

WEEKLY SHOPPING LIST



SUNDAY

SPICED COUSCOUS, CHERRY, AND GOAT CHEESE SALAD

¼ cup extra virgin olive oil, divided
1 ½ tbsp ras el hanout
1 ½ cups Israeli couscous
2 ¼ cups vegetable broth
1 lb Rainier cherries, pitted and halved
4 apricots, pitted and thinly sliced
2 cups mint leaves, thinly sliced
7 oz arugula
Juice of 1 lemon
Sea salt and freshly ground black pepper, to taste
1 tbsp nigella seeds
4 oz goat cheese, crumbled
4 tbsp raw honey

MONDAY

ROASTED HALLOUMI AND SUMMER VEGETABLE BAKE

3 tbsp olive oil
3 garlic cloves, minced
2 tsp oregano
2 tsp kosher salt
black pepper
14 oz zucchini
11 oz eggplant
2 cups cherry tomatoes
8 oz halloumi
juice of 1 lemon

TUESDAY

SWEET AND SPICY TOFU NOODLES

1.5 lb extra firm tofu, drained
2 tbsp canola oil
2 tbsp sesame oil
10 oz fresh ramen noodles
4 garlic cloves, minced
1 (1-inch) piece of ginger, thinly sliced
1 small bunch of scallions, whites and greens separated, cut into matchsticks
½ cup tamari or soy sauce
3 tbsp dark brown sugar
1 tsp black pepper (or to taste)
pinch of red pepper flakes
1 large English cucumber, seeded, quartered and thinly sliced
4 radishes, thinly sliced

WEDNESDAY

CHICKPEA FAJITAS

¾ cup dark beer or stout
2 tbsp soy sauce
2 tbsp fresh lime juice
1 tbsp olive oil
1 tbsp hot sauce
3 garlic cloves, minced
3 cups cooked chickpeas
1 onion, thinly sliced
3 bell peppers, seeded and sliced
1 zucchini, quartered and sliced
salt and black pepper, to taste
8 (6-inch) flour tortillas
pickled jalapenos and hot sauce, for serving

THURSDAY

MEDITERRANEAN TORTELLINI SALAD

For the pasta
1 lb tortellini
1 red onion, thinly sliced
1 pint cherry tomatoes, halved
1 cucumber, seeded and diced
1 green bell pepper, diced
4 oz feta cheese, crumbled

For the dressing
½ cup red wine vinegar
2 tsp fresh lemon juice
1 tsp sugar
2 tsp dried oregano
½ tsp red pepper flakes
½ cup extra virgin olive oil
salt and black pepper, to taste

DESSERT

BAKED BROWN BUTTER RASPBERRY TART

For the pastry crust
1 large egg yolk
1 tbsp heavy cream
½ tsp vanilla extract
1¼ cups all purpose flour
⅔ cup confectioner's sugar
¼ tsp kosher salt
8 tbsp unsalted butter

For the filling
6 tbsp unsalted butter
1 large egg + 1 large egg white
9 tbsp sugar
¼ tsp kosher salt
1 tsp vanilla extract
1 tsp kirsch
1½ tsp lemon juice
2 tbsp wondra flour
2 tbsp heavy cream
10 oz fresh raspberries