let cook gently for 3 to 4 minutes, until the eggs are done, but still soft. Immediately serve them on a large round plate with the tomato sauce. Serve the grilled or toasted bread on the side.

SERVES 4



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MOO SHU VEGETABLES

Use any vegetables in this dish, fresh or frozen, like broccoli, snap peas, or red cabbage. Moo shu pancakes can be hard to find, especially now, so use flour tortillas or just serve the veggie mixture over rice or noodles instead.

INGREDIENTS:

- 3 tbsp vegetable oil
- 1 tbsp garlic, minced
- 1 tbsp ginger, peeled, minced
 - 1 tbsp scallion, minced
 - 1 red pepper, sliced
 - 4 celery stalks, sliced
 - 4 carrots, sliced
- 1/2 head Napa cabbage, thinly sliced
- 2 tbsp hoisin sauce, plus more for serving
 - 3 tbsp soy sauce
 - 1 tbsp sesame oil
 - 1 egg, beaten
- 16 moo shu pancakes

1. Heat the oil in a wok or large sauté pan. Add the garlic, ginger, and scallion. Stir-fry until aromatic.

2. Add the red pepper, celery, carrots, and cabbage. Stir-fry until tender, approximately 2 minutes. Stir in the hoisin sauce, soy sauce, and sesame oil.

3. Make a well in the middle of the vegetable mixture, pour in the egg and let it set for 30 seconds, and then break up into vegetables.

4. Serve with moo shu pancakes and extra hoisin sauce, if you like. The pancakes can be heated in a stack with a damp cloth over them in the microwave or oven.

SERVES 8



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DINNER SHOPPING LIST

PROTEIN

- 3 boneless chicken thighs
- 1 lb salmon

DAIRY

- 4 oz feta
- 11 eggs

PANTRY

- 1/4 cup olive oil
- 1/4 cup vegetable oil
- 1/4 cup mayonnaise
- 1 lb spaghetti
- 1 jar roasted red peppers
- 16 kalamata olives
- 1/2 tsp sugar
- 2 tbsp honey
- 6 cups cooked brown rice
- 1 tbsp rice vinegar
- 3 tbsp hoisin sauce
- 3 tbsp seasoned rice vinegar
- 1 1/2 cups soy sauce
- 2 tbsp Sriracha
- 2 tbsp sesame oil
- 1 cup prepared seaweed salad
- 1 package dried seaweed
- 1 tsp sesame seeds
- 1 loaf crusty bread
- 16 moo shu pancakes or flour tortillas
- Kosher salt
- Black pepper

PRODUCE

- 1/2 yellow onion
- 1 shallot
- 5 carrots
- 1 head celery
- 1 head garlic
- 1 large piece ginger
- 1 red bell pepper
- 3 Persian cucumbers (or 1 English cucumber)
- 1 head Napa cabbage
- 2 cups shelled edamame (fresh or frozen)
- 2 lb plum tomatoes
- 2 scallions
- 2 lemons
- 1 bunch parsley
- 1 bunch basil
- 1 bunch oregano

