

# WELCOME!

Happy New Year, DISH members!

This was one for the books, and we're eager to see what 2021 has in store. But for now, we are looking forward to a quiet week with dinners that are cozy, tasty, and best of all, easy.

If you were thinking about a no-meat or plant-forward January, look for substitution suggestions in each recipe

## PREP AHEAD

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

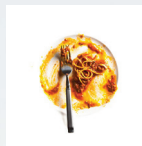
1. Make the tuna and anchovy sauce for Wednesday's pasta.
2. Make the sauce for Thursday's eggs. Reheat it before you add the eggs day-of.
3. Make Friday's soup all the way through.



**MONDAY**  
Poke-Style Roasted Salmon Bowls



**TUESDAY**  
Reuben Sandwich



**WEDNESDAY**  
Linguine with Tuna and Anchovies



**THURSDAY**  
Eggs in Purgatory



**FRIDAY**  
Chicken Tortilla Soup





## POKE—STYLE ROASTED SALMON BOWLS

We've chosen a few of our favorite toppings, but you can customize with what you like best, including avocado, mango, or shredded cabbage. Substitute roasted veggies, like broccoli or sweet potato for the salmon, if you like.

### INGREDIENTS:

- 3/4 cup low-sodium soy sauce
- 3 tbsp seasoned rice vinegar
  - 1 1/2 tbsp sesame oil
  - 2 tbsp honey
  - 1 tsp grated ginger
- 2 cloves garlic, grated
  - 1 lb salmon
- 1/4 cup mayonnaise
- 2 tsp Sriracha, or to taste
- 3 cups cooked brown rice (from about 1 1/2 cups raw)
  - 3 Persian cucumbers (or 1/2 seedless cucumber), thinly sliced
- 1 1/2 cups frozen edamame, defrosted
- 1 cup prepared seaweed salad
- Thinly sliced dried seaweed, for garnish
- Sesame seeds, for garnish

1. In a bowl, combine the soy sauce, rice vinegar, sesame oil, honey, ginger, and garlic. Place the salmon in a zip-top bag or shallow dish and pour about 3/4 of the soy sauce mixture over the salmon (reserve the remainder for later). Turn to coat the salmon and refrigerate for at least 1 hour.

2. Preheat the oven to 375°F. Transfer the salmon to a lightly oiled baking sheet, reserving the marinade. Bake, brushing with the salmon marinade occasionally, until the fish is opaque all over, feels semi-firm to the touch, and flakes when tested with a fork at the thickest part, about 25 minutes. Turn the oven to broil and cook the salmon until it is golden brown on top and beginning to char around the edges, about 4 minutes.

3. In a small bowl, combine the mayonnaise and sriracha.

4. To assemble the bowls, evenly divide the rice among four bowls. Top each bowl with a quarter of the cucumber, a quarter of the edamame, and a quarter of the seaweed salad. Use a fork to flake the salmon into chunks and add to the bowls. Drizzle with the sriracha mayonnaise and the reserved soy sauce mixture, and garnish with dried seaweed and sesame seeds.

SERVES 4



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## REUBEN SANDWICHES

This recipe calls for corned beef, but you can use pastrami or smoked turkey, if you prefer. For a veggie sandwich, swap out wilted greens, grilled eggplant, or even some smoked cheese for a Reuben-style grilled cheese sandwich.

### INGREDIENTS:

- Russian Dressing (recipe follows)
  - 8 slices rye bread
  - 8 slices Swiss cheese
  - 1 lb sliced corned beef
    - 1 cup sauerkraut
  - 1/4 cup (4 tbsp) butter

#### Russian Dressing:

- 3/4 cup mayonnaise
  - 1/4 cup ketchup
  - 2 tbsp minced onion
- 1/2 tsp Worcestershire sauce
- Ground black pepper, as needed

1. To make the Russian dressing, combine the mayonnaise, ketchup, onion, Worcestershire sauce, and pepper in a bowl, and stir until combined.

