

WELCOME!

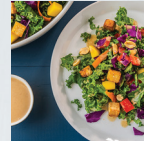
We're craving veggies this week (our brains are in farmers' market season), so we've pulled out a few of our favorites.

There are lots of prep opportunities for this week, so do as many as you can fit in on Sunday to make your week even easier.

PREP AHEAD

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

1. Make Monday's dressing and prep your salad veggies.
2. Make the tortilla soup all the way through.
3. Make the Bibimbap marinade and prep the veggies.
4. Make the eggplant relish for Friday's bruschetta.



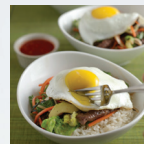
MONDAY

Kale Chopped Salad with Tofu and Coconut-Peanut Dressing



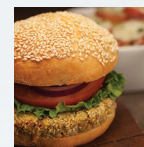
TUESDAY

Chicken Tortilla Soup



WEDNESDAY

Bibimbap



THURSDAY

Veggie Burgers with Asparagus



FRIDAY

Bruschetta with Eggplant Relish and Ricotta Salata, with Salumi



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KALE CHOPPED SALAD

We used tofu for a completely vegan meal, but you can substitute grilled chicken, salmon, or pork, if you like. You can sub cashew, almond, or sunflower seed butter for the peanut butter, but be sure you're using an unsweetened or lightly-sweetened version to help keep it nice and tangy.

INGREDIENTS:

- 1/4 cup unsweetened peanut butter
 - 2 tbsp seasoned rice vinegar
 - 1 tbsp soy sauce
 - 1 clove garlic
- 1/2 cup canned coconut milk
 - 2 tsp chile powder
 - 1/2 tsp curry powder
 - 1/4 tsp garlic granules
 - 1/2 tsp kosher salt
- 1 (14 oz) package firm tofu, drained and cubed
- 1 1/2 tbsp olive oil, divided use
 - 1 bunch kale (about 12 oz), tough stems removed, chopped
- 1 carrot, peeled and cut into ribbons with a vegetable peeler
 - 1 large mango, cubed
 - 1 red bell pepper, chopped
 - 2 cups chopped red cabbage
- 1/2 cup chopped roasted peanuts

1. For the dressing, combine the peanut butter, vinegar, soy sauce, garlic, and coconut milk in a small food processor and blend until smooth. Set aside.

2. In a medium bowl, combine the chile powder, curry powder, garlic granules, and salt, and stir to mix. Add the tofu and toss to coat. Heat 1 tablespoon of the oil in a skillet over medium-high heat and add the tofu. Cook, stirring frequently, until the tofu is browned all over, about 10 minutes. Set aside.

3. In a salad bowl, toss the kale with the remaining 1/2 tablespoon olive oil and massage the leaves until they have darkened in color and feel tender, about 4 minutes. Add the carrot, mango, bell pepper, cabbage, peanuts, and tofu, and toss to combine. Add the dressing (you may not need it all) and toss until the leaves are coated. Serve right away.

SERVES 4



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CHICKEN TORTILLA SOUP

If soup doesn't always feel like a satisfying meal, this one should do the trick. If you like it spicy, mince a hot chile pepper and add it alongside the garlic. For a smoky variation, use chipotle chili powder instead of the typical, more mild version.

INGREDIENTS:

- 4 tsp minced garlic
- 1 2/3 cups diced onion
- 8 cups chicken broth
- 7 six-inch corn tortillas, thinly sliced
- 1/4 cup chopped cilantro
- 1 1/2 cups tomato purée
- 1 tbsp ground cumin
- 2 tsp chili powder
- 1/2 tsp kosher salt
- 2 bay leaves
- 6 ounces cooked chicken breast, shredded
- 3 ounces extra-sharp Cheddar cheese, shredded
- 1/4 cup diced avocado
- 1/4 cup diced tomato

1. Preheat the oven to 350°F.

2. In a small pot, sweat the garlic and onion in a small amount of the chicken broth until the onion is translucent, 4 to 5 minutes. Purée the mixture in a blender or food processor. Set aside.

3. Toast the tortilla strips in the oven until crisp. Set aside 1/2 cup of the strips for garnish and crumble the remaining strips.

