

WELCOME!

We understand that not everyone is working from home, plus homeschooling, plus this, plus that. Some of you are single folks or couples who are actually finding themselves with more time to work on projects and try something new.

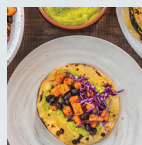
With that in mind, this week we included a fresh pasta dish that's ultra simple. It's also adaptable for those of you without the luxury of time, who might choose to use prepared pasta.

Either way, we think you'll love it!

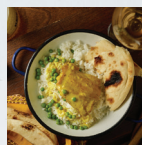
PREP AHEAD

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

1. Make the avocado sauce for Monday's tacos.



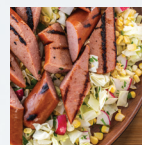
MONDAY
Sweet Potato and Black Bean Tacos



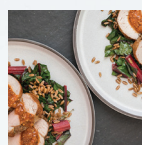
TUESDAY
Chicken Curry



WEDNESDAY
Cavatelli with Mushrooms and Ramps



THURSDAY
Grilled Kielbasa with Corn-Cabbage Slaw



FRIDAY
Roasted Pork Tenderloin with Honey-Mustard Sauce



DISH[®]
EAT. DRINK. DISCOVER.



SWEET POTATO AND BLACK BEAN TACOS

We use corn tortillas here, but you can use flour tortillas, or even turn these tacos into a salad or brown rice bowl. The avocado-pineapple cream is a nice substitute for sour cream, but you can just use some mashed avocado or prepared guacamole, if you like.

INGREDIENTS:

- 1 tbsp vegetable oil
- 1 tsp chile powder
- 1/2 tsp ground cumin
- 1/2 tsp garlic granules
- Kosher salt, to taste
- Ground black pepper, to taste
 - 1 large sweet potato (about 1 lb 4 oz), diced
 - 1 large avocado
- 1/2 cup chopped pineapple
 - 1/2 jalapeño, seeded
 - 1/2 cup cilantro leaves
- 1 tbsp freshly squeezed lime juice
 - 1 (15 oz) can black beans, drained and rinsed
 - 8 corn tortillas
- 1/4 head red cabbage, thinly sliced
 - Lime wedges, for serving.

1. Preheat the oven to 400°F. In a medium bowl, combine the oil, chile powder, cumin, garlic granules, and a pinch of salt and pepper. Stir to form a paste. Add the sweet potato and toss to coat in the spice mixture. Transfer to a foil-lined baking sheet and roast, stirring occasionally, until cooked through and brown around the edges, about 30 minutes.
2. Meanwhile, in a small food processor, combine the avocado, pineapple, jalapeño, cilantro, and lime juice. Purée until smooth, then season with salt and pepper. Set aside.
3. Transfer the cooked sweet potatoes to a serving bowl and add the black beans, and toss to combine.
4. Heat a griddle or skillet over high heat and heat the tortillas until soft and pliable, about 2 minutes on each side. Alternately, char the tortillas over the open flame of a grill until soft. Wrap in a towel.
5. To serve, spread a dollop of avocado-pineapple cream on a tortilla and top with a spoonful of sweet potato and black beans. Top with a sprinkle of cabbage and a squeeze of lime.

SERVES 4



DISH[®]
EAT. DRINK. DISCOVER.



CHICKEN CURRY

You can use an Indian-style spice blend in place of the coriander, turmeric, and cinnamon, if you have one on hand, though the flavor may be slightly different. Serve this dish with naan or over white rice, if you like.

INGREDIENTS:

- 1 1/2 tbsp grated ginger
 - 1 tbsp minced garlic
 - 3/4 cup plain yogurt
- 2 1/2 lb skinless chicken thighs, bone in (2 thighs per person)
 - 1 tsp red pepper flakes
 - 2 cups diced yellow onion
 - 1 tbsp vegetable oil
 - 1 tbsp ground coriander
 - 1 tsp garam masala
 - 1 tsp ground turmeric
- 1/4 tsp ground black pepper
 - 1 tsp ground cinnamon
 - 3/4 cup coconut milk
 - 1/2 cup frozen peas
 - 1 tsp fresh lemon juice
 - Kosher salt, as needed

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 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, 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.

SERVES 4 TO 6



DISH[®]
EAT. DRINK. DISCOVER.



CAVATELLI WITH MUSHROOMS AND RAMPS

Ramps are a wild-growing spring onion that are tough to find and can be a little bit expensive. If you have them, great! If not, substitute scallions. In place of the homemade cavatelli, you can use orrechiette or any other small pasta.

INGREDIENTS:

Pasta Dough

- 1 lb semolina flour
- 1 tbsp olive oil
- 1 cup warm water

Mushrooms and Ramps

- Olive oil, as needed
- 2 cups mushrooms, washed, dried, and sliced 1/4-inch thick
- 2 cups ramps or scallions, cut into 1-inch lengths
 - 1 thyme sprig
- 1 cup water, vegetable stock, or chicken broth
 - Kosher salt, to taste
- Ground black pepper, to taste
- 1 cup shaved Parmigiano-Reggiano or Pecorino Romano

1. To make the pasta dough: Combine all the ingredients for the dough in the bowl of an electric mixer fitted with the paddle attachment and mix on medium speed for about 10 minutes, or until thoroughly incorporated. Cover the bowl with plastic wrap and let the dough rest for 20 minutes.

2. Pinch off a marble-size piece of dough and roll it out with a pencil-size wooden dowel. It should ultimately be curled up on both sides and be shaped like a little hot dog bun.

3. Place the cavatelli on a parchment paper-lined sheet pan that has been lightly floured and cover them with plastic wrap.

