



WELCOME!

This week we're serving up our favorite jambalaya recipe: rich with andouille sausage, chicken, and shrimp. Don't hesitate to make this recipe ahead of time. It just gets better after a day or two in the fridge.

If you have leftovers, form the cold mixture into patties that you can griddle to serve with runny eggs for a brunch-for-dinner leftover treat.

PREP AHEAD

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

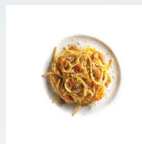
1. Make broth for Monday's soup, if you aren't using prepared.
2. Prepare the jambalaya all the way through, if you like, or prep veggies and ingredients for Tuesday.



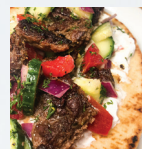
MONDAY
Avgolemono



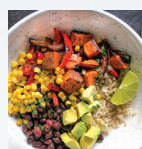
TUESDAY
Shrimp and Chicken Jambalaya



WEDNESDAY
Bucatini alla Gricia



THURSDAY
Crispy Lamb Pitas



FRIDAY
Roasted Veggie Fajita Bowls





AVGOLEMONO

Add shredded chicken, sausage, cooked beans, or torn greens, like Swiss chard. Substitute vegetable broth for the chicken broth, if you prefer. We like serving this soup with some crusty bread for dunking, or a fresh green salad on the side.

INGREDIENTS:

- 6 cups chicken broth
- 1/3 cup long-grain white rice
 - 4 eggs, separated
 - Salt as needed
- Freshly ground black pepper, as needed
- Freshly squeezed lemon juice, as needed

1. Bring the broth to a simmer in a soup pot. Add the rice and cook until the rice is tender, about 15 minutes.
2. Whip the egg yolks in a large bowl until thickened. Whip the egg whites in another bowl to soft peaks. Fold the whites into the yolks. Add the egg mixture to simmering broth, whipping constantly. The soup will become frothy and thick.
3. Season the soup to taste with the salt, pepper, and lemon juice. Serve in heated bowls.

SERVES 4 TO 6



DISH[®]
EAT. DRINK. DISCOVER.



SHRIMP AND CHICKEN JAMBALAYA

INGREDIENTS:

- 3 tbsp canola oil
- 1 lb 8 oz boneless skinless chicken thighs, cubed
 - Kosher salt, as needed
- Ground black pepper, as needed
 - 1 lb andouille sausage, sliced 1/2-inch thick
- 1 medium yellow onion, diced
- 2 green bell peppers, diced
 - 4 stalks celery, diced
 - 2 tsp minced garlic
 - 2 tbsp paprika
 - 1/4 tsp ground cayenne
 - 1/4 tsp ground black pepper
- 2 cups chopped plum tomatoes, juice reserved
 - 3 cups chicken broth
 - 1 bay leaf
 - 1/4 cup thinly sliced basil
 - 2 tsp chopped fresh thyme
 - 1 tsp Tabasco sauce
 - 30 shrimp (21/25 count) peeled and deveined
- 4 cups cooked short-grain rice
 - 1 cup sliced scallions, white and green portions

1. Heat the oil in a Dutch oven over high heat until it shimmers. Season the chicken with salt and pepper and then sear in the hot oil, turning as necessary, until golden on all sides, about 8 minutes. Transfer to a plate. Add the sausages to the pan and sauté until they are lightly browned on both sides, about 6 minutes. Transfer to the same plate or pan as the chicken and reserve.

2. Add the onion, bell pepper, celery, garlic, paprika, cayenne, and white pepper to the Dutch oven and cook over medium- low heat, stirring frequently, until the vegetables start to release some of their juices and are beginning to soften, about 10 minutes. If the browned bits at the bottom of the pan begin to burn, add a few tablespoons of water to deglaze and scrape up the brown bits. Add the tomatoes with their juices and simmer briefly. Add the broth and bay leaf and bring the jambalaya to a simmer. Cover the Dutch oven and simmer, stirring occasionally, until the vegetables are almost completely tender, 15 minutes.

