

WELCOME!

These are five of our favorite quick-and-easy weeknight meals to simplify your life.

Like always, these are flexible recipes, so swap out proteins and veggies as you like. Serve broccoli or asparagus with the roasted pork tenderloin. Turn the chicken curry into a veggie dish with cauliflower and yellow potatoes. Or add leftover grilled steak to the tacos.

PREP AHEAD

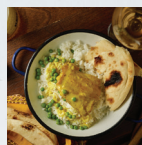
To make your week easier, check through this prep list on Sunday to get ahead of the game.

1. Make the marinade and onion mixture for Tuesday's curry. Store both in the refrigerator.
2. Make the pineapple salsa for Wednesday's tacos.



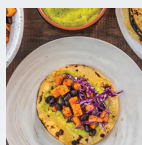
MONDAY

Roasted Pork Tenderloin with Honey-Mustard Sauce



TUESDAY

Chicken Curry



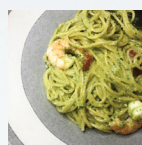
WEDNESDAY

Sweet Potato and Black Bean Tacos



THURSDAY

Crispy Lamb Pitass



FRIDAY

Creamy Cashew Pesto Pasta



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. You can make this recipe with pork chops or even chicken breast, if you prefer.

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. Working in batches, if needed, 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 sauté pan over medium-high heat. Add the chard and sauté until just tender, about 3 minutes. Add the garlic, and sauté until fragrant, about 1 minute more. Season with salt and pepper, to taste.

6. Remove the tenderloin from the oven and let stand 10 minutes before slicing. Serve with the sauce and chard.

SERVES 4 TO 6



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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-top 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 red pepper flakes 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 red pepper flake-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



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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



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CRISPY LAMB PITAS

You can substitute ground pork, chicken, or beef for the lamb if you'd like, though lamb does contribute a pretty unmistakable flavor. Make this dish dairy-free by substituting hummus, mashed avocado, or even just tahini for the yogurt.

INGREDIENTS:

- 1 lb ground lamb
- 1 tsp dry oregano
- 1 tsp dry rosemary
- 3/4 tsp ground cumin
 - 1 tsp kosher salt, plus more as needed
 - Zest of 1 lemon
- 3 cloves garlic, grated
- 1 tbsp plus 1 tsp olive oil, divided use
- 1/2 seedless cucumber, quartered and chopped
- 1 to 2 small tomatoes, chopped
 - 2 tbsp diced red onion
 - 2 tbsp red wine vinegar
- 1 cup plain Greek yogurt
 - 4 pitas, warmed
- Chopped dill, for serving (optional)

1. In a medium bowl, combine the lamb, oregano, rosemary, cumin, salt, lemon zest, garlic, and 2 teaspoons of the olive oil. Mix until well-combined, cover, and refrigerate for about an hour, or up to overnight.

2. Meanwhile, in a separate bowl, combine the cucumber, tomatoes, onion, vinegar, and the remaining 2 teaspoons oil. Season with a pinch of salt and refrigerate until needed.

3. Heat a large non-stick or well-seasoned cast iron skillet over medium-high heat. Add the meat to the skillet and use a spatula to press the meat into a thin layer (it doesn't have to be perfect). Cook until it is golden brown and crisp on the bottom, about 4 minutes.

4. Use the spatula to cut the meat into easy-to-handle portions and flip. Cook for another minutes or so, then use the spatula to break the pieces into roughly 1-inch pieces. Some may be smaller, some may be a little larger, all are okay. Cook, flipping the pieces as needed, until they are crisp all over and cooked through, about 4 minutes. The goal is to have bite-sized, crisp pieces of lamb. Remove from the heat.

5. To serve, spread a few tablespoons of yogurt down the center of a pita. Top with the cucumber salad and lamb, and sprinkle with dill, if using.

SERVES 4



DISH[®]
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CREAMY CASHEW PESTO PASTA

This dish is best served right away, so assemble it just before you're ready for dinner. We used shrimp for an easy topper, but you can use sausage, white beans, or just leave it out all together. Use any leafy green in place of the spinach, like kale or chard.

INGREDIENTS:

- 1 cup raw cashews
- 5 cloves garlic, divided use
 - 1 cup basil leaves
 - 1 cup spinach leaves
 - Kosher salt, as needed
- 1/4 cup plus 2 tbsp olive oil, divided use
- 1 lb pasta, like linguine or spaghetti
 - 1 lb 8 oz shrimp, peeled and deveined
 - 1/2 cup white wine
- 1 cup chopped roasted peppers
 - Juice of 1 lemon

1. Place the cashews in a bowl. Add enough water to cover by 1-inch. Set aside at room temperature for at least an hour or up to overnight.

2. In the bowl of a food processor or blender, combine 3 cloves of the garlic, the basil, spinach, and a pinch of salt. Drain the cashews and add to the food processor, and blend until coarse. Add 1/4 cup of the oil and blend to make a paste, adding water 1 tablespoon at a time, if needed, to facilitate blending. Set aside.

3. Bring a large pot of salted water to a boil. Add the pasta and cook until al dente, about 8 minutes, depending on the type of pasta. Drain, and reserve about 1 cup of pasta cooking water.

4. Meanwhile, heat the remaining 2 tablespoons oil in a large skillet over medium-high heat. Mince the remaining 2 cloves of garlic and add them to the pan with the shrimp. Cook until the shrimp begins to turn pink, about 1 minute. Add the wine and roasted peppers, and cook until the mixture reduces by about half, about 4 minutes.

5. Transfer the cashew mixture and the pasta to the pan and toss to combine. Add about half of the reserved pasta water, and toss the pasta until a sauce forms. Add additional pasta water as needed until the sauce is smooth and glossy. Add the lemon juice, adjust the seasoning with salt, and serve right away.

SERVES 6



DISH[®]
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DINNER SHOPPING LIST

PROTEIN

- 1 lb ground lamb
- 1 lb 8 oz shrimp
- 3 lb pork tenderloin
- 2 1/2 lb skinless chicken thighs

SPICES

- 1/2 tsp garlic granules
- 1 tsp dry oregano
- 1 tsp dry rosemary
- 1 tsp chile powder
- 1 tsp ground turmeric
- 1 tsp ground cinnamon
- 1 tsp red pepper flakes
- 1 tsp garam masala
- 1 1/2 tsp ground cumin
- 1 tbsp ground coriander
- Kosher salt
- Black pepper

PANTRY

- 3/4 cup olive oil
- 1/4 cup vegetable oil
- 1/4 cup red wine vinegar
- 1 1/3 cups chicken broth
- 1 tbsp tomato paste
- 2 tbsp whole grain mustard
- 3/4 cup coconut milk
- 1 cup raw cashews
- 1/2 cup white wine
- 1 (15 oz) can black beans
- 1 cup roasted red peppers
- 1 lb linguine
- 8 corn tortillas
- 4 pitas
- 2 tbsp honey

DAIRY

- 2 cups plain yogurt

PRODUCE

- 3 yellow onions
- 1 red onion
- 1 shallot
- 2 heads garlic
- 1 (2-in) piece ginger
- 2 small tomatoes
- 1 jalapeño
- 1 seedless cucumber
- 1 large avocado
- 1 large sweet potato
- 1 pineapple
- 1 bunch Swiss chard
- 1 head red cabbage
- 1 cup spinach leaves
- 3 lemons
- 3 limes
- 1 bunch basil
- 1 bunch cilantro
- 1 bunch dill
- 1 bunch thyme
- 1/2 cup frozen peas

