



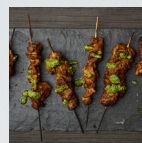
WELCOME!

You may already have a plan for Monday's dinner (there is something about classic hamburgers and hot dogs that can't be beat!), but just in case you need some inspiration, this Chicken Tikka is easy to pull together at the last minute, and so tasty. It's flavorful, but not so bold that you can't serve it with your favorite summer sides.

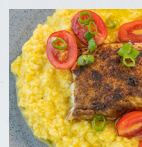
PREP AHEAD

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

1. Marinate the chicken for Monday.
2. Prep veggies for Thursday's Moo Shu veggies.



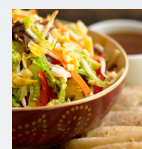
MONDAY
Chicken Tikka
with Grilled Vegetables



TUESDAY
Creamy Corn
with Blackened Tilapia



WEDNESDAY
Cacio e Pepe



THURSDAY
Moo Shu Vegetables



FRIDAY
Spiced Pork Pitas



DISH[®]
EAT. DRINK. DISCOVER.



CHICKEN TIKKA WITH GRILLED VEGGIES

This is a very mild Indian-style preparation that is lightly spiced and not very spicy at all. We like it with [Cilantro-Cashew Chutney](#) (you can buy prepared varieties), but it's tasty enough on its own. Serve it with naan or even just steamed rice, if you like.

INGREDIENTS:

- 2 lb skinless, boneless chicken thighs, cut into 1-inch cubes
 - Salt, as needed
- Ground black pepper, as needed
 - Juice of 1 lemon
- 2 tbsp ghee or vegetable oil
 - 1 tbsp paprika
- 1 1/2 tsp ground Korean chili pepper
 - 2 tsp ground cumin
 - 1 tsp ground ginger
 - 2 tsp ground turmeric
 - 2 tsp ground coriander
 - 1/2 cup diced onions
 - 2 cloves garlic, sliced
 - 1 cup Greek yogurt
 - 2 small zucchinis, halved
- 2 bell peppers, cored and quartered
 - 2 tbsp olive oil
- Naan, for serving (optional)

1. Season the chicken with salt, pepper, and lemon juice.

2. In a saucepan or similar pan, heat the ghee. Add the paprika, chili pepper, cumin, ginger, turmeric, and coriander and cook until aromatic, about 1 minute. Add the onions and cook over medium heat until the onions are very tender, about 10 minutes. Add the garlic and continue to cook until fragrant, about 1 minute.

3. Purée the onion-spice mix in a blender, adding small amounts of yogurt as needed to facilitate the blending.

4. Combine the spice purée with the chicken, mix well, and add the remainder of the yogurt. Allow to marinate for about 1 hour. Skewer the chicken pieces (if using wooden skewers, soak in water for 30 minutes before using).

5. Prepare a grill for medium-high cooking. Toss the zucchini and peppers in the oil. Grill the vegetables and chicken until cooked through and well charred, 5 to 6 minutes.

6. Cut the vegetables into portion-sized pieces and serve alongside the chicken with the naan, if using.

SERVES 4 TO 6



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CREAMY CORN WITH BLACKENED TILAPIA

You can use any fish that you like in this recipe, like cod, salmon, or even shrimp or calamari. The creamy corn is best cooked the day you plan to enjoy it, but to save time, you can grate the corn up to 2 days ahead and refrigerate tightly covered.

INGREDIENTS:

- 8 ears corn, shucked
- Pinch salt, plus as needed
- 1 cup cherry or grape tomatoes, halved
 - 1 tbsp minced shallots
 - 2 tsp olive oil
- 2 tsp white wine vinegar
 - 4 tilapia fillets
 - 2 tbsp vegetable oil
- 1 tbsp Cajun spice-blend
- 1/4 cup sliced scallions

1. Using a box grater set over a large bowl, grate the corn over the largest hole. Grate to the base of each kernel to release all of the corn milk. Transfer the corn to a medium saucepan, add a pinch of salt, and bring to a simmer. Cook, stirring frequently, until the corn is softened and no longer tastes starchy, about 6 minutes. Adjust the seasoning with salt and remove from the heat.
2. Meanwhile, in a small bowl, toss the tomatoes, shallots, olive oil, and vinegar. Season with a pinch of salt. Set aside. Season the tilapia with the Cajun spice-blend on both sides.
3. Heat the oil in a non-stick or well-seasoned cast iron skillet over medium-high heat. Add the fish and cook until cooked through and browned on both sides, 2 to 3 minutes on each side.
4. Reheat the corn, if needed, and serve with the tilapia, topped with the tomato mixture and a sprinkle of scallions.

SERVES 4



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CACIO E PEPE

Use any type of pasta (noodles work better, but tubes or even orzo will get the job done). Don't get bogged down by the variety of cheese. Parmesan or any grated hard cheese will work!

