

# WEEKLY SHOPPING LIST



## SUNDAY

### FRIED HALLOUMI SALAD WITH BASIL OIL

12 oz cherry tomatoes, halved  
4 tbsp olive oil, divided  
8 oz halloumi, cut into 4 slices  
1 lb asparagus, trimmed and cut into 1-inch pieces  
2 zucchini, cut into half moons  
salt and black pepper, to taste

#### For the basil oil:

5 tbsp olive oil  
1 garlic clove  
1 oz basil  
salt and black pepper, to taste

## MONDAY

### CHARRED BROCCOLI, WHITE BEAN, AND FREEKEH SALAD

1 lb broccoli  
1 tbsp grapeseed oil  
salt and black pepper, to taste  
½ cup freekeh  
1½ cups cooked white beans  
¼ cup chopped parsley  
5 oz baby arugula

#### For the dressing:

3 tbsp olive oil  
2 tbsp lemon juice  
½ tsp dijon mustard  
1 tbsp minced shallot  
¼ tsp salt  
freshly ground black pepper

## TUESDAY

### BAKED ZUCCHINI PASTA AL POMODORO

¼ cup extra virgin olive oil  
6 garlic cloves, minced  
2 shallots, diced  
1 tsp dried oregano  
½ tsp red pepper flakes  
2 zucchini, cut into ¼-inch cubes  
28 oz canned crushed tomatoes  
salt and black pepper, to taste  
1 lb conchiglie pasta or other short cut pasta  
½ cup reserved pasta water  
4 oz fontina, shredded  
8 oz ricotta  
8 oz fresh mozzarella, thinly sliced

## WEDNESDAY

### DAL MAKHANI

1 cup dried black lentils  
1 cup dried adzuki beans  
water, to soak and cook beans  
3 tbsp olive oil  
2 large onions, chopped  
6 large cloves garlic, minced  
1-inch piece of fresh ginger, grated  
1 bay leaf  
1-inch piece of cinnamon stick  
2 cardamom pods  
2 dried small hot red chili peppers  
1½ tbsp garam masala  
¾ tsp coriander  
¾ tsp cumin  
¾ tsp chili powder  
¾ tsp sweet paprika  
¼ tsp ground fenugreek  
¼ tsp ground black pepper  
1 tsp coarse kosher salt  
14 oz canned diced tomatoes  
6 oz tomato paste  
2 cups vegetable broth  
4 tbsp unsalted butter  
½ cup lowfat milk

## THURSDAY

### ASPARAGUS, GOAT CHEESE, AND CHIVE TART

4 oz goat cheese, room temperature  
1 large egg, lightly beaten  
1 large garlic clove, grated  
1½ tbsp chopped fresh chives  
½ tbsp finely grated lemon zest  
½ tsp fine sea salt  
pinch of nutmeg  
1 cup creme fraiche, room temperature  
1 sheet all-butter puff pastry  
8 oz thin asparagus, trimmed  
olive oil, as needed  
2 tbsp grated parmesan cheese  
freshly ground black pepper, to taste

## DESSERT

### CHOCOLATE CHIP AND CHERRY SCONES

#### For the cherries:

½ cup water  
½ cup sugar  
20 g (1 tbsp + 1 tsp) kirsch  
1 tsp vanilla bean paste  
105 g (¾ cup + 2 tbsp) dried tart cherries

#### For the scones:

332 g (2¼ cups + 2 tbsp) all purpose flour  
6.5 g (1⅓ tsp) baking powder  
4.5 g (¾ + ⅓ tsp) baking soda  
¾ tsp kosher salt  
133 g (9 tbsp + 1 tsp) cold unsalted butter, cut into ¼-inch cubes  
¾ cup heavy cream  
½ cup semisweet chocolate chips  
For the glaze  
100 g (¾ cup + 2 tbsp) confectioner's sugar  
2 tbsp heavy cream