

WELCOME!

This week, we're introducing you to one of our go-to recipes: bulgogi-style grilled chicken.

This versatile marinated and grilled chicken makes an amazing cabbage wrap (that's what we're having this week), sandwich-stuffer, and rice or noodle bowl topper.

Keep the ingredients on hand, because you can use this flavorful marinade for more than chicken. Try it with steak, tofu, cubed pork butt, or shrimp.

PREP AHEAD

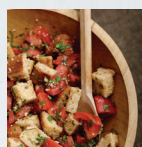
To make your week easier, check through this prep list on Sunday to get ahead of the game.

1. Make the marinade for Monday.
2. Cook beans for Tuesday, if using fresh.
3. Make Wednesday's salad dressing.



MONDAY

Grilled Chicken Bulgogi-Style



TUESDAY

Panzanella Salad with White Beans



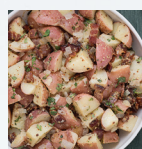
WEDNESDAY

Grilled Steak Salad with Horseradish Dressing



THURSDAY

One-Pot Mediterranean Pasta



FRIDAY

Bratwurst with German Potato Salad



DISH[®]
EAT. DRINK. DISCOVER.



GRILLED CHICKEN BULGOGI—STYLE

This makes a bigger batch of chicken, enough for about 8 servings. It's great for lunch leftovers, but feel free to half it for less servings. Look for light soy sauce at your local Asian market, but if you can't find it, regular will work in a pinch.

INGREDIENTS:

- 1 cup minced scallions
- 3 tbsp minced ginger
- 1 tbsp minced garlic
- 1/3 cup light soy sauce
- 5 tbsp mirin, divided use
 - 1 tbsp vegetable oil
- 4 tsp toasted sesame seeds, divided use
 - 2 tbsp sugar
- 2 tsp Korean red pepper powder
- 8 boneless, skinless chicken thighs
- 1/2 cup Korean red pepper paste
 - 16 Napa cabbage leaves
- 1/2 tsp sugar
- 1/4 tsp sesame oil
 - 1 tsp mirin
- 1/2 tsp toasted sesame seeds
- 1/2 tsp Korean red pepper powder
 - 1 tsp salt
- 2 cups scallion, thinly sliced

1. Whisk together the scallions, ginger, garlic, soy sauce, 3 tablespoons of the mirin, the oil, 1 tablespoon of the sesame seeds, 1 tablespoon of the sugar, and the red pepper powder to make the marinade.
2. Cut each chicken thigh in half. Add the chicken thighs to the marinade and turn to coat the chicken evenly. Cover and let the chicken marinate in the refrigerator for at least 1 and up to 12 hours.
3. Smash the remaining sesame seeds and whisk together with the red pepper paste, remaining mirin, and remaining sugar to make a sauce. Refrigerate the sauce in a covered container until ready to serve.
4. Preheat a grill to high.
5. Remove the chicken from the marinade, allowing any excess marinade drain off before grilling. Grill the chicken until browned and cooked through, about 4 to 5 minutes per side.
6. Combine the sugar, sesame oil, mirin, sesame seeds, red pepper powder, and salt. Add the scallions and toss together just before serving.
7. Arrange 2 cabbage leaves on each plate. Place a chicken thigh on top, spoon some of the scallion salad over it, and garnish with the reserved sauce.

SERVES 8



DISH[®]
EAT. DRINK. DISCOVER.



PANZANELLA SALAD WITH WHITE BEANS

Panzanella is a classic Italian summer salad that showcases perfect in-season tomatoes. We add some beans to turn it into a substantial supper, but you can also serve the salad sans beans alongside your favorite grilled meats or fish.

