



WELCOME!

The Monday after a long weekend can be a slog, so we're planning something quick for Monday's dinner. Sub out leftovers from the weekend or a rotisserie chicken if you really don't feel like cooking.

Tuesday's and Thursday's dinners are both Japanese-inspired, which may be a good excuse to wander your local Asian market!

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 basil vinaigrette.
2. Make Tuesday's yakitori sauce. Cool and refrigerate the sauce.



MONDAY

Tomato and Corn Salad with Grilled Shrimp



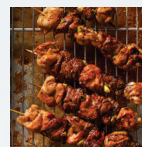
TUESDAY

Curry Udon Noodles



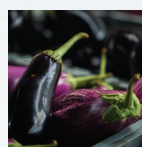
WEDNESDAY

Green Lentils with Swiss Chard and Lemons



THURSDAY

Chicken Yakitori with Edamame

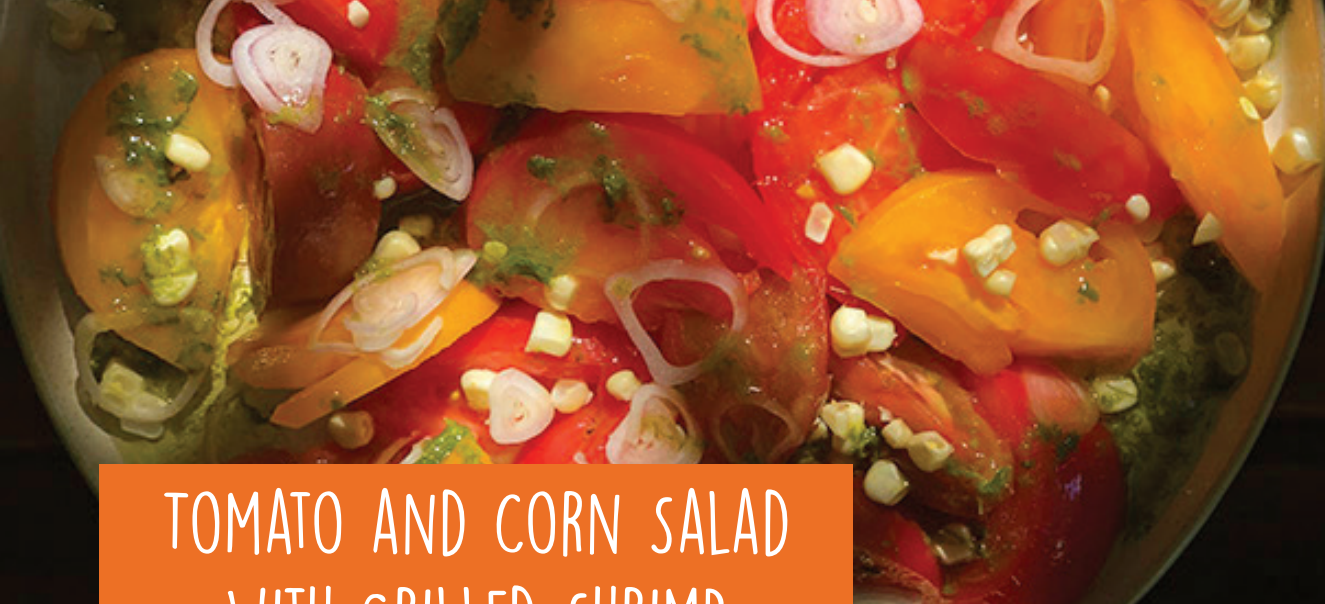


FRIDAY

Pasta alla Norma



DISH
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TOMATO AND CORN SALAD WITH GRILLED SHRIMP

Peak season corn doesn't need to be cooked before adding to a salad, but if you nibble a piece and it's very starchy, give it a quick trip to the grill or drop the cob in boiling water for a few minutes until it's just cooked through.

INGREDIENTS:

- 3 cloves garlic
- Kosher salt, as needed
- 2 loosely packed cups basil leaves, from about 1 oz
- 1/4 cup white wine vinegar
- 1 tsp Dijon mustard
- 3/4 cup olive oil
- 2 lb shrimp, peeled and deveined
- 3 large or 4 medium tomatoes, cored and cut into wedges
- 1 shallot, thinly sliced
- Kernels from 1 ear of corn

1. In a mortar and pestle, combine the garlic and a pinch of salt. Crush until a paste forms. Add about half of the basil and crush until smooth. Add the remaining basil and crush until a uniform paste forms.

2. Transfer to a bowl with the vinegar and mustard and stir to combine. While whisking, slowly steam in the olive oil. Season with salt, if needed. If any larger, unprocessed pieces of basil cling to the whisk, discard them.

3. In a shallow bowl or baking pan, combine the shrimp and enough of the basil vinaigrette to coat, about 1/2 cup. Cover and refrigerate for at least 15 minutes.