INGREDIENTS:

- Kosher salt, as needed
 - 1 lb spaghetti
- 1 cup grated Pecorino Romano (4 oz)
- 1/2 cup extra-virgin olive oil
- 1 tbsp ground black pepper

1. Bring a large pot of salted water to a rolling boil over high heat; covering the pot will help it come to a boil more quickly.
2. Add the spaghetti all at once and stir a few times to separate the pasta. Cook uncovered at a boil until the pasta is just tender to the bite, 10 to 12 minutes. Transfer a few ladlefuls of pasta water from the pot to a bowl or cup to have ready for finishing the sauce. (You may need up to 1/2 cup.)
3. Drain the spaghetti immediately through a colander. Shake well to remove any water clinging to the pasta. Pour the spaghetti back into the pot. Add the cheese, olive oil, and black pepper. Stir the pasta until the cheese and pepper are evenly distributed. Add about 1/4 cup of the pasta cooking water to the spaghetti to moisten the pasta slightly. It should appear creamy, not oily. If necessary, add a bit more of the pasta water until a light sauce forms.
4. Serve at once, passing additional cheese on the side.

SERVES 4 TO 6



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MOO SHU VEGETABLES

If you're lucky to have a great local Asian market, you should be able to find prepared moo shu pancakes. If not, flour tortillas will do the trick, or serve the veggie mixture over cooked rice.

INGREDIENTS:

- 3 tbsp vegetable oil
- 1 tbsp garlic, minced
- 1 tbsp peeled, minced ginger
- 1 tbsp minced scallion
- 1 bell pepper, cut in 1-2 inch strips
- 4 celery stalks, cut in 1-2 inch strips
- 4 carrots, cut in 1-2 inch strips
- 1/2 head Napa cabbage, chiffonade
- 2 tbsp hoisin sauce, plus more for serving
- 3 tbsp soy sauce
- 1 tbsp sesame oil
- 1 egg, beaten
- 16 moo shu pancakes (or flour tortillas)

1. Heat the oil in a wok or large sauté pan over medium heat. 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 6 TO 8



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SPICED PORK PITAS

Boston butt steaks are slices off of a larger Boston butt roast. They are usually about 1-inch thick, and unlike the larger roast, you can grill them hot and fast for a juicy, tender meat. If you can't find the Boston butt steak, ask your butcher if they will cut one for you. Otherwise, you can replace it with pork chops (not quite as juicy, but quick to cook).

INGREDIENTS:

- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1 1/2 tsp dried oregano
- 1/2 tsp granulated garlic
 - 1/2 tsp paprika
 - 3/4 tsp kosher salt
- 1/2 tsp freshly ground black pepper
 - 2 Boston butt steaks
(about 1 lb each)
 - 3 cups baby arugula
- 1 1/2 cups olive tapenade
 - 6 pitas, warmed

1. In a small bowl, combine the cumin, coriander, oregano, garlic, paprika, salt, and pepper.

2. Place the pork in a large baking dish or on a baking sheet. Sprinkle the pork with the spice mixture on both sides and rub it all over. The steaks should be generously and evenly coated. Cover and refrigerate for at least an hour and up to overnight.

3. Prepare a grill for medium heat cooking and oil the grates as needed. Cook the pork until well browned on both sides and just cooked through, about 4 minutes per side. Set aside to rest for about 10 minutes, then slice, removing the bone, if needed.

4. To serve, stuff each pita with arugula, olive tapenade, and sliced pork.

SERVES 6



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DINNER SHOPPING LIST

PROTEIN

- ☐ 2 lb skinless, boneless chicken thighs
- ☐ 2 Boston Butt steaks (about 1 lb each)
- ☐ 4 tilapia fillets

DAIRY

- ☐ 1 cup Greek yogurt
- ☐ 1 cup grated Pecorino Romano
- ☐ 2 tbsp ghee
- ☐ 1 egg

PANTRY

- ☐ 1/3 cup vegetable oil
- ☐ 3/4 cup olive oil
- ☐ 1 tbsp sesame oil
- ☐ 2 tsp white wine vinegar
- ☐ 1 1/2 cups olive tapenade
- ☐ 3 tbsp soy sauce
- ☐ 2 tbsp hoisin sauce
- ☐ 1 1/2 tsp ground Korean chile pepper
- ☐ 1 lb spaghetti
- ☐ 1 package naan, for serving
- ☐ 6 pitas, warmed
- ☐ 16 moo shu pancakes or flour tortillas
- ☐ 1/2 tsp granulated garlic
- ☐ 1/2 tsp ground coriander
- ☐ 1 tsp ground ginger
- ☐ 1 1/2 tsp dried oregano
- ☐ 2 tsp ground turmeric
- ☐ 2 tsp ground coriander
- ☐ 1 tbsp ground cumin
- ☐ 1 1/2 tbsp paprika
- ☐ 1 tbsp Cajun-style spice blend
- ☐ Kosher salt
- ☐ Black pepper

PRODUCE

- ☐ 1 yellow onion
- ☐ 1 shallot
- ☐ 1 head celery
- ☐ 4 carrots
- ☐ 1 head garlic
- ☐ 1 (2-in) piece ginger
- ☐ 1 head Napa cabbage
- ☐ 2 small zucchinis
- ☐ 3 bell peppers
- ☐ 8 ears corn
- ☐ 1 cup cherry or grape tomatoes
- ☐ 3 cups baby arugula
- ☐ 1 lemon
- ☐ 1 bunch scallions

