

WELCOME!

Yes, there are two soups on this week's menu, but that's because we're getting close to the end of soup season, and we have to squeeze them in before it's too hot!

If two soups is one soup too many, turn Thursday's soup into a noodle dish by increasing the noodle quality and using just a splash or two of broth for sauciness.

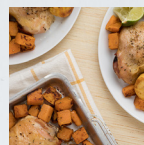
PREP AHEAD

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

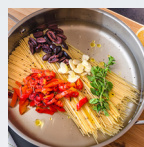
1. Make broth for this week's soups if you plan to use homemade.
2. Make Tuesday's marinade.



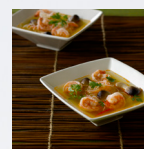
MONDAY
Matzo Ball Soup



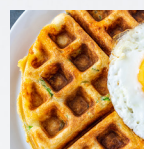
TUESDAY
Mojo Chicken with Sweet Potatoes and Plantains



WEDNESDAY
One-Pot Mediterranean Pasta



THURSDAY
Thai Hot and Sour Soup



FRIDAY
Cheddar and Scallion Waffles





MATZO BALL SOUP

Homemade broth will make the most flavorful soup, but you can use store-bought, if you prefer. Schmaltz, or rendered chicken fat, can be purchased at some specialty stores, but it's easy to make your own, and you'll use the leftovers for weeks.

INGREDIENTS:

Matzo Balls

- 1 3/4 cups matzo meal
 - 6 eggs, beaten
 - 1 cup water
 - 2 tsp salt
- 2 tsp finely ground pepper
- 1/2 cup Schmaltz, melted, or vegetable oil or melted butter

- 8 cups [Chicken Broth](#)
 - Salt, to taste
- Ground black pepper, to taste
 - 2 carrots, sliced into coins (optional)
- 1 celery stalk, thinly sliced (optional)
 - 1 cup shredded cooked chicken (optional)
- Chopped dill, for garnish (optional)

1. To make the matzo balls: Combine the matzo meal, eggs, water, salt, and pepper in a food processor. Process for 15 to 20 seconds. Add the chicken fat and pulse just until the fat is incorporated. Transfer to a bowl, cover, and refrigerate for 20 to 30 minutes.

2. Bring a pot of lightly salted water to a simmer over low heat. Wet your hands and form the matzo mixture into balls about 2 inches in diameter. Gently drop the balls into the simmering water. Cover the pot and simmer for 20 minutes, or until firm and cooked through. Alternately, you can simmer the matzo balls in the chicken broth. This will add flavor to the matzo balls, but will result in a cloudier broth.

3. Meanwhile, bring the chicken broth to a simmer in a large saucepan. Season with salt and pepper. When the matzo balls are cooked, transfer them with a slotted spoon to warmed soup plates or bowls. Ladle the hot broth onto the matzo balls, garnish if you like, and serve.

SERVES 6



DISH[®]
EAT. DRINK. DISCOVER.



MOJO CHICKEN WITH SWEET POTATOES

This tangy marinade is great however you use it, so if you're not into chicken thighs, you can use bone-in pork chops, shrimp, or even just tossed into black beans and rice. Adjust your roasting time depending on the protein you use. For quicker-cooking items, you may want to roast the veggies for a short time first.

INGREDIENTS:

- 1/4 cup freshly squeezed orange juice
- 1/4 cup freshly squeezed lime juice
- 1/3 cup plus 1 tbsp olive oil, divided
 - 5 garlic cloves, minced
 - 1 tsp ground cumin
 - 1 tsp dried oregano
 - 1 tsp kosher salt, plus more as needed
- 1/2 tsp freshly ground black pepper, plus more as needed
 - 6 bone-in chicken thighs
 - 2 sweet potatoes, chopped
 - 2 plantains, peeled and sliced into 1-inch rounds

1. In a bowl, combine the orange juice, lime juice, 1/3 cup of the oil, garlic, cumin, oregano, salt, and pepper. Add the chicken and turn to coat. Cover and refrigerate for 30 minutes.

2. Preheat the oven to 400°F. Transfer the chicken to one half of a lightly oiled sheet pan. On the other side, arrange the sweet potatoes and plantain slices in one layer and drizzle with the remaining 1 tablespoon of olive oil. Season with salt and pepper.

3. Roast until the chicken is cooked through and the vegetables are tender and browned around the edges, about 45 minutes. Turn the vegetables and plantains once halfway through cooking.

