

WEEKLY SHOPPING LIST



SUNDAY

ITALIAN FLAG BAKED ZITI

2 tbsp olive oil
kosher salt and freshly ground black pepper, to taste
4 garlic cloves, minced
28 oz canned crushed tomatoes
3 leafy fresh basil sprigs, tough stems reserved and leaves chopped
1 lb ziti
2 (10 oz) packages frozen chopped spinach, defrosted and squeezed dry
1 cup creme fraiche
 $\frac{3}{4}$ cup grated parmesan cheese
1 cup coarsely grated mozzarella cheese

MONDAY

SPICY BERBERE RATATOUILLE

For the ratatouille
2.5 lb eggplant, cut into 1-inch cubes
4 mixed red and yellow bell peppers
1 lb sweet potato
2 tbsp berbere spice mix
 $\frac{3}{4}$ cup + 2 tbsp olive oil
 $\frac{3}{4}$ tsp kosher salt
 $\frac{1}{2}$ oz fresh ginger, peeled and minced
3 garlic cloves, minced
3 tbsp soy sauce
7.5 tsp maple syrup
10.5 oz cherry tomatoes, halved
2 tsp nigella seeds

For the coconut and cucumber sauce
1 cucumber, grated
 $\frac{3}{4}$ cup cilantro, minced
1 oz fresh ginger, peeled and minced
 $\frac{3}{2}$ cup coconut cream
2 tbsp lime juice
 $\frac{1}{4}$ tsp kosher salt

TUESDAY

ROASTED SWEET POTATO AND CHICKPEA TACOS

2 tbsp olive oil
3 medium sweet potatoes, peeled and cut into $\frac{1}{2}$ -inch cubes
1 (15 oz) can chickpeas, drained and patted dry
salt, to taste
4 tbsp kewpie mayonnaise
2 tbsp hoisin sauce
2 tbsp sriracha
12 corn tortillas, warmed
toasted sesame seeds, to garnish

WEDNESDAY

MOROCCAN CHICKPEA AND BUTTERNUT SQUASH SOUP

1 tbsp olive oil
1 medium onion, chopped
3 cups cooked chickpeas
1 tsp ground cumin
 $\frac{1}{2}$ tsp cinnamon
 $\frac{1}{4}$ tsp cayenne pepper
3 cups peeled, cubed butternut squash
2 tbsp tomato paste
4 cups vegetable broth
 $\frac{1}{2}$ cup Israeli couscous
 $\frac{3}{4}$ tsp kosher salt
1 zucchini, quartered lengthwise and then sliced

THURSDAY

LINGUINE WITH CHICKPEAS AND ZUCCHINI

1 lb linguine
salt and black pepper, to taste
 $\frac{1}{2}$ cup extra virgin olive oil
4 garlic cloves, thinly sliced
 $\frac{1}{2}$ tsp red pepper flakes
2 medium zucchini, shredded and patted dry
1 (15 oz) can chickpeas, drained and rinsed
2 oz pecorino romano cheese, grated
3 tbsp chopped fresh parsley
1 tbsp lemon juice, plus extra wedges for serving

DESSERT

NUTELLA SWIRLED BANANA BREAD

2 cups (480 g) mashed ripe bananas (about 4)
1 cup (200 g) brown sugar
 $\frac{1}{2}$ cup (110 g) unsalted butter, melted
 $\frac{1}{2}$ cup whole milk
2 large eggs, room temperature
2 tsp vanilla extract
 $3\frac{1}{2}$ cups (400 g) all purpose flour
2 tsp baking powder
1 $\frac{1}{2}$ tsp baking soda
1 $\frac{1}{2}$ tsp kosher salt
 $\frac{1}{2}$ cup (140 g) nutella



**EATS WELL WITH
OTHERS
WHAT TO COOK THIS
WEEK**