2. Lay out all slices of the rye bread and spread the Russian Dressing on top. Place a slice of cheese onto 8 of the bread slices, then place 1 or 2 slices of corned beef onto the cheese to cover. Place 2 tablespoons of the sauerkraut onto the corned beef and spread evenly. Place 1 or 2 more slices of corned beef onto the sauerkraut to cover, and top with another slice of cheese. Top with the remaining 8 slices of bread and press down slightly.

3. Heat half of the butter on a griddle or in a skillet over medium heat. Cook the sandwiches until brown and crispy on both sides, 5 to 8 minutes. If the bread browns before the cheese is melted, you can place the sandwich on a baking sheet in a 350°F oven until warmed through.

SERVES 4



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## LINGUINE WITH ANCHOVIES AND TUNA

Look for anchovies and tuna imported from Italy, Spain, or Portugal, if available (they really know their tinned fish!). If fish isn't your style, substitute lots of minced shallots and mushrooms.

### INGREDIENTS:

- 1/2 cup extra-virgin olive oil, plus more as needed
- One 2-oz can oil-packed anchovies, drained
  - 4 garlic cloves, minced
- 1/2 cup chopped flat-leaf parsley
- Two 5-oz cans oil-packed tuna, drained and flaked
  - 1/2 cup dry white wine
- One 6-oz can tomato paste
  - Kosher salt, as needed
- Red pepper flakes, as needed
  - 1 lb dried linguine

1. Heat the oil in a medium sauté pan over medium heat. Add the anchovies and cook, stirring and mashing them, until they melt. Add the garlic and continue to cook, stirring frequently, until fragrant, about 2 minutes. Stir in the parsley and cook another 1 or 2 minutes. Add the tuna and the wine and cook until the wine has nearly cooked away. Add the tomato paste, and cook until it has a sweet aroma and a rich rusty color, another 2 minutes.

2. Add 6 cups of water and bring to a simmer. Reduce the heat to low and continue to cook, covered, until the sauce is reduced, thick, and rich, 45 to 60 minutes. Season, as necessary, with salt and some red pepper flakes.

3. Bring a large pot of salted water to a boil. Add the linguine and stir to submerge the pasta and separate the strands. Cook, uncovered, until the pasta is just tender, 8 to 10 minutes. Reserve a few ladlefuls of the pasta cooking water for finishing the sauce (you will need about 1/2 cup).

4. Drain the pasta in a colander. Shake well to remove any water clinging to the pasta. Pour the drained pasta into a large heated serving bowl. Add the tuna and anchovy sauce and 1/4 cup of the reserved pasta cooking water and toss together until the pasta is evenly coated.

5. Drizzle with oil and serve at once

SERVES 4 TO 6



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## EGGS IN PURGATORY

**Add crushed red pepper flakes to the sauce if you like spice (we do!). If you don't love a runny egg, you may also scramble the eggs into the tomato sauce and serve as they are.**

### INGREDIENTS:

- 2 lb ripe plum tomatoes
- 2 tbsp extra-virgin olive oil
  - 2 garlic cloves, peeled and thinly sliced
  - 1 tbsp chopped parsley
- 8 basil leaves, fresh, torn in pieces
  - Kosher salt, to taste
- Ground black pepper, as needed
  - 8 large eggs
- 8 slices grilled or toasted bread

1. Blanch the tomatoes in boiling water for 30 seconds, shock them in cold water, then peel the skin. Cut the tomatoes in half, remove most of the seeds, and then cut them in large dice; set aside. If you don't mind skin in your sauce, you can skip this step and dice the tomatoes with the peel on.

2. Heat the oil in a sauté pan or saucepan that has a cover over medium heat with the garlic. Just before the garlic starts to take on any color, about 1 minute, add the tomatoes, parsley, and basil. Season with salt and pepper, bring to a simmer over low heat, and let cook for 10 minutes, until the tomatoes become "saucy," but are still a little chunky.

3. Break the eggs, one at the time, into a cup or dish and then gently slide them, one at the time and without breaking the yolks, on top of tomato sauce. Try to keep them separated.