4. Combine the cilantro, tomato purée, onion purée, and crushed tortillas in large soup pot. Bring to a simmer over medium heat.

5. Add the remaining broth, the cumin, chili powder, salt, and bay leaves. Simmer until the soup is flavorful, about 15 minutes. Remove and discard the bay leaves.

6. Purée the soup in a blender or food processor. Serve the soup garnished with the chicken, cheese, avocado, diced tomato, and the reserved tortilla strips.

SERVES 6



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BIBIMBAP

Bibimbap is regularly prepared with beef, but this marinade can be used on veggies (mushrooms are a no-brainer!), pork, or even salmon. You can use both red radishes and daikon radishes, if you like (we like the contrasts in flavor and color), but daikon can be tough to find, so you can just use extra red radish, in that case.

INGREDIENTS:

- 1/4 cup soy sauce
 - 2 tsp sugar
- 1/4 minced scallions
- 1 tbsp minced garlic
- 2 tsp minced ginger root
- 2 tsp ground toasted sesame seeds
 - Sesame oil, as needed
- Ground black pepper, as needed
- 1 lb beef skirt steak, cut into strips
 - 1/4 cup vegetable oil,
plus more as needed
- 2 cups steamed medium-grain rice
- 2 cups Napa cabbage chiffonade
- 1 cup julienned or grated red radish
 - 1 cup julienned or grated daikon
 - 1 cup julienned or grated carrot
- 1 cup julienned seedless cucumber
 - 4 large eggs
- 2 tbsp Korean red pepper paste (gochujang), or as needed

1. Combine the soy sauce and sugar in a bowl. Add the scallions, garlic, ginger, and sesame seeds. Add the sesame oil and pepper to taste. Add the skirt steak and toss until evenly coated. Cover, refrigerate, and let the steak marinate for at least 1 and up to 8 hours.

2. Heat 2 tablespoons of the vegetable oil in a wok over high heat until it is nearly smoking. Add the beef strips to the hot oil and stirfry until the beef is cooked, about 4 minutes. Transfer to a bowl and keep warm.

3. Divide the rice evenly among 4 bowls. Top the rice with the cabbage. Toss together the red radish, daikon, carrot, and cucumber. Divide the vegetables evenly among the bowls. Top the vegetables with the skirt steak.

4. Wipe out the wok and return it to the burner. Add 1 tablespoon oil to the wok and heat over medium heat until the oil ripples. Add the eggs to the hot oil one at a time and fry, basting the top with a little oil, until the whites are set and the yolk is hot, 2 to 3 minutes. Top each serving with a fried egg and serve at once, accompanied by the Korean red pepper paste.

SERVES 4



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VEGETABLE BURGERS

These crispy veggie burgers are the best we've tried! If you don't need eight servings, place any leftovers on a baking sheet and freeze. Bake them from frozen for a quick dinner. We're serving ours with spring asparagus, but they're also really nice with a simple green salad.

INGREDIENTS:

- 4 carrots, grated
- 2 celery stalks, grated
 - 1 onion, grated
- 1/4 cup minced red bell pepper
- 3/4 cup minced mushrooms
 - 8 scallions, minced
 - 2 eggs, lightly beaten
- 1/2 cup chopped pecans
- 1 tbsp chopped fresh thyme
 - 2 garlic cloves, minced
 - 1 tsp kosher salt, plus more as needed
 - 1/2 tsp hot sauce
 - 2 tsp sesame oil
- 1/2 tsp ground black pepper, plus more as needed
 - 3 cups matzo meal
 - Olive oil, as needed
- 2 lb asparagus, ends trimmed
 - 8 hamburger buns
- Burger toppings, as desired

1. Preheat the oven to 475°F.

2. Combine the carrots, celery, onion, bell pepper, mushrooms, scallions, eggs, pecans, thyme, garlic, salt, hot sauce, sesame oil, and pepper in a large bowl and stir to thoroughly combine the mixture. Add 1 cup of the matzo meal, or more as needed, to make a firm, but still moist mixture. Form into 8 burgers. Dredge each burger in the remaining 2 cups of matzo meal.

3. Transfer the burgers to a lightly oiled baking sheet. On another baking sheet, spread the asparagus into an even layer. Drizzle with oil and season with salt and pepper. Toss or roll the asparagus to coat them evenly.

