



# WELCOME!

This week's menu is very adaptable, making it the perfect week to do a freezer clean-out. Mix and match proteins, add grains to Monday's chickpea bowl, or beans to your chilaquiles.

Wednesday's Halibut with Summer Vegetables would work just as well with stewed white beans, grilled marinated tofu, or even your favorite brand of plant-based sausage.

## PREP AHEAD

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

1. Prepare the adobo chickpeas for Monday.
2. Make the chile-garlic sauce for Tuesday.



**MONDAY**  
Grilled Vegetable Bowl with Adobo Chickpeas



**TUESDAY**  
Chilled Chile-Garlic Noodles with Shrimp



**WEDNESDAY**  
Halibut with Summer Vegetables



**THURSDAY**  
Bibimbap



**FRIDAY**  
Chilaquiles with Mushrooms







## GRILLED VEGETABLE BOWL WITH ADOBO CHICKPEAS

The vegetables for this cozy bowl are tasty grilled, but you can also roast them or even chop them into bite size pieces for a quick stir-fry (add a splash of water to help them steam to cook through).

### INGREDIENTS:

- 1 medium Hass avocado, peeled and pitted
  - 2 cloves garlic
  - 1 chipotle in adobo
  - 2 tbsp sherry vinegar
- 2 tbsp olive oil, plus as needed
  - 1 (15 oz) can chickpeas, drained and rinsed
  - Kosher salt, as needed
- Ground black pepper, as needed
  - 1 head cauliflower, cut into 3/4-in steaks
- 2 small or 1 large sweet potato, cut into long wedges
  - 2 ears corn
  - 8 cups baby greens, like spinach or kale
- 1/3 cup pickled onions (optional)
  - 1/2 cup roasted pepitas
  - 1/2 cup grated cotija cheese

1. In a small food processor, combine the avocado, garlic, chipotle, and vinegar. Blend until smooth. Add water 1 tablespoon at a time, if needed, until it is the consistency of ranch dressing.
2. Transfer to a bowl and add the olive oil and chickpeas. Stir to combine, season with salt and pepper, to taste. Cover and refrigerate for at least 1 hour.
3. Prepare a grill for medium-high heat cooking.
4. Spread the cauliflower, potatoes, and corn on a baking sheet and drizzle with olive oil and season with salt and pepper. Turn to coat.
5. Grill the cauliflower, potatoes, and corn until tender and lightly charred all over, about 15 minutes. Remove from the grill and cut the cauliflower and potatoes into bite-size pieces and cut the kernels from the corn cobs.
6. To serve, place 2 cups of greens in a bowl and lightly drizzle with olive oil and season with salt and pepper. Top with the grilled vegetables, about 1/4 of the chickpeas, and pickled onions, if using. Sprinkle with pepitas and cotija before serving.

SERVES 4



**DISH**<sup>®</sup>  
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## CHILLED CHILE—GARLIC NOODLES WITH SHRIMP

The sauce for these noodles is a homemade chile-crisp, which you can buy at most specialty markets or even online, if you prefer. Shrimp is easy and quick-cooking, but you could substitute browned ground pork, crispy tofu, or shredded rotisserie chicken

### INGREDIENTS:

- 1 large shallot, thinly sliced
- 6 cloves garlic, thinly sliced
  - 1 tbsp minced ginger
  - 1 cinnamon stick
  - 2 star anise pods
  - 3/4 cup vegetable oil
- 1 lb udon noodles or dried spaghetti
  - 1 1/2 tsp sugar
  - 1 tbsp soy sauce
- 1 tsp unseasoned rice vinegar
- 2 tbsp crushed red pepper flakes
  - 1/4 tsp kosher salt, plus more, to taste
  - 1 lb large shrimp, peeled and deveined
- 1/4 cup sliced scallions

1. In a medium saucepan, combine the shallot, garlic, ginger, cinnamon, anise, and oil. Bring to a gentle simmer and cook, stirring occasionally, until the shallot and garlic are crisp and golden brown, about 25 minutes.

