

# WELCOME!

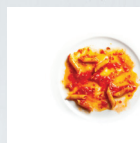
There's no way to sugar-coat this situation, so we won't try. But we do hope these recipes are a helpful tool to plan your upcoming week.

Also, make sure to drop by our [Chef's Note Plus](#) page, where you'll find updated content to help you navigate this extra time you're spending in the kitchen. And don't forget to spend some time browsing our [video library](#), which includes step-by-step technique videos to walk you through essential techniques.

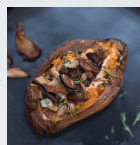
## PREP AHEAD

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

1. Make Monday's tomato sauce.
2. Caramelize onions for Tuesday.
3. Make Thursday's piri piri sauce.



**MONDAY**  
Penne all'Arrabbiata



**TUESDAY**  
Baked Sweet Potatoes with Caramelized Onions



**WEDNESDAY**  
Sausage with Sweet and Sour Peppers



**THURSDAY**  
Piri Piri Chicken



**FRIDAY**  
Cheddar and Scallion Waffles



**DISH**<sup>®</sup>  
EAT. DRINK. DISCOVER.



## PENNE ALL'ARRABBIATA

**This is a quick and slightly spicy sauce that you can toss with any pasta you have on hand. Stir in some greens or other veggies for some extra good-for-you stuff.**

### INGREDIENTS:

- 6 tbsp extra-virgin olive oil
- 1/2 tsp crushed red pepper flakes, plus more to taste
- 3 garlic cloves, minced or thinly sliced
- 1 can (28 oz) whole San Marzano tomatoes
  - 1 lb dried penne
- Kosher salt, as needed

1. Heat the oil in a 4-quart Dutch oven over medium heat. Add the pepper flakes and garlic and stir to coat them with the oil. Sauté over low heat, stirring often, until the garlic is just starting to turn color, about 3 minutes. Add the tomatoes with their juices and simmer the sauce, uncovered, until it is very flavorful and the tomatoes are “sweet,” 25 to 30 minutes. Use a wooden spoon or a potato masher to break up the tomatoes while the sauce simmers.

2. Bring a large pot of salted water to a boil over high heat. Add the penne and stir to submerge and separate the pasta. Cook, uncovered, until just tender (al dente), 8 to 9 minutes (check the cooking time for your pasta).

3. Drain the pasta in a colander. Shake well to remove any water clinging to the pasta. Add the drained pasta to the arrabbiata sauce and toss them together until the pasta is evenly coated. Serve at once in warmed pasta plates.

SERVES 6



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## BAKED SWEET POTATOES WITH CARMELIZED ONIONS

Use any variety of mushrooms that you can get your hands on, and any color onion. The herbs and crème fraîche are nice, but not essential. You can fill your baked sweet potatoes with anything, of course, so this is a great time to use up leftover chili, steamed broccoli, or pulled pork.

### INGREDIENTS:

- 4 small sweet potatoes, scrubbed
  - 3 tbsp extra-virgin olive oil, divided use
    - Kosher salt, to taste
  - 2 tbsp unsalted butter
  - 3 medium yellow onions, thinly sliced
- Ground black pepper, to taste
- 1 lb 8 oz mixed mushrooms, cut into bite-sized pieces
  - 2 tbsp minced garlic
  - 2 tbsp dry white wine
  - 2 tbsp chopped thyme,
  - 1/2 cup crème fraîche

SERVES 4

1. Preheat the oven to 350°F. Poke the potatoes all over with a fork, then drizzle with 1 tbsp of the oil. Rub the potatoes all over, sprinkle with salt, and transfer to a baking sheet. Bake until the potatoes are tender, about 45 minutes.


2. Meanwhile, heat the butter in a large skillet over medium heat. Add the onions and a pinch of salt, and cook, stirring occasionally, until the onions are very lightly browned all over, about 15 minutes. Lower the heat to medium-low and cook, stirring frequently, until the onions are deeply browned, about 40 minutes. If any dry spots in the pan begin to burn, add some water to moisten the pan. Transfer the onions to a bowl, and wipe out the pan.

3. Return the pan to medium heat and add the remaining 2 tbsp oil. Add the mushrooms and a pinch of salt, working in batches, if needed, and cook without stirring until the edges are browned and well-seared, about 4 minutes. Continue cooking, stirring occasionally, until the mushrooms are well-browned all over, about 8 minutes. Stir in the garlic and a pinch of pepper and cook until fragrant, about 30 seconds. Add the wine and cook until the wine has reduced and the pan is dry, about 1 minute. Stir in the thyme.

4. Slice each potato down the center and push the two sides apart slightly. Use a fork to gently mash the inside of the potato. Top each potato with 2 tbsp of crème fraîche. Add a layer of caramelized onions, then top with the mushrooms.



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## SAUSAGE WITH SWEET AND SOUR PEPPERS

Serve this dish on its own, alongside roasted potatoes, or even chopped up and tossed with couscous or over polenta. If you don't have red wine vinegar, cider or balsamic will both work well in this dish.

