



# WELCOME!

If a week is going to include both bibimbap and mac and cheese, it's only right to start it with a kale salad. Luckily, this new one is healthy *and* delicious, thanks to sweet mango and a tangy peanut dressing.

There are lots of opportunities to simplify your week, so check out the prep list!

## PREP AHEAD

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

1. Make Monday's dressing and prep your salad veggies.
2. Make the tortilla soup all the way through.
3. Make the Bibimbap marinade and prep the veggies.
4. Make the mac and cheese all the way through, if you like. Just wait to do the final bake.
5. Make the eggplant relish for Friday's bruschetta.



### MONDAY

**Kale Chopped Salad with Tofu and Coconut-Peanut Dressing**



### TUESDAY

**Chicken Tortilla Soup**



### WEDNESDAY

**Bibimbap**



### THURSDAY

**Classic Mac and Cheese**



### FRIDAY

**Bruschetta with Eggplant Relish and Ricotta Salata, with Salumi**



**DISH**  
EAT. DRINK. DISCOVER.



## KALE CHOPPED SALAD

We used tofu for a completely vegan meal, but you can substitute grilled chicken, salmon, or pork, if you like. You can sub cashew, almond, or sunflower seed butter for the peanut butter, but be sure you're using an unsweetened or lightly-sweetened version to help keep it nice and tangy.

### INGREDIENTS:

- 1/4 cup unsweetened peanut butter
  - 2 tbsp seasoned rice vinegar
    - 1 tbsp soy sauce
    - 1 clove garlic
- 1/2 cup canned coconut milk
  - 2 tsp chile powder
  - 1/2 tsp curry powder
  - 1/4 tsp garlic granules
  - 1/2 tsp kosher salt
- 1 (14 oz) package firm tofu, drained and cubed
- 1 1/2 tbsp olive oil, divided use
  - 1 bunch kale (about 12 oz), tough stems removed, chopped
- 1 carrot, peeled and cut into ribbons with a vegetable peeler
  - 1 large mango, cubed
  - 1 red bell pepper, chopped
  - 2 cups chopped red cabbage
  - 1/2 cup chopped toasted peanuts

1. For the dressing, combine the peanut butter, vinegar, soy sauce, garlic, and coconut milk in a small food processor and blend until smooth. Set aside.

2. In a medium bowl, combine the chile powder, curry powder, garlic granules, and salt, and stir to mix. Add the tofu and toss to coat. Heat 1 tablespoon of the oil in a skillet over medium-high heat and add the tofu. Cook, stirring frequently, until the tofu is browned all over, about 10 minutes. Set aside.

3. In a salad bowl, toss the kale with the remaining 1/2 tablespoon olive oil and massage the leaves until they have darkened in color and feel tender, about 4 minutes. Add the carrot, mango, bell pepper, cabbage, peanuts, and tofu, and toss to combine. Add the dressing (you may not need it all) and toss until the leaves are coated. Serve right away.

SERVES 4



**DISH**  
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## CHICKEN TORTILLA SOUP

If soup doesn't always feel like a satisfying meal, this one should do the trick. If you like it spicy, mince a hot chile pepper and add it alongside the garlic. For a smoky variation, use chipotle chile powder instead of the typical, more mild version.

### INGREDIENTS:

- 4 tsp minced garlic
- 1 2/3 cups diced onion
- 8 cups low-sodium chicken broth
- 7 six-inch corn tortillas, thinly sliced
  - 1/4 cup chopped cilantro
  - 1 1/2 cups tomato purée
  - 1 tbsp ground cumin
  - 2 tsp chili powder
  - 1/2 tsp kosher salt
  - 2 bay leaves
- 6 ounces cooked chicken breast, shredded
  - 3 ounces extra-sharp Cheddar cheese, shredded
  - 1/4 cup diced avocado
  - 1/4 cup diced tomato

SERVES 6

1. Preheat the oven to 350°F.

2. In a small pot, sweat the garlic and onion in a small amount of the chicken broth until the onion is translucent, 4 to 5 minutes. Purée the mixture in a blender or food processor. Set aside.