4. In a large sauté pan, heat the olive oil, add the mushrooms, and sauté on high heat until lightly browned, 4 to 5 minutes. Add the ramps and thyme and brown lightly, 2 to 3 minutes. Add the water or broth and cook until tender, 2 to 3 minutes more. Season with salt and pepper.

5. Bring a large pot of salted water to a boil. Cook the pasta until al dente, 8 to 10 minutes. Skim the pasta and add to the pan of hot mushrooms and ramps. Add just enough pasta water to make a light, slightly thin sauce.

6. Remove the thyme sprig and transfer the pasta to a serving bowl. Add the cheese, toss lightly, and serve immediately.

SERVES 5



DISH[®]
EAT. DRINK. DISCOVER.



GRILLED KIELBASA WITH CORN—CABBAGE SLAW

Fresh corn is ideal, but if it's too soon where you live, you can use frozen. You'll need about 1 1/2 cups of kernels. Kielbasa is a mild, smoked sausage, but if you can't find it, brats or any other sausage would be great, or even grilled chicken or pork chops.

INGREDIENTS:

- Kernels from 2 ears of corn
 - 6 radishes, chopped
 - 1 jalapeño, minced
- 2 cups diced red or green cabbage
 - 2 tbsp olive oil
 - 1 tbsp cider vinegar
 - 2 tsp spicy brown mustard
 - 1 tsp honey
 - Kosher salt, to taste
- Ground black pepper, to taste
- 1 lb kielbasa, halved length-wise

1. In a bowl, combine the corn, radishes, jalapeño, cabbage, oil, vinegar, mustard, and honey. Toss to coat and season with salt and pepper.

2. Preheat a grill for medium-heat cooking and oil the grill grates. Grill the kielbasa until it is browned and hot, about 2 minutes per side. Slice before serving with the corn-cabbage slaw.

SERVES 4



DISH[®]
EAT. DRINK. DISCOVER.



ROASTED PORK TENDERLOIN WITH HONEY—MUSTARD SAUCE

This sauce isn't the honey-mustard you like for dipping your chicken tenders. It's rich and sophisticated enough for a dinner party (we will be able to have dinner parties someday!). If you can't get a tenderloin, sear pork chops in a skillet before making the sauce.

INGREDIENTS:

- 3 pounds pork tenderloin, whole
 - 2 tbsp vegetable oil
 - 1 1/3 cup chicken broth
 - 2 garlic cloves, minced
 - 2 tbsp minced shallots
 - 2 tbsp whole-grain mustard
 - 1 tbsp tomato paste
 - 1 1/2 tsp chopped thyme
 - 1 tsp ground black pepper
 - 2 tbsp honey
 - 2 1/2 tbsp red wine vinegar
 - 1/2 tsp kosher salt
 - 1 tbsp extra-virgin olive oil
 - 1 bunch Swiss chard, chopped
 - 1 garlic clove, minced
 - Kosher salt, as needed
 - Ground black pepper, as needed
1. Preheat the oven to 425°F.
 2. Heat vegetable oil in a large sauté pan over medium-high heat. Sear the meat until it is golden brown on all sides, approximately 5 minutes. Reserve the pan.
 3. Transfer to a roasting pan. Roast until an internal temperature of 165°F for well done, and 155°F for slightly pink, 15 to 20 minutes.
 4. While the tenderloins are roasting, lower the heat of the skillet to medium. Add the garlic and shallots; cook until fragrant, about 1 minute. Add the tomato paste, and sauté until the tomato paste has slightly browned. Add the mustard, honey, vinegar, thyme, salt, pepper, and chicken broth. Bring to boil, then simmer until the mixture reduces to a sauce consistency, about 10 minutes. Keep warm.
 5. Meanwhile, heat the olive oil in a large sauté pan over medium-high heat. Add the chard and sauté until just tender, about 3 minutes. Add the garlic, and sauté until aromatic, about 1 minute more. Season with salt and pepper, to taste.
 6. Remove the tenderloins from the oven and let stand 5 to 10 minutes before slicing. And serve with the sauce and chard.

SERVES 4 TO 6



DISH[®]
EAT. DRINK. DISCOVER.

DINNER SHOPPING LIST

PROTEIN

- 3 lb pork tenderloin
- 2 1/2 lb bone-in chicken thighs
- 1 lb kielbasa

DAIRY

- 1 cup shaved Parmigiano-Reggiano
- 3/4 cup plain yogurt

PANTRY

- 1 cup olive oil
- 1/4 cup vegetable oil
- 3 tbsp red wine vinegar
- 1 tbsp cider vinegar
- 2 tbsp whole-grain mustard
- 2 tsp spicy brown mustard
- 1 tbsp tomato paste
- 1 1/3 cup chicken broth
- 3 tbsp honey
- 1 (15 oz) can black beans
- 3/4 cup coconut milk
- 8 corn tortillas
- 1 lb semolina flour
- 1 tbsp ground coriander
- 1 tsp garam masala
- 1 tsp chile powder
- 1 tsp ground turmeric
- 1 tsp ground cinnamon
- 1 tsp red pepper flakes
- 1/2 tsp ground cumin
- 1/2 tsp garlic granules
- Kosher salt
- Black pepper

PRODUCE

- 2 yellow onions
- 1 (2-in) piece ginger
- 1 head garlic
- 1 large sweet potato
- 2 cups mushrooms
- 1 large avocado
- 2 jalapeños
- 1/2 cup chopped pineapple
- 1 head red cabbage
- 2 ears corn
- 6 radishes
- 1 bunch Swiss chard
- 1/2 cup frozen peas
- 4 limes
- 1 lemon
- 1 bunch ramps or scallions
- 1 bunch thyme
- 1 bunch cilantro

