



WELCOME!

To celebrate Lunar New Year, we're cooking up some Malaysian-style noodles on Monday. Stir-frying creates deep, rich flavors fast, making this recipe perfect for a celebratory Monday.

PREP AHEAD

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

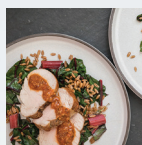
1. Clean the shrimp for Monday. Refrigerate them over ice.
2. Prep the veggies for Thursday's soup.



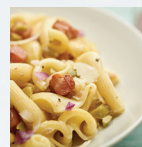
MONDAY
Malaysian Stir-Fried Rice Noodles



TUESDAY
Mushroom and Chive Omelette



WEDNESDAY
Roasted Pork Tenderloin with Honey-Mustard Sauce



THURSDAY
Campanelle with Red Onion, Pancetta, Olives, & Pecorino



FRIDAY
Sweet Potato and Peanut Soup



DISH[®]
EAT. DRINK. DISCOVER.



MALAYSIAN STIR-FRIED RICE NOODLES

Char kway teow is probably one of the most iconic noodle dishes in Malaysia, Singapore, and Indonesia. Commonly sold at the hawker centers of the region, the recipes for char kway teow vary from vendor to vendor. Most feature wide ribbon-style rice noodles, Chinese sausage, eggs, and shrimp.

INGREDIENTS:

- 2 lb dried rice noodles, wide ribbon-style
 - 6 eggs
- 1/4 cup vegetable oil, plus as needed
- 4 Chinese dry sausages (lap cheong), thinly sliced on the bias
 - 3 garlic cloves, sliced
 - 1 lb medium shrimp, peeled, deveined
- 1/4 cup light soy sauce, not low-sodium
- 2 tbsp thick, dark soy sauce
- 2 tbsp chile paste or sriracha
 - 4 oz bean sprouts
- 8 scallions, thinly sliced

1. Soak the rice noodles in boiling water until soft, about 10 minutes. Drain, rinse in cold water, and reserve.

2. Crack all the eggs in a bowl but do not beat. Reserve at room temperature.

3. In a wok or similar pan, heat the vegetable oil over medium to high heat. Add the sausages and stir-fry until lightly browned and some of the fat has rendered, about 5 minutes. Add the garlic and stir-fry until aromatic, 10 to 20 seconds. Add the shrimp and stir-fry until the shrimp turn bright orange, 20 to 30 seconds. Add the noodles and continue to stir-fry, tossing until the mixture is well combined. Add both soy sauces and chili paste, and toss to thoroughly combine.

4. Push all ingredients toward the sides of the wok to create a well in the center. Place a small amount of oil and the eggs into the well at the center. Cook until the eggs begin to set, 30 seconds to 1 minute, then start stirring them gently. Continue to cook, stirring gently, until the eggs are halfway cooked. Add the bean sprouts, and combine with everything that had been pushed to the sides of the wok. Continue to stir-fry until the eggs are fully cooked and dispersed in small pieces throughout the entire mixture, about 1 minute.

5. Garnish with the scallions and serve.

SERVES 6



DISH[®]
EAT. DRINK. DISCOVER.



MUSHROOM CHIVE OMELETTES

Dinner omelettes are a hungry chef's best friend, and we bet you can relate! These omelettes are filled with mushrooms and chives, but you can fill yours with anything you like, including ham and cheese, bell peppers, bacon, or even roasted veggies.

INGREDIENTS:

- 1/2 cup minced shallots
- 2 tbsps unsalted butter
- 3 cups sliced mushrooms
 - 12 large eggs
 - Salt, as needed
- Ground black pepper, as needed
 - 1/4 cup unsalted butter
 - Minced chives, as needed for garnish

1. Melt the butter in a skillet over medium-high heat. Add the shallots, and cook until translucent, about 5 minutes. Add the mushrooms, and reduce the juices until dry, another 5 to 10 minutes.

2. To make the omelette, break the eggs into a bowl and beat them with a fork or whisk to break them up. Season with salt and pepper.

3. Heat 1 tablespoon of butter in an omelette pan on medium heat until it's hot, but do not let it brown. Pour in one-fourth of the omelette mixture. Cook it over a medium heat, stirring occasionally with a fork.

4. When only a small amount of raw omelette mix remains on the surface, remove the skillet from the heat.

5. To roll the omelette, run your fork around the edge of the pan to free the omelette from the edges of the pan. Lift the skillet by the handle to a 45-degree angle. Tap the handle gently to encourage the omelette to slide toward the edge of the pan, until it forms a slight bowl. Add 1/4 of the mushroom mixture in this depression for each omelet. Continue to tilt the pan so that the top edge of the omelette rolls down toward the bowl and over the filling. Keep tilting the pan over the plate until the omelette rolls out onto the plate and forms a cigar shape.

6. Garnish each omelette with chives and serve.

SERVES 4



ROASTED PORK WITH HONEY—MUSTARD SAUCE

This sauce isn't the honey-mustard you like for dipping your sweet potato fries. It's rich and sophisticated enough for a dinner party. You can make this recipe with pork chops or even chicken thighs, if you prefer.

