

WEEKLY SHOPPING LIST



SUNDAY

CHIPOTLE HONEY BBQ CAULIFLOWER WINGS

For the chipotle honey bbq sauce
1.5 (7 oz) cans chipotle chiles in adobo
1.5 cups barbecue sauce
½ cup packed brown sugar
¼ cup bourbon
10 cloves garlic
juice of 1 lime

For the cauliflower wings
1 large head of cauliflower
1.5 cups flour
6 tbsp cornstarch
1.5 cups milk
½ tsp kosher salt
½ tsp black pepper
1 tsp garlic powder
2-3 cups panko breadcrumbs

For the coconut rice
1.5 cups jasmine rice
1 (14 oz) can coconut milk
¼ cup sugar
1.5 tsp kosher salt

For the mango salsa
3 ripe mangoes, diced
1 red bell pepper
¼ cup cilantro, minced
1 jalapeno, seeded and minced
juice of 1 lime
salt, to taste

MONDAY

PASTA WITH TOMATO-BASIL CREAM SAUCE

For the tomato-cream sauce
2 tbsp olive oil
2 tbsp unsalted butter
1 onion, chopped
3 carrots, peeled and chopped
2 (28 oz) cans whole or diced tomatoes
kosher salt, to taste
freshly ground black pepper
5 oz baby kale
¾ cup heavy cream

For the pasta
1 lb dried ziti (or other long skinny pasta)
2 cups tomato-cream sauce
10 fresh basil leaves, cut into thin strips
½ cup grated parmesan cheese

TUESDAY

NEW POTATO AND CHICKPEA CHAAT

½ cup dates, pitted
3 tsp tamarind paste
salt
2 tbsp Greek yogurt
1½ lb baby potatoes
2 tbsp unsalted butter
1 tsp cumin seeds, roughly ground
½ tsp freshly ground black pepper
1 tsp ground ginger
1 Indian green chile, finely chopped
1 (14 oz) can chickpeas, drained
1 large shallot, diced
juice of 1 lemon
¾ cup cilantro, minced

WEDNESDAY

CHIMICHURRI SUMMER VEGETABLE BOWLS

For the chimichurri
½ cup chopped basil
1 cup chopped parsley
½ cup chopped cilantro
2 cloves garlic
¼ cup olive oil
3 tbsp white wine vinegar
salt and black pepper, to taste

For the bowls
4 ears of corn
Chimichurri (above), divided
1½ cups farro
4 red bell peppers, seeded and cut into thin strips
1 tbsp olive oil
1 (15 oz) can black beans, drained and rinsed

THURSDAY

FALAFEL BURGERS

2 (15 oz) cans chickpeas, drained and rinsed
1 red onion, chopped
2 cloves garlic, minced
handful of parsley, minced
3-4 tbsp flour
1 tsp cumin
1 tbsp coriander
1 tbsp chili powder
1½ tsp turmeric
salt and freshly ground black pepper, to taste
4 slices mozzarella or provolone
4 burger buns
1 medium cucumber, quartered and chopped
1 pint cherry tomatoes, quarters
½ cup hot peperoncini peppers, sliced

DESSERT

RHUBARB, ROSE, AND ALMOND CAKE

¾ cup (170 g) butter, softened
1 cup (200 g) sugar
½ tsp rosewater
zest of 1 lemon
2 large eggs
1½ cups (175 g) all purpose flour
¾ cup (80 g) almond flour
1 tsp baking powder
½ tsp baking soda
½ cup (120 mL) plain Greek yogurt
½ lb (200-250 g) rhubarb, washed
1 tbsp granulated sugar, for topping
powdered sugar, to dust