INGREDIENTS:

- 1 baguette, 24 inches long, preferably 2 days old
 - 1 tbsp unsalted butter
- 1/2 cup plus 3 tbsp olive oil
 - 1/4 cup chopped garlic
- 2 pounds medium tomatoes
- 3 cups cooked white beans, like cannellini or Great Northern
- 1/2 cup white balsamic vinegar
- 2 tsp salt, plus more as needed
 - 1 tsp ground black pepper, plus more as needed
 - 1 bunch basil
- 1/2 cup roughly chopped parsley

1. Cut the baguette into 1-inch cubes. Toast in 350°F oven for about 10 minutes or until crisp and dry, stirring occasionally if necessary.
2. Place the butter and 2 tablespoons of the olive oil into a 10-inch sauté pan over medium low heat. Allow the butter to melt and then add the garlic. Sauté the garlic until it is translucent, but not brown, 2 to 3 minutes. Toss the garlic mixture with the diced bread.
3. Cut the tomatoes in 1/2-inch pieces and place in a large bowl. Add the beans, vinegar, remaining olive oil, salt, and pepper, and toss to combine.
4. Layer one-quarter of the basil leaves on top of each other and roll into a tight bunch. Thinly slice the bunch of leaves crosswise to create long strips of basil approximately 1/8-inch thick.
5. Just before serving, toss the bread, basil, and parsley with the tomatoes. Adjust the seasoning with additional salt and pepper if necessary.

SERVES 6



DISH[®]
EAT. DRINK. DISCOVER.



GRILLED STEAK SALAD WITH HORSE RADISH DRESSING

Steak and horseradish are great friends, and we love this classic steakhouse pairing in salad form. This dressing is rich, so if you want to lighten it up, replace the mayo with olive oil for something a little less bulky, but still decadent.

INGREDIENTS:

- 1 1/2 lb flank steak
- 1 tsp salt, or as needed
- 1/2 tsp ground black pepper, or as needed
- 1/4 cup sour cream
- 1/2 cup mayonnaise
- 1 to 2 tbsp prepared horseradish
 - 1 tbsp lemon juice, fresh
- 6 cups romaine lettuce, washed and drained, cut into bite size pieces
 - 1 tsp lemon zest
- 1 pint cherry tomatoes, sliced lengthwise
- 2/3 cup blue cheese, crumbled
- 1/2 cup red onion, thinly sliced

1. Season the beef generously with salt and black pepper. Grill the steak to desired doneness, 3 to 4 minutes per side for medium rare.

2. Meanwhile, in a small bowl, mix together the sour cream, mayonnaise, horseradish, lemon juice, and 1/4 teaspoon freshly ground black pepper using a hand held wire whisk. Season the dressing with additional salt and pepper, if necessary, and reserve.

3. In a large bowl, toss together the lettuce, lemon zest, tomatoes, half the cheese, and the dressing. Divide the mixture among 6 individual plates.

4. Cut the steak across the grain into thin slanting slices. Place the sliced steak around the salad and top with the onion slices and remaining cheese.

SERVES 6



DISH[®]
EAT. DRINK. DISCOVER.



ONE-POT MEDITERRANEAN PASTA

When we say one pot, we mean it! All of the ingredients cook together—pasta included—and the finished dish is flavorful and saucy with less than 10 minutes of work! If you like, you can top the cooked pasta with sautéed shrimp or flaked tuna.

INGREDIENTS:

- 12 oz spaghetti
- 16 Kalamata olives, pitted and halved
- 2 cloves garlic, thinly sliced
 - 1 shallot, thinly sliced
 - 1 cup roughly chopped roasted red peppers
 - 2 tbsp oregano leaves
 - 2 tbsp freshly lemon juice
 - 1/2 tsp kosher salt
- Ground black pepper, to taste
- 2 tbsp extra-virgin olive oil
 - 4 1/2 cups water
 - 4 oz feta, crumbled


1. To a large saucepan or shallow skillet, add the spaghetti, olives, garlic, shallot, red peppers, oregano, lemon juice, salt, and oil. Pour in the water and bring to a boil over medium heat.

