

# WEEKLY SHOPPING LIST



## SUNDAY

### FETTUCCINE WITH EASY TOMATO-BASIL SAUCE

- ¼ cup (60 mL) extra-virgin olive oil
- 1 garlic clove, smashed
- 1 cup (240 g) whole peeled San Marzano tomatoes
- ¼ tsp red pepper flakes
- salt and freshly ground black pepper, to taste
- 10 fresh basil leaves, torn into large pieces
- 1 lb fettuccine

## MONDAY

### CHICKPEA, SPINACH, AND POTATO SAMOSA PIE

- 2 medium russet potatoes (1 lb), peeled and diced
- 2 tbsp olive oil
- 1 medium white onion, diced
- 1 inch fresh ginger, cut into matchsticks
- 1 tsp garam masala
- ½ tsp ground turmeric
- ½ tsp kashmiri chili powder
- 5 oz fresh baby spinach, chopped
- 2 (15.5 oz) cans chickpeas, drained and rinsed
- 1 tsp amchur powder
- 2 tbsp chopped cilantro
- 1 jalapeno or serrano pepper, minced
- For the phyllo crust
- ¼ cup (55 g) unsalted butter, melted
- ¼ cup (60 ml) olive oil
- 10 sheets phyllo, thawed
- 1 tsp nigella seeds

## TUESDAY

### CRISPY BLACK BEAN TACOS WITH MANGO PICO DE GALLO

- 1 mango, peeled, pitted, and diced
- 1 jalapeno pepper, seeded and diced
- ½ sweet onion, diced
- 1 pint cherry tomatoes, quartered
- juice of 1 lime
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- 1 tbsp canola oil
- 1½ cups canned black beans, rinsed and drained
- 4 oz queso fresco, crumbled
- 2 tbsp minced cilantro
- 12 (4-inch) corn tortillas

## WEDNESDAY

### SWEET POTATO, ALEPPO PEPPER, AND LIME SOUP

- 2 tbsp olive oil
- 2 large onions, diced
- 3 lb sweet potatoes, peeled and cut into chunks
- 2 large garlic cloves, peeled
- 1 tsp dried oregano
- 1 tsp aleppo pepper
- 1 tsp turmeric
- 4.25 cups boiling water
- juice of 1 lime
- salt and black pepper, to taste
- 4 oz feta cheese, crumbled, to garnish

## THURSDAY

### SPICY PEANUT RICE NOODLE BOWLS

For the peanut sauce

- 1 tbsp vegetable oil
- 2 Thai or jalapeno chiles
- 3 garlic cloves, minced
- 1 tbsp grated fresh ginger
- 1½ tsp Thai red curry paste
- ½ cup water
- ½ cup creamy peanut butter
- 3 tbsp seasoned rice vinegar
- 2 tbsp soy sauce
- 1 tbsp sugar

For the peanut noodle bowls

- 1 cup shredded carrots
- 2 tbsp seasoned rice vinegar
- 12 oz rice noodles
- 3 tbsp vegetable oil
- 2 cups frozen edamame
- 4 cups shredded red cabbage
- ½ cup dry-roasted peanuts, chopped
- 2 tbsp torn fresh Thai basil
- lime wedges

## DESSERT

### ALMOND POPPY SEED MUFFINS

- 1¾ cup all purpose flour
- ¾ tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- 2 tbsp poppy seeds
- 1 cup sugar
- 10 tbsp butter, room temperature
- 1 large egg
- 1 large egg yolk
- 2¼ tsp almond extract
- ½ cup whole milk
- ½ cup full fat sour cream
- ¼ cup slivered almonds