INGREDIENTS:

- 3 lb 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



DISH[®]
EAT. DRINK. DISCOVER.



CAMPANELLE WITH ONION, PANCETTA, OLIVES, AND

Campanelle is a short, squiggly pasta shape, but you can use just about anything you like, including good old ziti or rigatoni.

INGREDIENTS:

- Kosher salt, as needed
- 1 lb dried campanelle pasta
- 1/4 cup extra-virgin olive oil
 - 4 to 6 oz pancetta, cut into small dice
 - 1 large red onion, cut into small dice
- 12 large green olives, pitted, and coarsely chopped
 - 1 cup heavy cream
- 1/2 cup grated Pecorino Romano, plus more as needed for serving
- Freshly ground black pepper, as needed

1. Bring a large pot of salted water to a boil over high heat. Add the campanelle and stir to submerge and separate the pieces. Cook, uncovered, until the pasta is just tender (al dente), 8 to 10 minutes (check the cooking time for your pasta).

2. While the pasta is cooking, heat the oil and the pancetta in a large sauté pan over medium heat. Cook, stirring frequently, until the pancetta is crisp and golden, about 3 minutes.

3. Add the onion and olives and cook, stirring frequently, until the onion is very tender, about 6 minutes. Add the cream and simmer the sauce over low heat until it is thickened and flavorful, about 4 minutes. Set aside.


4. Drain the campanelle in a colander, shaking well to remove the excess water. Add the pasta to the pan with the red onion and pancetta mixture. Add the cheese and pepper and toss the pasta and the sauce together over low heat until evenly blended, about 2 minutes.

5. Serve the campanelle at once on warmed plates, and pass cheese on the side.

SERVES 4 TO 6



DISH[®]
EAT. DRINK. DISCOVER.



SWEET POTATO AND PEANUT SOUP

The whipped cream garnish is by no means mandatory, but it's pretty tasty. You can use your blender or even hand whip the ingredients.

INGREDIENTS:

- 3 tbsp butter
- 1/2 cup chopped celery
- 1 1/4 cups chopped onion
 - 1 garlic clove, minced
 - 3/4 cup chopped leek (white and light green parts)
 - 3 cups sliced peeled sweet potatoes
 - 1-quart chicken broth
- 3 tbsp creamy peanut butter
 - 1/4 cinnamon stick
- 1 1/2 cups heavy cream
 - Salt, to taste
 - 2 1/2 tsp molasses
- Freshly grated nutmeg, to taste
- 3/4 cup roasted peanuts, roughly chopped

1. Melt the butter in a soup pot over medium heat. Add the celery, onion, garlic and leek. Stir to coat evenly with butter. Cook, stirring frequently, until the vegetables are softened, 4 to 6 minutes.

2. Add the sweet potatoes, broth, peanut butter, and cinnamon stick. Bring to a simmer and cook until the potatoes are fully tender, about 25 minutes.

3. Remove and discard the cinnamon stick. Transfer the mixture to a blender and carefully blend until smooth. Alternately, blend the soup with an immersion blender.

4. Return the soup to the soup pot and place over low heat. Add 1/2 cup of the cream. Season to taste with salt. Keep warm but do not boil.

5. Place the remaining 1 cup heavy cream, molasses, nutmeg, and a pinch of salt into a blender and blend on high until creamy and thickened. Serve the soup in heated bowls, garnished with the whipped cream and chopped peanuts.

SERVES 4

DINNER SHOPPING LIST

PROTEINS

- 3 lb pork tenderloin
- 4 Chinese dry sausages
- 4 to 6 oz pancetta
- 1 lb medium shrimp

DAIRY

- 2 1/2 cups heavy cream
- 1/2 cup grated Pecorino Romano
- 8 oz unsalted butter
- 18 eggs

PANTRY

- 1/3 cup olive oil
- 1/2 cup vegetable oil
- 3 tbsp red wine vinegar
- 1/4 cup light soy sauce
- 2 tbsp thick soy sauce
- 2 tbsp whole grain mustard
- 1 tbsp tomato paste
- 12 large green olives
- 1 1/2 quarts chicken broth
- 2 tbsp chile sauce
- 1 lb dried campanelle pasta
- 2 lb wide rice noodles
- 3 tbsp creamy peanut butter
- 3 tbsp molasses
- 3/4 cups roasted peanuts
- 1 cinnamon stick
- 1 whole nutmeg
- Kosher salt
- Black pepper

PRODUCE

- 1 large red onion
- 1 large yellow onion
- 1 large leek
- 4 large shallots
- 1 to 2 stalks celery
- 1 head garlic
- 3 large sweet potatoes
- 1 lb cremini or button mushrooms
- 4 oz bean sprouts
- 1 bunch Swiss chard
- 8 scallions
- 1 bunch chives
- 1 bunch thyme