2. Cook, stirring frequently, until the pasta is al dente and the water is absorbed, about 8 minutes. Divide the portions into bowls and sprinkle with feta before serving.

SERVES 4



DISH[®]
EAT. DRINK. DISCOVER.



BRATWURST WITH GERMAN POTATO SALAD

Brats are a classic pairing with a warm German potato salad, but you can substitute kielbasa, bone-in chicken thighs, or even pork chops, if you like.

INGREDIENTS:

- 1 1/2 lb red bliss potatoes
 - 1/4 lb bacon, minced
- 1/2 large yellow onion, minced
 - 2 tbsp red wine vinegar
- 2 tbsp vegetable oil, divided
 - 1 1/2 tbsp Dijon mustard
- 1 1/2 tsp whole grain mustard
 - 1/2 cup chicken broth
 - 1/2 tsp kosher salt, plus more as needed
- 1/4 tsp freshly ground black pepper, plus more as needed
 - 1 1/2 tsp chopped chives
- 2 tsp chopped flat-leaf parsley
 - 6 bratwursts
 - 1 cup beer

1. Put the potatoes in a large pot. Cover them with cool salted water and bring the mixture to a simmer over medium heat. Cook until the potatoes are tender, 18 to 20 minutes.

2. Meanwhile, in a medium sauté pan, cook the bacon over medium heat until golden brown, 10 to 15 minutes. Remove the bacon from the pan, leaving the fat. Cook the onions in the fat until tender, 5 to 7 minutes. Transfer the onions to a large bowl. Add the bacon, vinegar, 1 tbsp of the oil, mustards, and chicken broth, and set aside.

3. Drain the potatoes and peel them while they are still warm. Slice the potatoes about 1/2-inch thick. Transfer to the bowl with the bacon mixture and toss gently to coat. Season with salt and pepper. Add the chives and parsley and toss to combine.

4. Heat the remaining 1 tbsp oil in a skillet over medium heat. Add the bratwursts and cook, turning occasionally, until browned all over, about 8 minutes. Add the beer, bring to a simmer, and cover. Cook until the bratwursts are cooked through, about 5 more minutes. Remove the lid and cook until the beer has reduced, about 2 minutes more.

5. Serve the bratwursts with the potato salad.

SERVES 6



DISH[®]
EAT. DRINK. DISCOVER.

DINNER SHOPPING LIST

PROTEIN

- 8 boneless, skinless chicken thighs
- 6 bratwursts
- 1 1/2 lb flank steak
- 1/4 lb bacon

SPICES

- 2 1/2 tsp Korean red pepper powder
- 5 tsp toasted sesame seeds

DAIRY

- 1 tbsp unsalted butter
- 4 oz feta
- 2/3 cup blue cheese
- 1/4 cup sour cream

PANTRY

- 3 tbsp vegetable oil
- 1 cup olive oil
- 1/4 tsp sesame oil
- 1/2 cup mayonnaise
- 2 tbsp red wine vinegar
- 1/2 cup white balsamic vinegar
- 1 1/2 tbsp Dijon mustard
- 1 1/2 tsp whole grain mustard
- 1/2 cup chicken broth
- 1/3 cup light soy sauce
- 1/4 cup mirin
- 1 cup beer
- 1/2 cup Korean red pepper paste
- 16 Kalamata olives
- 1 cup chopped roasted red peppers
- 2 tbsp prepared horseradish
- 3 cups cooked white beans
- 1 lb spaghetti
- 1 baguette
- 3 tbsp sugar

PRODUCE

- 1 large yellow onion
- 1 red onion
- 1 shallot
- 14 tbsp garlic
- 1 (4-in) piece ginger
- 2 lb medium tomatoes
- 1 pint cherry tomatoes
- 1 1/2 lb red bliss potatoes
- 1 head Napa cabbage
- 1 head romaine lettuce
- 3 lemons
- 2 bunches scallions
- 1 bunch oregano
- 1 bunch basil
- 1 bunch parsley
- 1 bunch chives