3. Toast the tortilla strips in the oven until crisp. Set aside 1/2 cup of the strips for garnish and crumble the remaining strips.

4. Combine the cilantro, tomato purée, onion purée, and crushed tortillas in large soup pot. Bring to a simmer over medium heat.

5. Add the remaining broth, the cumin, chili powder, salt, and bay leaves. Simmer until the soup is flavorful, about 15 minutes. Remove and discard the bay leaves.

6. Purée the soup in a blender or food processor. Serve the soup garnished with the chicken, cheese, avocado, diced tomato, and the reserved tortilla strips.



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## BIBIMBAP

**Bibimbap is regularly prepared with beef, but this marinade can be used on veggies (mushrooms are a no-brainer!), pork, or even salmon. You can use both red radishes and daikon radishes, if you like (we like the contrasts in flavor and color), but daikon can be tough to find, so you can just use extra red radish, in that case.**

### INGREDIENTS:

- 1/4 cup soy sauce
  - 2 tsp sugar
- 1/4 minced scallions
- 1 tbsp minced garlic
- 2 tsp minced ginger root
- 2 tsp ground toasted sesame seeds
  - Sesame oil, as needed
- Ground black pepper, as needed
- 1 lb beef skirt steak, cut into strips
  - 1/4 cup canola oil,  
plus more as needed
- 2 cups steamed medium-grain rice
- 2 cups Napa cabbage chiffonade
- 1 cup julienned or grated red radish
  - 1 cup julienned or grated daikon
  - 1 cup julienned or grated carrot
- 1 cup julienned 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 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, daikon, carrot, and cucumber. Divide the vegetables evenly among the bowls. Top the vegetables with the skirt steak and season each serving with a few drops of dark sesame oil.

4. Wipe out the wok and return it to the burner. Add 1 tablespoon oil to the wok 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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## Classic MAC AND CHEESE

As the name says, this is a very classic mac and cheese, but it's easy to jazz up, if you're inspired. Experiment with different types of cheese or add-ins like buffalo sauce, ham, broccoli, or even crispy bacon. If you like a creamier, unbaked version, skip the bread crumb and baking step.

### INGREDIENTS:

- 3 tbsp plus 2 tsp kosher salt
  - 2 quarts water
- 8 oz elbow macaroni
- 3 tbsp unsalted butter
- 5 tbsp all-purpose flour
  - 3 cups whole milk
- 1/2 tsp sweet or smoked Spanish paprika
  - 1 bay leaf
- 5 cups shredded sharp Cheddar cheese
  - 1/4 tsp Tabasco sauce
- 1/2 tsp cracked black pepper
- 1/4 cup panko bread crumbs

1. Preheat the oven to 375°F. Bring 3 tablespoons of the salt and the water to a boil over high heat. Add the pasta and boil until tender but not completely cooked, 7 to 9 minutes. Drain the pasta in a colander.

2. While the pasta is cooking, melt the butter in a separate pot over medium heat. Stir in the flour, and cook, stirring, until there are no lumps and the mixture has cooked through, about 5 minutes. Be careful not to develop any brown color. Stir in the milk, paprika, and bay leaf. Increase the heat to establish a simmer, and simmer for 10 to 15 minutes, until the sauce has thickened. Remove and discard the bay leaf.

3. Add 4 1/2 cups of the cheese to the sauce in batches, about 1 cup at a time, waiting until most of the cheese has melted before adding the next batch. Do not allow the sauce to boil. Add the Tabasco, pepper, and remaining 2 teaspoons salt.

4. Combine the macaroni with the cheese sauce and mix well to coat. Pour the mixture into a 2-quart baking dish, and sprinkle with the remaining 1/2 cup cheese. Sprinkle the bread crumbs over the cheese and transfer the baking dish to the oven. Bake until the cheese is bubbling around the edges and the bread crumb crust on top has become golden brown and crunchy, 20 to 30 minutes. Allow the mac and cheese to set for 5 to 10 minutes before serving.