2. Meanwhile, bring a large pot of salted water to boil. Add the noodles and cook until al dente, about 8 minutes (depending on the style of noodle; follow the directions on your package). Drain and run under cold water until chilled. Transfer to a large bowl and set aside.

3. Remove the shallot oil from the heat and set aside to cool slightly. Remove the cinnamon and star anise pods, and add the sugar, soy sauce, vinegar, pepper flakes, and salt, and stir to combine. Set aside.

4. Remove about 1 tbsp oil from the chile-garlic oil and heat in a skillet over medium-high heat. Add the shrimp and cook, flipping occasionally, until cooked through and brown around the edges. Add to the bowl with the noodles and add the chile-garlic oil (you won't use it all). Toss to coat. Garnish with scallions to serve.

SERVES 6



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## HALIBUT WITH SUMMER VEGETABLES

Halibut is a neutral-flavored white fish, so any similar fish will do, like flounder, tilapia, cod, or grouper. You can even use scallops or swordfish if you like, just choose whatever is freshest.

### INGREDIENTS:

- 1 medium zucchini, sliced into 1/4-inch rounds
- 1 yellow summer squash, sliced into 1/4-inch rounds
- 3 plum tomatoes, peeled, seeded, and cut into large dice
  - 1/2 yellow onion, diced
  - 2 garlic cloves, sliced
  - 1 tbsp minced basil
  - 1/2 tsp minced oregano
- 1 tbsp plus 2 tsp olive oil
  - 4 halibut fillets (about 6 ounces each)
  - 1/4 tsp kosher salt
- 1/4 tsp ground black pepper
  - 1/2 lemon

1. Preheat the oven to 375°F.

2. Toss the zucchini, squash, tomatoes, onion, garlic, basil, oregano, and 1 tablespoon of the olive oil. Spread in a thin, even layer in a 9 by 13-inch baking dish. Place in the oven while preparing the fish.

3. Season the fish with the salt and pepper. Heat the remaining 2 teaspoons of olive oil in a large skillet over high heat. Add the fillets and sear until golden brown, 1 to 2 minutes per side. Squeeze the lemon half over the fish.

4. Place the fillets and their juices on top of the vegetables, pouring their juices over all. Continue to roast until the fish is cooked through, 5 to 10 minutes. Serve each fillet over a bed of the vegetables.

SERVES 4



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## BIBIMBAP

Use this recipe as a guide for whatever proteins and veggies you already have on hand. Use tofu, chicken, or pork chops in place of the steak, and add bell peppers, summer squash, steamed asparagus, or edamame to the veggies.

### INGREDIENTS:

- 1/4 cup soy sauce
  - 2 tsp sugar
- 1/4 minced scallions
- 1 tbsp minced garlic
- 2 tsp minced ginger
- 2 tsp ground toasted sesame seeds
  - Ground black pepper, as needed
- 1 lb beef skirt steak, cut into strips
  - 1/4 cup vegetable oil, plus more as needed
- 2 cups steamed medium-grain rice
- 2 cups thinly sliced Napa cabbage
- 1 cup julienned or grated red radish
  - 1 cup julienned or grated seedless cucumber
    - 4 large eggs
- 2 tbsp Korean red pepper paste (gochujang), or as needed

1. Combine the soy sauce and sugar in a bowl. Add the scallions, garlic, ginger, and sesame seeds. Add the sesame oil and pepper to taste. Add the skirt steak and toss until evenly coated. Cover, refrigerate, and let the steak marinate for at least 1 and up to 8 hours.

2. Heat 2 tablespoons oil in a wok or a non-stick pan over high heat until it is nearly smoking. Add the beef strips to the hot oil and stir-fry until the beef is cooked, about 4 minutes. Transfer to a bowl and keep warm.

