

WELCOME!

We're squeezing in a few last grilling nights, but if you're somewhere that the weather isn't quite right for that, any of these grilled recipes can be prepared in a skillet (extra points if you have a good, well-seasoned cast iron one!).

There are plenty of get-ahead opportunities you can check off the list this weekend for smooth sailing during the week.

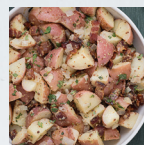
PREP AHEAD

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

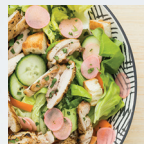
1. Make Monday's slaw.
2. Prepare Tuesday's potato salad through Step 2.
3. Cook the chickpeas for Thursday's pasta.
4. Prepare the curry sauce for Friday's wursts.



MONDAY
Grilled Fish Tacos



TUESDAY
Grilled Pork Chops
with German Potato Salad



WEDNESDAY
Banh Mi Chicken Salad



THURSDAY
Pasta e Ceci



FRIDAY
Curry Wurst



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EAT. DRINK. DISCOVER.



GRILLED FISH TACOS

These tacos are grilled, but you can cook the fish in a skillet, if you like. Serve them on their own for a nice, light supper, or add some grilled veggies or black bean salad (we like them with chopped cilantro and lime juice).

INGREDIENTS:

- 3 lb mahi-mahi fillets
- Kosher salt, as needed
- 1/2 cup vegetable oil
 - 3 tbsp lime juice
- 1 1/2 tbsp chili powder
- 1 1/2 tsp ground cumin
- 1 1/2 tsp ground coriander
 - 2 garlic cloves, minced
- 8 (8-inch) corn or flour tortillas, warmed
 - Sour cream, for serving
 - Lime wedges, for serving

SOUTHWESTERN SLAW

- 1 lb green cabbage, chopped
 - Kosher salt, as needed
 - 2 tbsp lime juice
 - 2 tbsp honey
 - 1/4 red onion, minced
 - 1/2 jalapeño, minced
- 1/4 cup coarsely cut cilantro
- Ground black pepper, as needed

1. Cut the mahi-mahi into 16 equal slices, and season with salt as needed.
2. Gently combine the vegetable oil, lime juice, chili powder, cumin, coriander, and garlic with the fish. Allow the fish to marinate for about 30 minutes.
3. Meanwhile, prepare the southwestern slaw. In a mixing bowl, combine the chopped cabbage with salt, mix well, and allow to sit for about 15 minutes.
4. Squeeze excess moisture out of the cabbage and combine with the lime juice, honey, onions, jalapeños, and cilantro. Adjust seasoning with salt and pepper, as needed
5. Grill the fish over high heat until well-marked and cooked through, about 1 minute on each side.
6. Place about 2 tablespoons of slaw into a corn tortilla and top with two pieces of fish. Top with sour cream and a squeeze of lime.

SERVES 4



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GRILLED PORK CHOPS WITH GERMAN POTATO SALAD

Though you can definitely make this potato salad ahead of time, it's intended to be served a bit warm, and that's where its flavors really shine. To save time, prepare Step 2 and refrigerate that mixture, then toss it with hot potatoes when you're ready to serve.

INGREDIENTS:

- 1 1/2 lb red bliss potatoes
 - 1/4 lb bacon, minced
- 1/2 large yellow onion, minced
 - 2 tbsp red wine vinegar
 - 1 tbsp vegetable oil
 - 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
- 2 tsp chopped flat-leaf parsley

- 5 bone-in pork chops, 2 inches thick
 - 2 tsp salt
- 1/2 tsp freshly ground black pepper
 - 2 tbsp olive oil

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, 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 parsley and toss to combine.

4. Meanwhile, preheat the grill. Season the pork with the salt and pepper and brush it lightly with the oil.

5. Place the pork chops on the grill with the best looking side down. Grill, undisturbed, for 8 to 10 minutes. Turn the pork chops over and grill to the desired doneness.

6. Remove the pork chops from the grill and allow them to rest, loosely covered with aluminum foil, about 5 minutes. Serve with the potato salad.

SERVES 5



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BANH MI-STYLE CHICKEN SALAD

Chicken is an easy protein option, but you can grill, sear, or broil shrimp, tofu, or pork shoulder steaks, or even just toss in cooked chickpeas.

INGREDIENTS:

- 2 carrots, cut into thin, wide strips with a vegetable peeler
 - 3 radishes, very thinly sliced
 - 1/2 jalapeño, thinly sliced, seeds removed, if desired
- 1/2 cup seasoned rice vinegar
 - 1 cup water
 - 1/2 tsp kosher salt, plus more as needed
- 5 boneless, skinless chicken thighs
 - Ground black pepper, to taste
 - 1 tsp fish sauce
 - 1 clove garlic, minced
 - 1/4 cup vegetable oil
 - 2 heads Bibb lettuce, torn into bite-size pieces
 - 1/4 cup basil, chopped
 - 1/4 cup cilantro, chopped
 - 1/4 cup mint, chopped
- 1 seedless cucumber, thinly sliced
 - 1 cup croutons

1. In a jar, combine the carrots, radishes, jalapeño, vinegar, water, and salt. Cover and shake to combine. Refrigerate for at least an hour to pickle.

2. Meanwhile, prepare a grill for medium-high heat cooking and lightly brush with oil. Season the chicken with salt and pepper and grill until cooked through and lightly charred, about 6 minutes per side. Set aside to rest.