4. Stir the vegetables on the pan before serving to coat with any residual cooking liquid.

MAKES 6 SERVINGS



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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 lemon juice
 - 1/2 tsp kosher salt
- Freshly 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



THAI HOT AND SOUR SOUP

Look for pickled Thai chiles at your local Asian market. If you can't find it, you can omit it entirely. To "smash" lemongrass, lightly crush the stalks with the back of a knife or the bottom of a heavy saucepan.

INGREDIENTS:

- 4 oz shrimp (41/50),
peeled, deveined, and butterflied
- 2 oz thin rice noodles
- 2 qt chicken broth or fish stock
- 1 lemongrass stalk, cut into
2-inch pieces, smashed
 - 1/4 cup fish sauce
 - 2 tbsp chile oil
- 1 tbsp fresh lemon juice
 - 2 tsp lime zest
- 1 tbsp fresh lime juice
- 1/2 pickled Thai chile
- 1/3 cup rinsed and drained canned
straw mushrooms
 - Salt, as needed
- Ground black pepper, as needed
 - 1/4 cup chopped cilantro

1. Bring a pot of water to a boil. Add the shrimp and boil until cooked through, about 3 minutes. Using a slotted spoon, transfer the shrimp to a colander, and reserve the boiling water. Rinse the shrimp under cold running water to stop the cooking, drain, and reserve.
2. In the same pot of boiling water, cook the noodles until tender, 2 to 3 minutes. Drain, rinse under cold running water, drain, and reserve.
3. In a soup pot, combine the chicken broth or fish stock with the lemongrass, fish sauce, chile oil, lemon juice, lime zest, lime juice, pickled chile, and mushrooms. Bring the broth to a simmer over medium to medium-high heat and simmer for 10 minutes. Using tongs, remove the lemongrass. Season with salt and pepper.
4. To serve, place a few shrimp and some of the noodles in each bowl. Ladle the soup over the noodles and garnish with the cilantro.

SERVES 6 TO 8



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CHEDDAR AND SCALLION WAFFLES

Breakfast for dinner is our ultimate comfort food, and this savory version does the trick. Fold in some chopped crispy bacon for a little smoky, salty crunch, and drizzle maple syrup for a little sweet and salty variation.

INGREDIENTS:

- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1 cup shredded Cheddar cheese
 - 1/2 cup sliced scallions
 - 2 eggs
- 1 3/4 cups buttermilk, well shaken
- 1/2 cup (1 stick) melted butter
- 8 fried eggs, for serving

1. In a large bowl, combine the flour, baking powder, baking soda, salt, and pepper. Toss to combine. Add the cheese and scallions and stir to coat.
2. In a separate bowl, combine the eggs, buttermilk, and butter, and whisk to combine.
3. Add the egg mixture to the flour mixture and mix just until combined. There may still be small lumps in the batter.
4. Preheat the oven to 250°F. Heat a waffle iron. Ladle waffle batter in the center of the iron and cook according to the manufacturer's directions. Place the finished waffle on a baking sheet and keep warm in the oven while you prepare the remaining waffles. Transfer to the oven as done.
5. Serve the waffles topped with an egg.

SERVES 8



DISH[®]
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DINNER SHOPPING LIST

PROTEINS

- 4 oz shrimp (41/50)
- 6 bone-in chicken thighs
- 1 cup shredded cooked chicken

DAIRY

- 1 stick butter
- 1 cup shredded Cheddar
- 4 oz feta
- 16 eggs

PANTRY

- 1/2 cup olive oil
- 1/2 cup schmaltz or vegetable oil
- 2 tbsp chile oil
- 1/4 cup fish sauce
- 12 oz spaghetti
- 2 oz thin rice noodles
- 1 3/4 cups matzo meal
- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 4 quarts chicken broth
- 1/2 pickled Thai chile (optional)
- 1/3 cup canned straw mushrooms
- 1 cup chopped roasted red peppers
- 16 kalamata olives
- 1 tsp ground cumin
- 1 1/2 tbsp dried oregano
- Kosher salt
- Black pepper

PRODUCE

- 1 shallot
- 7 cloves garlic
- 1 stalk lemongrass
- 2 carrots
- 1 stalk celery
- 2 sweet potatoes
- 2 plantains
- 2 oranges
- 1 lemon
- 4 limes
- 1 bunch scallions
- 1 bunch dill
- 1 bunch cilantro