3. Divide the rice evenly among 4 bowls. Top the rice with the cabbage. Toss together the red radish, carrot, and cucumber. Divide the vegetables evenly among the bowls. Top the vegetables with the skirt steak.

4. Wipe out the wok and return it to the burner. Add 1 tablespoon oil and heat over medium heat until the oil ripples. Add the eggs to the hot oil one at a time and fry, basting the top with a little oil, until the whites are set and the yolk is hot, 2 to 3 minutes. Top each serving with a fried egg and serve at once, accompanied by the Korean red pepper paste.

SERVES 4



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## MUSHROOM CHILAQUILES

**This recipe uses freshly fried tortillas, but you can substitute store-bought corn tortilla chips. Add shredded cooked chicken, grilled shrimp, or pulled pork, if you like.**

### INGREDIENTS:

- 1 lb white mushrooms, sliced 1/4-inch thick
  - 1/4 cup olive oil
- 1/2 medium white onion, minced
  - 2 garlic cloves, minced
- 1 cup prepared tomatillo salsa
  - Kosher salt, as needed
- Vegetable oil, as needed, to fry the tortillas
  - 8 oz corn tortillas, cut into 8 wedges each
    - 1/2 cup sour cream
- 4 oz queso fresco, crumbled
- 1/2 cup coarsely cut cilantro

1. In a very hot skillet, cook the mushrooms in the olive oil until slightly browned, 3 to 5 minutes. Add the onions and cook until slightly softened, about 1 minute. Add the garlic and cook until fragrant, 10 to 20 seconds. Add the salsa and simmer for about 2 minutes more. Adjust the seasoning as needed with salt.
2. Heat the oil to 325°F and deep-fry the corn tortilla wedges until crispy and very slightly browned, 1 to 2 minutes. Transfer to a paper-towel lined tray to drain.
3. Preheat the oven to 450°F. In a mixing bowl, combine the fried tortilla wedges with the mushroom mixture. The tortillas should soften but not become mushy.
4. Transfer to a baking dish, drizzle with sour cream, and sprinkle with the queso fresco. Bake until heated through, about 5 minutes.
5. Garnish with the cilantro and serve immediately.

SERVES 6 TO 8



**DISH**<sup>®</sup>  
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# DINNER SHOPPING LIST

## PROTEIN

- 1 lb large shrimp
- 1 lb beef skirt steak
- 4 halibut filets  
(6 oz each)

## DAIRY

- 1/2 cup grated cotija
- 1/2 cup sour cream
- 4 oz queso fresco
- 4 eggs

## PANTRY

- 1 cup olive oil
- 1 1/2 quarts vegetable oil
- 2 tbsp sherry vinegar
- 1 tsp unseasoned  
rice vinegar
- 1/3 cup soy sauce
- 1 (15 oz) can chickpeas
- 1/3 cup pickled onions
- 1 small can  
chipotle in adobo
- 2 tbsp gochujang
- 1 cup tomatillo salsa
- 1/2 cup roasted pepitas
- 1 lb udon noodles  
or spaghetti
- 1 cup medium-grain rice
- 8 oz corn tortillas
- 1 tbsp sesame seeds
- 2 tbsp sugar
- 2 tbsp red pepper flakes
- 1 cinnamon stick
- 2 star anise pods

## PRODUCE

- 1 yellow onion
- 1 white onion
- 3 carrots
- 1 large shallot
- 2 heads garlic
- 1 (4-in) piece ginger
- 1 seedless cucumber
- 1 medium zucchini
- 1 yellow summer squash
- 1 head cauliflower
- 1 lb white mushrooms
- 2 small sweet potatoes
- 1 bunch radishes
- 2 ears corn
- 3 plum tomatoes
- 1 medium Hass avocado
- 1 lemon
- 8 cups baby greens
- 1 head Napa cabbage
- 1 bunch scallions
- 1 bunch basil

