

# WEEKLY SHOPPING LIST



## SUNDAY

### ROASTED ASPARAGUS WITH POLENTA

1.25 tsp kosher salt  
1 bay leaf  
1.5 cups polenta  
2 bunches asparagus (~2 lb), ends trimmed  
2 tbsp olive oil  
freshly ground black pepper  
3 tbsp unsalted butter  
8 oz burrata  
balsamic syrup, for serving  
red pepper flakes, for serving

## MONDAY

### PANEER AND PEPPER CURRY

1.5 tsp cumin seeds  
1 tbsp coriander seeds  
3 tbsp canola oil  
2 medium onions, thinly sliced  
4 large cloves garlic, minced  
1-inch piece of ginger, peeled and grated  
1 green chili, minced  
4 red bell peppers, seeded and thinly sliced  
28 oz whole peeled tomatoes  
¼ tsp kashmiri chili powder  
½ tsp turmeric powder  
1¼ tsp salt  
1 lb paneer, cut into ½-inch cubes

## TUESDAY

### GREEK PASTA SALAD

1.5 lb broccoli florets  
2 tbsp olive oil  
4 garlic cloves, minced  
salt and black pepper, to taste  
1 lb gemelli  
1 (8 oz) jar oil-packed sun-dried tomatoes  
1 zucchini, cubed  
1 red bell pepper, seeded and cubed  
2 Persian cucumbers, cubed  
2 oz basil, thinly sliced  
juice of 1 lemon  
8 oz feta cheese, cubed

## WEDNESDAY

### MASSAMAN CURRY NOODLE SOUP

2 tbsp olive oil  
4 cloves garlic, minced  
2 Anaheim chiles (or other spicy red chiles), seeded and minced  
1 tbsp minced ginger  
6 medium carrots, peeled and diced  
2 large sweet potatoes, peeled and diced  
6 cups vegetable broth  
1 (14 oz) can coconut milk  
2 tbsp massaman curry paste, plus more to taste  
14 oz fresh udon noodles  
5 oz baby kale  
salted peanuts, to garnish

## THURSDAY

### CANNELLINI BEAN SALAD

¼ cup olive oil  
4 garlic cloves, minced  
¼ tsp red pepper flakes  
1 red onion, halved and thinly sliced  
12 oz roasted red peppers, drained and thinly sliced  
1 lb lacinato kale, stemmed and thinly sliced  
4 cups cooked cannellini beans  
½ cup dry white wine  
½ cup water  
1 oz parmesan cheese, grated  
lemon

## DESSERT

### TAHINI AND HALVA BROWNIES

1 cup + 1½ tbsp unsalted butter  
9 oz dark chocolate, coarsely chopped  
4 large eggs  
1½ cups sugar  
¾ cup + 3 tbsp flour  
½ cup Dutch-processed cocoa powder  
½ tsp salt  
7 oz halva, broken into small chunks  
½ cup tahini