



WELCOME!

Now that it's March, we're balancing between winter and spring, and so does our dinner routine. That's why we're eating fish tacos on Monday and hearty polenta with sausage sauce on Wednesday!

Remember, if it isn't grilling season, any of this week's grilled items can be seared in a skillet or even broiled.

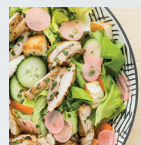
PREP AHEAD

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

1. Make Monday's slaw.
2. Prep the veggies for Tuesday's salad.
3. Make the sausage sauce for Wednesday.



MONDAY
Grilled Fish Tacos



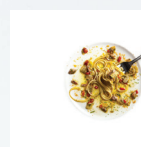
TUESDAY
Banh Mi Chicken Salad



WEDNESDAY
Polenta with Sausage Sauce



THURSDAY
Curry Wurst



FRIDAY
Spaghtti with Anchovies and Fennel





GRILLED FISH TACOS

These tacos are grilled, but you can cook the fish in a stainless or well seasoned cast-iron skillet, if you like. Serve them on their own for a nice, light supper, or add some grilled veggies or black bean salad (we like them with chopped cilantro and lime juice).

INGREDIENTS:

- 3 lb mahi-mahi fillets
- Kosher salt, as needed
- 1/2 cup vegetable oil
 - 3 tbsp lime juice
- 1 1/2 tbsp chili powder
- 1 1/2 tsp ground cumin
- 1 1/2 tsp 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 tbsp lime juice
 - 2 tbsp honey
 - 1/4 red onion, minced
 - 1/2 jalapeño, minced
- 1/4 cup coarsely cut cilantro
- Ground black pepper, as needed

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, combine 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.

SERVES 4



DISH[®]
EAT. DRINK. DISCOVER.



BANH MI-STYLE CHICKEN SALAD

Chicken is an easy protein option, but you can grill, sear, or broil shrimp, tofu, or pork shoulder steaks, or even just toss in cooked chickpeas.

INGREDIENTS:

- 2 carrots, cut into thin, wide strips with a vegetable peeler
- 3 radishes, very thinly sliced
- 1/2 jalapeño, thinly sliced, seeds removed, if desired
- 1/2 cup seasoned rice wine vinegar
 - 1 cup water
 - 1/2 tsp kosher salt, plus more as needed
- 5 boneless, skinless chicken thighs
 - Ground black pepper, to taste
 - 1 tsp fish sauce
 - 1 clove garlic, minced
 - 1/4 cup vegetable oil
 - 2 heads Bibb lettuce, torn into bite-size pieces
 - 1/4 cup basil, chopped
 - 1/4 cup cilantro, chopped
 - 1/4 cup mint, chopped
- 1 seedless cucumber, thinly sliced
 - 1 cup croutons

1. In a jar, combine the carrots, radishes, jalapeño, vinegar, water, and salt. Cover and shake to combine. Refrigerate for at least an hour to pickle.

2. Meanwhile, prepare a grill for medium-high heat cooking and lightly brush with oil. Season the chicken with salt and pepper and grill until cooked through and lightly charred, about 6 minutes per side. Set aside to rest.

3. In a small bowl, combine 1/4 cup of the vegetable pickling liquid with the fish sauce, garlic, and vegetable oil to make a vinaigrette. Thinly slice the chicken thighs.

4. In a large serving bowl, combine the lettuce, basil, cilantro, mint, cucumber, pickled vegetables, sliced chicken, and croutons. Drizzle with vinaigrette (you may not use it all), and toss to combine. Serve right away.

SERVES 6



DISH[®]
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POLENTA WITH SAUSAGE SAUCE

If you can't find the dried porcini, you can leave it out or substitute dried mushroom powder. Start with 1/2 tsp and add more, if you like it. This sauce is great over the polenta, but it's also delicious tossed with pasta or over crusty garlic-rubbed bread.

INGREDIENTS:

- 1 oz dried porcini mushrooms
 - 1 tbsp olive oil
 - 2 lb Italian sausage, removed from casing
- 1 small yellow onion, minced
 - 1 celery stalk, minced
 - 1/2 leek, thinly sliced
 - 1 carrot, thinly sliced
 - 2 tbsp tomato paste
 - 1/2 cup water
- 2 qt water
 - Salt, as needed
- 2 cups cornmeal (12 oz)
- 1/2 cup (1 stick) unsalted butter
 - 1/2 cup grated Parmigiano-Reggiano
- 1/4 cup coarsely chopped flatleaf parsley

1. Place the porcini mushrooms in a bowl and pour boiling water over them. Let them soak for 20 minutes, then drain and coarsely chop them.