4. Prepare a grill for medium-high heat cooking. Thread the shrimp onto skewers (if using wooden skewers, soak in water for 15 minutes first). Grill until lightly charred around the edges and just cooked through, turning the skewers as needed, about 4 minutes.

5. In a large bowl, combine the tomatoes, shallot, corn kernels, and a pinch of salt. Add about 2 tablespoons of the vinaigrette and gently toss to coat. Taste and add more dressing (you may not use it all) or salt, to taste. Serve the tomato salad with the grilled shrimp.

SERVES 4 TO 6



DASH
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CURRY UDON NOODLES

Japanese curry paste is, generally, quite mild in flavor, though they will vary by brand and variety. If you like, you can replace with Thai curry paste and a little coconut milk for a southeast Asian variation.

INGREDIENTS:

- 1/2 medium white onion, thinly sliced
- 2 tbsp vegetable oil
- 2 garlic cloves, thinly sliced
- One 1-inch piece fresh ginger, peeled and minced
- 8 oz chicken breast, thinly sliced
 - 8 oz turnip, julienned
 - 1 1/2 tsp sugar
- Kosher salt, as needed
 - 5 cups water
- 1 1/2 oz Japanese curry paste
 - 1 1/2 tsp light soy sauce
- 8 oz Napa cabbage, thinly sliced
 - 1 lb dried udon noodles
 - 2 scallions, sliced
- 1 cups radish sprouts, optional

1. In a pan over medium heat, sweat the onions in the vegetable oil until tender, 5 to 8 minutes. Add the garlic and ginger and continue to sweat until aromatic, 10 to 20 seconds. Add the chicken breast and cook, turning as necessary, until opaque. Add the turnip and continue to cook over medium heat until tender, 3 to 5 minutes. Add the sugar and adjust the seasoning with salt. Remove the mixture from the pan and reserve.

2. Add the water to the pan and bring to a boil over high heat. Lower the heat to a gentle simmer, and add the Japanese curry paste and simmer until the curry paste is fully dispersed and the sauce is slightly thick, about 2 minutes. Add the soy sauce, the cooked chicken mixture, and the cabbage to the curry sauce and simmer until the cabbage is slightly tender, 3 to 5 minutes.

3. In a pot over high heat, cook the noodles in 2 gallons of well-salted boiling water until tender, 3 to 5 minutes. Rinse with hot water, toss with the green onions, and divide into 8 Asian noodle bowls.

4. Top each bowl of noodles with the curry sauce and mix gently to combine. Garnish each bowl with radish sprouts, if using.

SERVES 4 TO 6



DISH
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GREEN LENTILS WITH CHARD AND LEMON

Look for pomegranate molasses in the international food aisle of most grocery stores. If you can't find it, you can make your own by reducing pomegranate juice to a syrupy consistency, or replace it with balsamic vinegar-- though the flavors will be very different (still good!).

INGREDIENTS:

- 1 lb dried green lentils
(lentilles du Puy)
- 3 tbsp finely chopped garlic
- 1/2 cup extra-virgin olive oil
- 3/4 cup chopped cilantro
 - Kosher salt, to taste
- 10 large Swiss chard leaves,
stemmed and cut into ribbons
- 2 tbsp freshly squeezed lemon juice
- 1/4 cup pomegranate molasses

1. Rinse the lentils.

2. In a medium sauce pot, sweat the garlic in 2 tablespoons of the olive oil over medium heat. Add the lentils and stir to coat with the olive oil. Toast the lentils briefly and add the cilantro. Add enough water to cover the lentils by 2 inches and season the water with salt.

3. Bring the water to a boil, reduce the heat to establish a simmer, and cook the lentils until tender, 20 to 25 minutes. Remove the pot from the heat and drain off any excess liquid. Reserve and keep warm.

4. Meanwhile, prepare the Swiss chard. Heat 2 tablespoons of the olive oil in a large sauté pan over medium-high heat. Add the Swiss chard and cook until the leaves have wilted. Reserve until needed.

5. Add the chard, lemon juice, and pomegranate molasses to the drained, reserved lentils. Cover and keep warm until ready to serve.

6. Just prior to serving, taste and adjust the seasoning and drizzle with the remaining 1/4 cup olive oil.

SERVES 4 TO 6



DISH
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CHICKEN YAKITORI WITH EDAMAME

We may not understand it, but it's okay if you don't like chicken livers. Just sub an equal amount of additional chicken thighs. We're serving our skewers with simple steamed edamame, but you can serve yours with rice or other veggies, like broccoli.