3. Return the browned chicken and sausage to the Dutch oven, along with any juices they may have released. Add the basil, thyme, and Tabasco, and return to a simmer over low heat until flavorful, about 10 minutes. Add the shrimp to the jambalaya and simmer until the shrimp are cooked all the way through, 5 minutes.

4. Add the cooked rice and mix well (the rice will continue to soak up the broth as it cools). Serve the jambalaya in bowls, topped with the green onion.

SERVES 6



BUCATINI ALLA GRICIA

Guanciale is the cheek of the pig, cured with salt and spices and air-dried. It can be hard to find. You can replace it with a good-quality pancetta, which is from the belly of the pig and cured in the same way as guanciale.

INGREDIENTS:

- 8 oz guanciale (cured pork jowl), sliced 1/8 inch thick and cut into 1/2-inch pieces
- Extra-virgin olive oil, as needed
 - 2 sweet onions, thinly sliced
 - 1/2 cup dry white wine
 - Kosher salt as needed
 - Red pepper flakes, to taste
 - 1 lb dried bucatini
- 2/3 cup grated Pecorino Romano
 - Freshly ground black pepper, as needed

1. Heat a sauté pan over medium-low heat. Add the guanciale and cook, stirring from time to time, until it is browned and lightly crispy, about 4 minutes. Lift the guanciale from the pan with a slotted spoon and drain on paper towels. Set aside. There should be about 1/4 cup of rendered fat in the pan. Add a bit of oil if needed.

2. In the same pan, cook the sliced onions over medium-heat, stirring as necessary to cook evenly, until the onions are very tender and a deep golden brown, 20 to 30 minutes. Add the wine and the chiles. Simmer over low heat until flavorful, 3 to 4 minutes. Add half of the reserved guanciale to the sauce and set the remainder aside. Taste and adjust the seasoning with salt and hot chile, if needed. Set aside.

3. Bring a large pot of salted water to a boil over high heat. Add the bucatini all at once and stir a few times. Cook, uncovered, until the pasta is almost cooked, 8 to 10 minutes. Reserve a few ladlefuls of the pasta cooking to finish the sauce (you will need about 1/2 cup).

4. Drain the pasta in a colander. Pour the drained pasta into a large serving bowl. Add the reserved sauce and toss together, then add the cheese and mix well until the pasta is evenly coated. The dish should appear creamy, not oily. If necessary, add a few tablespoons of the reserved pasta cooking water. Garnish the dish with the remaining guanciale. Season generously with pepper. Serve at once.

SERVES 4 TO 6



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CRISPY LAMB PITAS

You can substitute ground pork, chicken, or beef for the lamb if you'd like, though lamb does contribute a pretty unmistakable flavor. Make this dish dairy-free by substituting hummus, mashed avocado, or even just tahini for the yogurt.

INGREDIENTS:

- 1 lb ground lamb
- 1 tsp dry oregano
- 1 tsp dry rosemary
- 3/4 tsp ground cumin
 - 1 tsp kosher salt, plus more as needed
 - Zest of 1 lemon
- 3 cloves garlic, grated
- 1 tbsp plus 1 tsp olive oil, divided use
- 1/2 seedless cucumber, quartered and chopped
- 1 to 2 small tomatoes, chopped
 - 2 tbsp diced red onion
 - 2 tbsp red wine vinegar
- 1 cup plain Greek yogurt
 - 4 pitas, warmed
- Chopped dill, for serving (optional)

1. In a medium bowl, combine the lamb, oregano, rosemary, cumin, salt, lemon zest, garlic, and 2 teaspoons of the olive oil. Mix until well-combined, cover, and refrigerate for about an hour, or up to overnight.

2. Meanwhile, in a separate bowl, combine the cucumber, tomatoes, onion, vinegar, and the remaining 2 teaspoons oil. Season with a pinch of salt and refrigerate until needed.

3. Heat a large non-stick or well-seasoned cast iron skillet over medium-high heat. Add the meat to the skillet and use a spatula to press the meat into a thin layer (it doesn't have to be perfect). Cook until it is golden brown and crisp on the bottom, about 4 minutes.