4. Cover the pan and let cook gently for 3 to 4 minutes, until the eggs are done, but still soft. Immediately serve them on a large round plate with the tomato sauce. Serve the grilled or toasted bread on the side.

SERVES 4



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## CHICKEN TORTILLA SOUP

**Poach chicken for this dish, use chicken from homemade chicken broth, or pick chicken from a store-bought rotisserie chicken. You can also use store-bought tortilla chips and skip Step 1. For a vegetarian version, substitute vegetable broth and stir in black beans instead of chicken.**

### INGREDIENTS:

- 4 six-inch corn tortillas
  - 2 tsp vegetable oil
- 3/4 cup finely minced onion
- 1 garlic clove, finely minced
  - 3/4 cup canned diced tomatoes, drained
- 2 tsp mild chili powder
  - 1 tsp ground cumin
- 6 cups chicken broth
  - 1 bay leaf
  - Salt, as needed
- Ground black pepper, as needed
- 1 cup shredded cooked chicken breast (from about 1 breast)
- 1 tbsp chopped cilantro leaves
  - 1/4 cup queso fresco
- 1/2 cup diced fresh tomatoes
  - 1/2 cup diced avocado
- 1 lime, cut into 6 wedges

1. Preheat the oven to 300°F. Cut the tortillas into matchsticks. Place them in an even layer on a baking sheet and toast in the oven, about 15 minutes. Reserve about 1/2 cup of the strips for garnish. Crush the remainder in a food processor or blender.

2. Heat the oil in a soup pot over medium heat. Add the onion and garlic and cook, stirring frequently, until they have a sweet aroma, 5 to 6 minutes. Add the diced tomatoes and continue to cook for 3 minutes. Add the chili powder and cumin, and cook another 2 minutes.

3. Add the broth, crushed tortillas, and bay leaf. Stir well, bring the soup to a simmer, and cook for 25 to 30 minutes. Season to taste with salt and pepper.

4. Strain the soup through a sieve. Serve the soup in heated bowls. Garnish with the shredded chicken, chopped cilantro, queso fresco, reserved tortilla strips, diced fresh tomato, diced avocado, and lime.

SERVES 6



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# DINNER SHOPPING LIST

## PROTEINS

- 1 lb salmon
- 1 lb sliced corned beef
- 1 chicken breast  
(or 1 cup shredded chicken)

## DAIRY

- 8 eggs
- 8 slices Swiss cheese
- 1/4 cup queso fresco
- 4 tbsp butter

## SPICES

- 2 tsp sesame seeds
- 2 tsp mild chili powder
- 1 tsp red pepper flakes
- 1 tsp ground cumin
- 1 bay leaf
- Kosher salt
- Black pepper

## PANTRY

- 3/4 cup olive oil
- 2 tsp vegetable oil
- 1/4 cup ketchup
- 3/4 cup canned diced tomatoes
- 1 (6 oz) can tomato paste
- 1/2 tsp Worcestershire
- 1 cup mayonnaise
- 1 cup sauerkraut
- 6 cups chicken broth
- 3/4 cup soy sauce
- 3 tbsp seasoned rice vinegar
- 1 1/2 tbsp sesame oil
- 2 tsp Sriracha
- 2 tbsp honey
- 1 (2 oz) can oil-packed anchovies
- 2 (5 oz) cans oil-packed tuna
- 1/2 cup dry white wine
- 1 1/2 cups brown rice  
(or 3 cups cooked)

## PANTRY, CONT.

- 8 slices rye bread
- 1 loaf crusty bread
- 4 (6-in) corn tortillas
- 1 lb dried linguine
- 1 1/2 cups frozen edamame
- 1 cup seaweed salad
- 1 package dry seaweed

## PRODUCE

- 1 yellow onion
- 9 cloves garlic
- 1 (1-in) piece ginger
- 2 1/4 lb Roma tomatoes
- 3 Persian cucumbers
- 1 avocado
- 1 lime
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch basil