SERVES 6 TO 8



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## Bruschetta with EGGPLANT RELISH

**This recipe is intended as an appetizer, but the addition of some salumi turns it into a great dinner. We think it's perfect with prosciutto or soppressata, but you can choose your favorites. Serve the eggplant relish warm or at room temperature.**

### INGREDIENTS:

- 3 lb eggplant, peeled, cut into 1/2-in cubes
  - 2 tsp kosher salt, plus more as needed
- 3/4 cups minced onions
  - 1/4 cup plus 2 tbsp extra-virgin olive oil, divided use
- 1/2 cup (2 stalks) small-dice celery
  - 1 1/2 cups tomato purée
- 1/2 cup pitted green olives, diced
- 1/4 cup capers, rinsed and drained
  - 1/4 cup sugar
- 1/4 cup white wine vinegar
- Ground black pepper, as needed
- 16 baguette slices, cut on the bias 1/4-inch thick
  - 1 cup crumbled ricotta salata cheese
- 1 lb assorted salumi, like prosciutto, salami, or mortadella

1. Toss the eggplant with the salt and allow to sit for 30 minutes.
2. Heat 2 tablespoons of the olive oil in a sauté pan over medium heat. Add onions and cook until tender, 2 to 3 minutes. Add the celery and continue to cook until tender, 2 to 3 minutes. Add the tomato purée, and increase the heat to medium-high and bring the mixture to a boil. Add the olives, capers, sugar, and vinegar. Transfer to a bowl and wipe out the pan.
3. Squeeze the eggplant cubes to remove any excess water. Rinse, and pat dry with paper towels.
4. In the reserved pan, heat the remaining 1/4 cup oil and cook the eggplant over high heat, working in batches, if needed to prevent overcrowding, until slightly caramelized, 2 to 3 minutes. Lower the heat to medium and add the reserved tomato mixture. Increase the heat and bring to a boil, then lower the heat to medium and simmer until the sauce thickens, about 10 minutes. Adjust seasoning, if necessary.
5. Brush the baguette slices with olive oil and grill or toast them over medium-high heat until crisp and lightly charred, 1 to 2 minutes. Top the grilled baguette with a generous pile of the eggplant mixture and sprinkle with the ricotta salata. Serve alongside the salumi.

SERVES 6



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# DINNER SHOPPING LIST

## PROTEIN

- ☐ 1 lb beef skirt steak
- ☐ 1 (14 oz) package  
firm tofu
- ☐ 6 oz cooked  
chicken breast
- ☐ 1 lb assorted salumi

## DAIRY

- ☐ 3 cups whole milk
- ☐ 3 oz sharp  
Cheddar cheese
- ☐ 5 cups shredded sharp  
Cheddar cheese
- ☐ 1 cup crumbled ricotta  
salata cheese
- ☐ 3 tbsp unsalted butter
- ☐ 4 eggs

## PRODUCE

- ☐ 3 yellow onions
- ☐ 2 stalks celery
- ☐ 1 head garlic
- ☐ 1 (2-in) piece ginger
- ☐ 1 lb carrots
- ☐ 1 seedless cucumber
- ☐ 1 red bell pepper
- ☐ 3 lb eggplant
- ☐ 1 bunch kale (about 12  
oz)
- ☐ 1 head Napa cabbage
- ☐ 1/2 head red cabbage
- ☐ 1 bunch red radishes
- ☐ 1 small daikon radish
- ☐ 1 avocado
- ☐ 1 Roma tomato
- ☐ 1 large mango
- ☐ 1 bunch scallions
- ☐ 1 bunch cilantro

## PANTRY

- ☐ 1/4 cup canola oil
- ☐ 1/2 cup olive oil
- ☐ 1 tbsp sesame oil
- ☐ 1/4 cup white  
wine vinegar
- ☐ 8 cups low-sodium  
chicken broth
- ☐ 1 cup medium-grain  
white rice
- ☐ 8 oz elbow macaroni
- ☐ 1/4 cup panko  
bread crumbs
- ☐ 1/4 cup unsweetened  
peanut butter
- ☐ 1/2 cup canned  
coconut milk
- ☐ 2 tbsp seasoned  
rice vinegar
- ☐ 2 tbsp Korean red  
pepper paste  
(gochujang)



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