3. In a small bowl, combine 1/4 cup of the vegetable pickling liquid with the fish sauce, garlic, and vegetable oil to make a vinaigrette. Thinly slice the chicken thighs.

4. In a large serving bowl, combine the lettuce, basil, cilantro, mint, cucumber, pickled vegetables, sliced chicken, and croutons. Drizzle with vinaigrette (you may not use it all), and toss to combine. Serve right away.

SERVES 6



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PASTA E CECI

This is a classic Italian dish that showcases chickpeas and a flavorful broth. You can cook the chickpeas a day or two ahead, and then the dish will come together in a flash for a busy weeknight.

INGREDIENTS:

- 1 lb dried chickpeas
(about 2 1/2 cups)
- 1/2 cup extra-virgin olive oil,
plus more for drizzling
- 1 medium yellow onion,
finely chopped
- 1 celery stalk, finely chopped
 - 2 garlic cloves, chopped
 - 1 rosemary sprig,
leaves picked and chopped
- 3 cups chicken or vegetable broth,
or as needed
- 3/4 cup broken pappardelle
(or any short dried pasta)
 - Kosher salt, to taste
- Ground black pepper, as needed
- Red pepper flakes, as needed
 - Chopped flat-leaf parsley,
for serving

1. The day before making the soup, sort and rinse the chickpeas and soak in cold water to cover for at least 12 and up to 24 hours.

2. Drain the chickpeas and put them in a pot. Add enough cold water to cover by at least 2 inches. Bring the water to a boil over high heat. Lower the heat, and continue to simmer the chickpeas until they are tender, about 45 minutes. Drain the chickpeas in a colander and reserve.

3. Heat a soup pot over medium heat. Add the olive oil, onion, celery, garlic, and rosemary. Cover and cook over low heat until the vegetables are tender and have started to release some of their juices, about 10 minutes.

4. Drain the chickpeas and add them to the soup pot, along with the broth. Stir and cook over low heat until the chickpeas are very tender, 30 to 40 minutes.

5. Transfer half of the soup to a large bowl. Use an immersion blender to puree the soup left in the pot. Return the unpureed soup to the pot, and add the pasta. Continue to simmer the soup until the pasta is cooked and tender, 10 to 12 minutes depending upon the shape of the pasta you use. Add salt, black pepper, and hot red pepper to taste. Garnish with parsley before serving.

SERVES 4 TO 6



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CURRYWURST

Currywurst is a popular street food in Germany and most of western Europe, and it is exactly what it sounds like! This recipe makes enough sauce for 8 bratwursts, but if you're making fewer portions, make all of the sauce and freeze half for next time.

INGREDIENTS:

- 2 tbsp vegetable oil
- 3/4 cup minced onions
- 2 tbsp curry powder
 - 1 tbsp paprika
- 1 (14 oz) can diced tomatoes, with juice
 - 2/3 cup ketchup
 - 5 tbsp brown sugar
 - 1/4 cup cider vinegar
 - 1 tbsp Dijon mustard
 - Salt, as needed
 - Cayenne, as needed
 - 8 bratwurst
- Potato chips, for serving

1. For the sauce, heat the oil in a skillet over medium heat. Cook the onions until very tender, 5 to 10 minutes. Add the curry powder and the paprika and continue to cook gently until fragrant, about 30 seconds.
2. Add the tomatoes, ketchup, sugar, vinegar, and mustard. Bring to a boil, and simmer gently for about 30 minutes.
3. Purée in a blender until very smooth. Season as needed with salt and cayenne.
4. Cook the bratwurst in a skillet, on a griddle, or on a grill until golden brown on all sides, fully cooked, and heated through, about 5 minutes.
5. Pour the curry sauce on top and sprinkle with more curry powder as desired. Serve with potato chips.

SERVES 8



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DINNER SHOPPING LIST

PROTEINS

- 8 bratwursts
- 5 bone-in pork chops
- 5 boneless chicken thighs
- 3 lb mahi mahi fillets
- 1/4 lb bacon

SPICES

- 2 tbsp curry powder
- 1 tbsp paprika
- 1 1/2 tbsp chili powder
- 1 1/2 tsp ground cumin
- 1 1/2 tsp ground coriander
- 1/2 tsp red pepper flakes
- 1/4 tsp cayenne
- Kosher salt
- Black pepper

PANTRY

- 3/4 cup olive oil
- 1 1/4 cups vegetable oil
- 1/2 cup seasoned rice vinegar
- 1/4 cup cider vinegar
- 2 tbsp red wine vinegar
- 3 tbsp Dijon mustard
- 1 1/2 tsp whole grain mustard
- 1 tsp fish sauce
- 1 (14 oz) can diced tomatoes
- 2/3 cup ketchup
- 3 1/2 cups chicken broth
- 1 lb dried chickpeas
- 8 oz pappardelle
- 8 (8-in) corn or flour tortillas
- 1 bag potato chips
- 5 tbsp brown sugar
- 2 tbsp honey

DAIRY

- 1 cup sour cream

PRODUCE

- 3 yellow onions
- 1 red onion
- 2 carrots
- 1 celery stalk
- 5 cloves garlic
- 1 jalapeño
- 3 red radishes
- 1 seedless cucumber
- 2 heads Bibb lettuce
- 1 lb green cabbage
- 1 1/2 lb red bliss potatoes
- 4 limes
- 1 bunch basil
- 1 bunch cilantro
- 1 bunch mint
- 1 bunch parsley
- 1 bunch rosemary