4. Bake the burgers turning once, until browned and crisp at the edges, about 12 minutes. Bake the asparagus until it is cooked through and browned, about 10 minutes, depending on the size.

5. Serve the burgers on buns with toppings of your choice, alongside the asparagus.

SERVES 8





BRUSCHETTA WITH EGGPLANT RELISH

This recipe is intended as an appetizer, but the addition of some salumi turns it into a great dinner. We think it's perfect with prosciutto or soppressata, but you can choose your favorites. Serve the eggplant relish warm or at room temperature.

INGREDIENTS:

- 3 lb eggplant, peeled, cut into 1/2-in cubes
 - 2 tsp kosher salt, plus more as needed
- 3/4 cups minced onions
 - 1/4 cup plus 2 tbsp extra-virgin olive oil, divided use
- 1/2 cup (2 stalks) small-dice celery
 - 1 1/2 cups tomato purée
- 1/2 cup pitted green olives, diced
- 1/4 cup capers, rinsed and drained
 - 1/4 cup sugar
 - 1/4 cup white wine vinegar
- Ground black pepper, as needed
- 16 baguette slices, cut on the bias 1/4-inch thick
 - 1 cup crumbled ricotta salata cheese
- 1 lb assorted salumi, like prosciutto, salami, or mortadella

1. Toss the eggplant with the salt and allow to sit for 30 minutes.
2. Heat 2 tablespoons of the olive oil in a sauté pan over medium heat. Add onions and cook until tender, 2 to 3 minutes. Add the celery and continue to cook until tender, 2 to 3 minutes. Add the tomato purée, and increase the heat to medium-high and bring the mixture to a boil. Add the olives, capers, sugar, and vinegar. Transfer to a bowl and wipe out the pan.
3. Squeeze the eggplant cubes to remove any excess water. Rinse, and pat dry with paper towels.
4. In the reserved pan, heat the remaining 1/4 cup oil and cook the eggplant over high heat, working in batches, if needed to prevent overcrowding, until slightly caramelized, 2 to 3 minutes. Lower the heat to medium and add the reserved tomato mixture. Increase the heat and bring to a boil, then lower the heat to medium and simmer until the sauce thickens, about 10 minutes. Adjust seasoning, if necessary.
5. Brush the baguette slices with olive oil and grill or toast them over medium-high heat until crisp and lightly charred, 1 to 2 minutes. Top the grilled baguette with a generous pile of the eggplant mixture and sprinkle with the ricotta salata. Serve alongside the salumi.

SERVES 6



DISH[®]
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DINNER SHOPPING LIST

PROTEIN

- 14 oz firm tofu
- 1 lb beef skirt steak
- 6 oz cooked chicken breast
- 1 lb assorted salumi, like prosciutto, salami, or mortadella

DAIRY

- 4 eggs
- 1 cup crumbled ricotta salata cheese
- 3 oz extra-sharp Cheddar

PANTRY

- 1 cup olive oil
- 1/2 cup vegetable oil
- 1 tbsp sesame oil
- 1/4 cup white wine vinegar
- 1/4 cup unsweetened peanut butter
- 1 cup roasted peanuts
- 1/2 cup green olives
- 1/4 cup capers
- 3 cups tomato purée
- 2 tbsp seasoned rice vinegar
- 1/3 cup soy sauce
- 2 tbsp gochujang
- 1 cup medium grain rice
- 8 cups chicken broth
- 5 tbsp sugar
- 1 baguette
- 1/4 tsp garlic granules
- 1/2 tsp curry powder
- 1 1/2 tbsp chile powder
- 1 tbsp ground cumin
- 2 tbsp sesame seeds
- 2 bay leaves
- Kosher salt
- Black pepper

PRODUCE

- 3 yellow onions
- 5 carrots
- 2 stalks celery
- 1 head garlic
- 1 (2-in) piece ginger
- 1 tomato
- 1 red bell pepper
- 3 lb eggplant
- 1 avocado
- 1 bunch kale (12 oz)
- 1 head red cabbage
- 1 head Napa cabbage
- 1 bunch red radishes
- 1 small daikon radish
- 1 large mango
- 1 bunch scallions
- 1 bunch cilantro