INGREDIENTS:

- 8 (8-inch) bamboo skewers
 - 1 lb chicken livers,
cut into 3/4-in pieces
- 2 lb boneless, skinless chicken thighs, cut into 3/4-in pieces
 - 8 scallions,
cut into 3/4-in pieces
 - 3/4 cup sake
 - 1 cup mirin
 - 1/4 cup sugar
 - 2 tbsp dark soy sauce
 - 1/2 cup light soy sauce,
not low-sodium
 - Japanese seven-spice
(shichimi togarashi), as needed
 - 6 cups water
 - 1/2 tsp kosher salt
- 4 cups edamame in pods
(frozen or fresh)

1. Soak the bamboo skewers for at least 15 minutes.
2. Skewer the chicken livers, chicken thighs, and green onions alternately onto the skewers.
3. For the sauce, combine the sake, mirin, sugar, soy sauces, sansho, and seven-spice in a small saucepan, and allow it to simmer until it has reduced by a one-quarter, 5 to 10 minutes.
4. Prepare a grill for high-heat cooking. Grill the skewers, turning occasionally, until they are cooked through, about 5 minutes.
5. During the last minute on the grill, brush the yakitori sauce onto the skewers and allow to caramelize slightly.
6. Remove from the grill, and sprinkle with Japanese seven-spice.
7. Meanwhile, bring the water to a boil and add the salt. Boil the edamame until beans are tender, 4 to 5 minutes. Drain and serve.

SERVES 6 TO 8



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PASTA ALLA NORMA

Sometimes cooks add a pinch of sugar to the sauce to tame any last bit of bitterness in the eggplant. The dish is finished with ricotta salata; although nontraditional, you might prefer to add some cubed fresh mozzarella at the very end instead of the ricotta salata.

INGREDIENTS:

- 2 slender eggplants (Japanese, if available, about 1 3/4 lb total), cubed
 - Kosher salt, as needed
- 3 tbsp extra-virgin olive oil
- 1/2 cup minced yellow onion
 - 4 large tomatoes, peeled (if desired) and diced
- Freshly ground black pepper, as needed
- 1 lb rigatoni or similar short tube-shaped pasta
 - 1/2 cup torn basil leaves
- 1/2 cup grated ricotta salata (2 oz)

1. Place the eggplant in a colander. Salt the eggplants and drain them for at least 1 hour.

2. Heat a large skillet over medium-high heat and add enough oil to coat the skillet (about 2 tablespoons). Add the eggplants and fry, turning the pieces occasionally. Keep frying until the eggplants are tender and golden brown, 8 to 10 minutes.

3. Heat another large skillet over medium-low heat. Add 1 tablespoon olive oil and the onions. Cook, stirring frequently, until the onions are tender, about 5 minutes. Add the tomatoes and a little salt and pepper. Decrease the heat to low and simmer just until the tomatoes are very hot.

4. Bring a large pot of salted water to a boil over high heat. Add the rigatoni and stir a few times to separate the pasta. Cook uncovered until just tender to the bite, 10 to 12 minutes.

6. Drain the pasta immediately through a colander. Shake well to remove any water clinging to the pasta. Pour the hot rigatoni into a serving bowl and add the tomato mixture, about three quarters of the fried eggplants, and the basil. Toss together to combine.

7. Serve at once, topped with the reserved eggplant and the ricotta salata.

SERVES 4



DISH[®]
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DINNER SHOPPING LIST

PROTEINS

- ☐ 2 lb shrimp
- ☐ 2 lb boneless chicken thighs
- ☐ 1 lb chicken livers
- ☐ 8 oz boneless chicken breast

DAIRY

- ☐ 2 oz ricotta salata

PANTRY

- ☐ 1 1/2 cups olive oil
- ☐ 2 tbsp vegetable oil
- ☐ 1/4 cup white wine vinegar
- ☐ 3/4 cup sake
- ☐ 1 cup mirin
- ☐ 3/4 cups light soy sauce
- ☐ 2 tbsp dark soy sauce
- ☐ 1 tsp Dijon
- ☐ 1/4 cup pomegranate molasses
- ☐ 1 1/2 oz Japanese curry paste
- ☐ 1 lb green lentils
- ☐ 1 lb rigatoni
- ☐ 1 lb dried udon noodles
- ☐ 1/3 cup sugar
- ☐ 2 tsp Japanese seven-spice (shichimi togarashi)

PRODUCE

- ☐ 1 white onion
- ☐ 1 yellow onion
- ☐ 1 shallot
- ☐ 2 heads garlic
- ☐ 1 (1-in) piece ginger
- ☐ 1 ear corn
- ☐ 2 slender eggplants (Japanese, if available)
- ☐ 8 oz Napa cabbage
- ☐ 2 bunches Swiss chard
- ☐ 4 cups edamame in pods (fresh or frozen)
- ☐ 1 turnip
- ☐ 7 large tomatoes
- ☐ 2 lemons
- ☐ 1 cup radish sprouts (optional)
- ☐ 2 bunches scallions
- ☐ 1 large bunch basil (1 oz)
- ☐ 1 bunch cilantro



DISH
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