2. In a saucepan, heat the oil, then add the sausage. Once the fat of the sausage starts rendering, after about 3 minutes, add the onion, celery, leek, carrot, and the porcini, making sure you break the sausage up as it starts cooking. Cook for 10 minutes longer, then mix the tomato paste with the water and add to the saucepan.

3. Stir well, cover, and cook very slowly for 30 to 40 minutes. If necessary, add a little bit of water during cooking to make sure the sauce doesn't stick to the bottom of the pan.

4. To make the polenta, bring the water to a simmer. Add salt and slowly add the cornmeal, making sure you whisk continuously. Simmer gently for about 45 minutes or until the polenta is done, stirring frequently to make sure the polenta does not stick.

5. Remove the polenta from the heat, adjust seasoning, and add the butter and cheese, if using, mixing vigorously until combined.

6. Add the parsley to the sausage mixture. Serve the polenta and sausage together.

SERVES 4



DISH[®]
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CURRYWURST

Currywurst is a popular street food in Germany and most of western Europe, and it is exactly what it sounds like! This recipe makes enough sauce for 8 bratwursts, but if you're making fewer portions, make all of the sauce and freeze half for next time.

INGREDIENTS:

- 2 tbsp vegetable oil
- 3/4 cup minced onions
- 2 tbsp curry powder
 - 1 tbsp paprika
- 1 (14 oz) can diced tomatoes, with juice
 - 2/3 cup ketchup
 - 5 tbsp brown sugar
 - 1/4 cup cider vinegar
 - 1 tbsp Dijon mustard
 - Salt, as needed
 - Cayenne, as needed
 - 8 bratwurst
- Potato chips, for serving

1. For the sauce, heat the oil in a skillet over medium heat. Cook the onions until very tender, 5 to 10 minutes. Add the curry powder and the paprika and continue to cook gently until fragrant, about 30 seconds.
2. Add the tomatoes, ketchup, sugar, vinegar, and mustard. Bring to a boil, and simmer gently for about 30 minutes.
3. Purée in a blender until very smooth. Season as needed with salt and cayenne.
4. Cook the bratwurst in a skillet, on a griddle, or on a grill until golden brown on all sides, fully cooked, and heated through, about 5 minutes.
5. Pour the curry sauce on top and sprinkle with more curry powder as desired. Serve with potato chips.





SPAGHETTI WITH ANCHOVY 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



DISH[®]
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DINNER SHOPPING LIST

PROTEIN

- 5 boneless chicken thighs
- 2 lb Italian sausage
- 8 bratwursts
- 3 lb mahi mahi fillets

DAIRY

- 1 cup sour cream
- 1 stick unsalted butter
- 1/2 cup grated Parmigiano-Reggiano

SPICES

- 2 tbsp curry powder
- 1 1/2 tbsp chili powder
- 1 tbsp paprika
- 1 1/2 tsp ground cumin
- 1 1/2 tsp ground coriander
- 1/2 tsp cayenne
- 1/4 tsp pepper flakes

PANTRY

- 1 cup vegetable oil
- 1/3 cup olive oil
- 1/2 cup seasoned rice vinegar
- 1/4 cup cider vinegar
- 1 (14 oz) can diced tomatoes
- 2/3 cups ketchup
- 2 tbsp tomato paste
- 1 tbsp Dijon
- 1 tsp fish sauce
- 6 salt-cured anchovy fillets
- 1 lb dried spaghetti
- 2 cups cornmeal
- 1/2 cup breadcrumbs
- 8 (8-in) flour tortillas
- Potato chips
- 1 cup fresh croutons
- 5 tbsp brown sugar
- 2 tbsp honey
- 1 oz dried porcini mushrooms
- Kosher salt
- Ground black pepper

PRODUCE

- 2 yellow onions
- 1 red onion
- 1 leek
- 1 celery stalk
- 3 carrots
- 1 head garlic
- 1 head fennel
- 2 heads Bibb lettuce
- 1 seedless cucumber
- 3 radishes
- 1 jalapeño
- 1 lb green cabbage
- 6 limes
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch basil
- 1 bunch mint