### INGREDIENTS:

- 1 tbsp olive oil
- 1 lb sweet or hot Italian sausage
  - 4 bell peppers, any color, cored and sliced 1/2-inch
    - 1/2 tsp kosher salt, plus more as needed
    - 3 cloves garlic, minced
  - 1/3 cup red wine vinegar, plus more as needed
- 1 tbsp honey, plus more as needed

1. Heat the oil in a large skillet over medium heat. Add the sausage and cook, turning as needed, until it is browned all over (it doesn't need to be cooked through). Transfer to a plate and set aside.
2. Add the peppers and salt and cook, stirring frequently, until just beginning to brown around the edges, about 5 minutes. Reduce the heat and cook, stirring frequently, until the peppers are tender, about 8 minutes more.
3. Add the garlic and cook until aromatic, about 1 minute. Return the heat to medium and add the vinegar and honey. Nestle the browned sausage into the peppers and bring to a gentle simmer. Cook until the vinegar is almost fully reduced, the peppers are soft, and the sausage is cooked through, about 12 minutes. If the pan becomes too dry before the peppers are soft and the sausage is fully cooked, add a few tablespoons of water or vinegar and cover with a lid until ready. Taste and adjust seasoning with salt, vinegar, and honey, as needed.
4. Serve the peppers topped with the sausage.

SERVES 4 TO 6



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## PIRI PIRI CHICKEN

Don't get hung up on the details of this sauce, because any combination of peppers (you can even use jarred roasted peppers!), vinegar, and some sort of citrus juice will be tasty. For some spice, if you can't find the chiles, throw in a big pinch of red pepper flakes.

### INGREDIENTS:

- 2 Fresno chiles, stems removed
- 1 red bell pepper, roughly chopped
  - 3 cloves garlic
  - 2 tbsp orange juice
  - 1 tbsp lemon juice
- 1 tbsp red wine vinegar
  - 2 tbsp water
  - 1 tbsp olive oil
  - 1 tsp sugar
  - 1 dried bay leaf
  - 1/2 tsp dry oregano
  - Kosher salt, to taste
- Ground black pepper, to taste
- 1 head cauliflower, cut into florets
  - 1 lb 8 oz small Dutch yellow potatoes, halved
  - 1 tbsp vegetable oil
  - 4 chicken leg quarters

1. Preheat the oven to 375°F. In a small food processor, combine the chiles, bell pepper, garlic, orange juice, lemon juice, vinegar, water, oil, sugar, bay leaf, and oregano, and blend until smooth. Season with salt and pepper; set aside.
2. Spread the cauliflower and potatoes on a baking sheet and drizzle with the canola oil. Season with salt and pepper, then toss to coat.
3. Bake until the vegetables are beginning to soften, about 15 minutes. Remove from the oven. Stir the vegetables, and then nestle the chicken in among the vegetables. Season the chicken with salt and pepper, then return to the oven.
4. Bake until the vegetables and chicken are cooked through and golden brown, about 35 minutes more. Drizzle with the reserved sauce and sprinkle with parsley before serving. Serve with the remaining sauce on the side.

SERVES 4



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## CHEDDAR AND SCALLION WAFFLES

**Breakfast for dinner is our ultimate comfort food, and this savory version does the trick. Fold in some chopped crispy bacon for a little smoky, salty crunch.**

### INGREDIENTS:

- 2 cups all-purpose flour
  - 2 tsp baking powder
  - 1 tsp baking soda
  - 1/2 tsp kosher salt
- 1/2 tsp freshly ground black pepper
  - 1 cup shredded Cheddar cheese
    - 1/2 cup sliced scallions
    - 2 eggs
- 1 3/4 cups buttermilk, well shaken
  - 1/2 cup (1 stick) melted butter
  - 8 fried eggs, for serving

1. In a large bowl, combine the flour, baking powder, baking soda, salt, and pepper. Toss to combine. Add the cheese and scallions and stir to coat.

2. In a separate bowl, combine the eggs, buttermilk, and butter, and whisk to combine.

3. Add the egg mixture to the flour mixture and mix just until combined. There may still be small lumps in the batter.

4. Preheat the oven to 250°F. Heat a waffle iron. Ladle waffle batter in the center of the iron and cook according to the manufacturer's directions. Place the finished waffle on a baking sheet and keep warm in the oven while you prepare the remaining waffles. Transfer to the oven as done.

5. Serve the waffles topped with an egg.

SERVES 8



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# DINNER SHOPPING LIST

## PROTEIN

- 1 lb Italian sausage
- 4 chicken leg quarters

## DAIRY

- 1 cup shredded Cheddar
- 1/2 lb unsalted butter
- 1/2 cup crème fraîche
- 1 3/4 cups buttermilk
- 10 eggs

## PANTRY

- 3/4 cup olive oil
- 1 tbsp vegetable oil
- 1/2 cup red wine vinegar
- 1 lb dried penne
- 1 (28 oz) can whole San Marzano tomatoes
- 2 tbsp dry white wine
- 1 tbsp honey
- 1 tsp sugar
- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp crushed red pepper flakes
- 1/2 tsp dry oregano
- 1 dried bay leaf
- Kosher salt
- Black pepper

## PRODUCE

- 3 medium yellow onions
- 2 heads garlic
- 4 bell peppers
- 2 Fresno chiles
- 1 head cauliflower
- 1 lb 8 oz mixed mushrooms
- 1 lb 8 oz small Dutch yellow potatoes
- 4 small sweet potatoes
- 1 orange
- 1 lemon
- 1 bunch scallions
- 1 bunch thyme