4. Use the spatula to cut the meat into easy-to-handle portions and flip. Cook for another minutes or so, then use the spatula to break the meat into roughly 1-inch pieces. Some may be smaller, some may be a little larger, all are okay. Cook, flipping the pieces as needed, until they are crisp all over and cooked through, about 4 minutes. The goal is to have bite-sized, crisp pieces of lamb. Remove from the heat.

5. To serve, spread a few tablespoons of yogurt down the center of a pita. Top with the cucumber salad and lamb, and sprinkle with dill, if using.

SERVES 4



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ROASTED VEGGIE FAJITA BOWLS

These are quick, easy, and endlessly customizable. Swap out your favorite veggies, add a spoonful of leftover chili, or stir in your favorite salsa. We kept it simple (it only LOOKS-like a lot of ingredients!), but you can dress these up as much as you like.

INGREDIENTS:

- 1 red bell pepper, sliced
- 1/2 red onion, sliced
- 1 medium sweet potato, cubed
 - 1 tbsp vegetable oil
- 1/2 tsp kosher salt, plus as needed
 - 1/2 tsp chili powder
 - 1/4 tsp ground cumin
 - 1/4 tsp garlic granules
- Ground black pepper, to taste
 - 3 tbsp lime juice
 - 1 tsp honey
- 2 tbsp minced cilantro, plus more for garnish
- 1 (15 oz) can black beans, rinsed and drained
- 4 cups cooked brown rice (from 2 cups dry)
 - 1/2 cup corn kernels
 - 1 avocado, diced
- 4 lime wedges, for serving

1. Preheat the oven to 425°F.

2. Combine the bell pepper, onion, and sweet potato on a baking sheet. Drizzle with oil, 1/2 teaspoon of the salt, chili powder, cumin, garlic, and black pepper. Toss to coat. Roast until the veggies are browned and the potatoes are cooked through, about 25 minutes.

3. In a medium bowl, stir together the lime juice, honey, and cilantro. Add the black beans and toss to coat. Season with salt and set aside.

4. To assemble, place 1 cup of rice in the bottom of each bowl. Top with a quarter of the roasted vegetable mixture, a quarter of the black beans (and any accumulated dressing), 2 tablespoons of corn, and a quarter of the avocado. Serve with a lime wedge.

SERVES 4

DINNER SHOPPING LIST

PROTEINS

- 1 1/2 lb boneless chicken thighs
- 1 lb ground lamb
- 1 lb andouille sausage
- 30 shrimp (21/25 count)
- 8 oz guanciale

DAIRY

- 1 cup plain Greek yogurt
- 2/3 cup grated Pecorino Romano
- 4 eggs

PANTRY

- 1/4 cup olive oil
- 3 tbsp canola oil
- 2 tbsp red wine vinegar
- 9 cups chicken broth
- 1 lb dried bucatini
- 1/3 cup long grain white rice
- 2 cups long grain brown rice
- 2 cups long grain white rice
- 4 pitas
- 1/2 cup dry white wine
- 1 tsp Tabasco
- 1 tsp honey
- 1 (15 oz) can black beans
- 1 bay leaf
- 1/4 tsp cayenne
- 1/4 tsp garlic granules
- 1/2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp dry oregano
- 1 tsp dry rosemary
- 1 tsp red pepper flakes
- 2 tbsp paprika
- Kosher salt
- Black pepper

PRODUCE

- 1 medium yellow onion
- 1 red onion
- 2 sweet onions
- 1 head celery
- 7 cloves garlic
- 1 seedless cucumber
- 6 plum tomatoes
- 2 green bell peppers
- 1 red bell pepper
- 1 medium sweet potato
- 1/2 cup corn kernels (fresh or frozen)
- 1 avocado
- 3 lemons
- 3 limes
- 1 bunch scallions
- 1 bunch cilantro
- 1 bunch basil
- 1 bunch thyme
- 1 bunch dill

