

# WEEKLY SHOPPING LIST



## SUNDAY

### FARRO AND KALE SALAD WITH SAFFRON VINAIGRETTE

- 1 cup farro
- 3 cups water
- 1 cup fresh or frozen peas
- 1 tbsp kosher salt, divided
- 1 dried arbol chili pepper
- 1 small shallot
- 1 small garlic clove
- 1 sprig fresh rosemary
- zest of ½ orange
- ¼ cup seasoned rice wine vinegar
- 2 tbsp fresh orange juice
- ⅛ tsp saffron threads
- ¼ cup extra virgin olive oil
- ½ lb curly kale, stemmed and deribbed
- ½ lb radishes
- 1 large English cucumber
- 1 cup walnuts, toasted

## MONDAY

### PASTA PRIMAVERA WITH PARMESAN CREAM SAUCE

- 2 tbsp olive oil
- 2 red bell peppers, seeded and thinly sliced
- 2 zucchini, halved lengthwise and thinly sliced
- 1 tsp red pepper flakes
- salt and black pepper, to taste
- 1 lb penne
- 8 oz mascarpone cheese
- 1 cup grated parmigiano-reggiano
- ½ cup whole milk

## TUESDAY

### SUMMER BLISS FARRO BOWLS

For the farro bowls

- 1 cup farro
- ½ tsp chili powder
- ½ tsp coriander
- ½ tsp cumin
- ½ tsp smoked paprika
- 1 onion, diced
- 1 red bell pepper, seeded and diced
- 1 cup fresh corn kernels
- 1 (14 oz) can black beans, drained and rinsed
- 1 tbsp grapeseed oil

For the nectarine salsa

- 1 jalapeno, seeded and minced
- 2 peaches, pitted and chopped
- 1 tomato, seeded and chopped
- 1 tbsp olive oil
- ½ tsp honey

## WEDNESDAY

### SPICED BRAISED LENTILS WITH TOMATO AND COCONUT

- 3 tbsp unsalted butter
- 1 bunch scallions, trimmed and thinly sliced
- 2 garlic cloves, minced
- 1 tsp Madras curry powder
- 1 tbsp tomato paste
- 2 cups brown or green lentils
- 1 (28 oz) can crushed or diced tomatoes
- 1¾ tsp coarse salt
- 1 cup unsweetened coconut flakes
- 1½ tsp black or brown mustard seeds
- ¼ cup pistachios
- plain yogurt, for serving

## THURSDAY

### VEGETARIAN TOFU BANH MI

- 14 oz extra firm tofu, sliced crosswise into ½-inch thick slabs
- salt and black pepper
- ½ cup cornstarch
- 2 carrots, shredded
- ½ cucumber, peeled, seeded, and sliced thin
- 1 tsp grated lime zest
- 1 tbsp lime juice
- 1 tbsp soy sauce
- ¼ cup Greek yogurt
- ¼ cup peanut butter
- 2 tbsp sriracha
- 3 tbsp vegetable oil
- 4 Italian sub rolls, split lengthwise and toasted

## DESSERT

### APRICOT, RASPBERRY, AND ROSE GALETTE

- ¾ cup all purpose flour
- 3 tbsp fine cornmeal
- 1½ tbsp dried, edible rose petals
- ½ tsp sugar
- ½ tsp kosher salt
- 6 tbsp unsalted European-style butter, chilled and cut into ½-inch cubes
- 2 tbsp apple cider vinegar

For the galette filling

- 6 oz apricots, cut into ¼-inch slices
- ¾ cup raspberries
- ¼ tsp grated lemon zest
- ¼ tsp rose flower water
- ¼ cup + 1 tbsp turbinado sugar, divided
- ½ tsp kosher salt
- 1 tbsp tapioca starch
- 1 large egg, beaten
- 1 tbsp sugar