

WEEKLY SHOPPING LIST



SUNDAY

FETTUCCINE WITH ASPARAGUS AND PARMESAN FONDUTA

- 2 large egg yolks
- 1½ cups creme fraiche
- 5 oz parmesan cheese, finely grated
- 1 medium garlic clove, grated
- kosher salt, to taste
- 1 lb asparagus
- 2 lb fresh fettuccine

MONDAY

DHAL-BAKED EGGS

- 1 tbsp olive oil
- thumb-sized piece of ginger, peeled and minced
- 4 garlic cloves, minced
- 1 small bunch of cilantro
- 1 tsp cumin seeds
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1½ cups (300 g) split red lentils
- sea salt, to taste
- ½ lb (250 g) baby kale or baby spinach
- juice of 1 lemon
- freshly ground black pepper
- 4 large eggs
- 1 jalapeno pepper, thinly sliced
- naan or rice, for serving

TUESDAY

CORN, MONTEREY JACK, AND BROWN RICE STUFFED PEPPERS

- 3 poblano chile peppers, seeded and halved lengthwise
- 2 bell peppers, seeded and halved lengthwise
- 2 ears shucked corn
- 2 cups chopped seeded tomato, divided
- 1 cup hot cooked brown rice
- ¼ cup chopped fresh cilantro, divided
- 2 tablespoons pine nuts, toasted
- 2 tablespoons cream cheese
- 2 teaspoons fresh lime juice
- ¼ teaspoon kosher salt
- 3 ounces Monterey Jack cheese, shredded
- 2 ounces queso fresco, crumbled

WEDNESDAY

SPINACH AND WHITE BEAN VEGGIE BURGERS

- 2 tbsp olive oil
- 6 oz baby spinach
- 2 garlic cloves, minced
- 3 cups white or cannellini beans, drained and rinsed
- ¼ cup flour
- 2 large eggs
- 2 tbsp grated parmesan cheese
- 2 scallions, thinly sliced
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- 8 burger buns, toasted

For the avocado crema

- ⅔ cup full fat Greek yogurt
- 1 avocado, pitted and peeled
- salt and black pepper, to taste

THURSDAY

ZUCCHINI, BELL PEPPER, AND HALLOUMI PANZANELLA

- 1 loaf Italian bread (about 1 lb), cut into 1-inch cubes
- 4 tbsp extra virgin olive oil, divided
- 8 oz halloumi, cut into ½-inch cubes
- 4 cloves garlic, minced
- 3 zucchini
- 2 red bell peppers, diced
- 1 tbsp sumac
- ½ tsp za'atar
- 2 tbsp capers, drained
- 5 oz baby kale

For the dressing

- ¼ cup extra virgin olive oil
- ¼ cup harissa
- 2 tbsp champagne vinegar
- 1 tsp salt

DESSERT

DOUBLE CHOCOLATE ZUCCHINI LOAF CAKE

- ¾ cup + 2 tbsp (175 g) sugar
- ½ cup (113 g) unsalted butter, melted and cooled
- 3 large eggs, room temperature
- 1 tbsp vegetable oil
- 1 tsp vanilla extract
- 1.25 cups (160 g) all purpose flour
- ½ cup (48 g) unsweetened Dutch-processed cocoa powder
- 1 tsp baking powder
- ¾ tsp fine sea salt
- ¼ tsp baking soda
- 2 cups (225 g) grated zucchini
- 1 cup (175 g) semisweet chocolate chips, divided