

WEEKLY SHOPPING LIST



SUNDAY

PAPPARDELLE WITH ASPARAGUS, PEAS, AND SAFFRON

pinch of saffron
2 tbsp unsalted butter
3 shallots, minced
7 oz vermouth
2 cups vegetable broth
1 cup heavy cream
salt and black pepper, to taste
lemon juice
1 lb fresh pappardelle, fettuccine, or tagliatelle
1 lb asparagus, trimmed and cut into 1-inch lengths
2 cups frozen peas
finely grated parmesan cheese, to serve

MONDAY

VEGETARIAN ANTIPASTO SALAD

For the salad
10 oz lacinato kale
1 tbsp olive oil
1 (16 oz) jar roasted red peppers
1 (12 oz) can marinated artichoke hearts
12 oz cherry tomatoes, halved
1 tbsp capers
6 oz feta cheese, crumbled

For the dressing
1 garlic cloves, grated
2 tbsp lemon juice
4 tsp white balsamic vinegar
4 tsp dijon mustard
4 tsp honey
8 tbsp olive oil
salt and black pepper, to taste

For the chickpeas
2 (14.5 oz) cans chickpeas, drained
2 tsp oregano
½ tsp paprika
1 tbsp olive oil

TUESDAY

LOADED VEGETARIAN TORTILLA SOUP

1 poblano pepper
2 tbsp olive oil, divided
1 white onion, diced
2 garlic cloves, minced
1 jalapeno, seeded and minced
1 tsp ground cumin
14 oz tomato puree
4 cups vegetable broth
1 (14 oz) can black beans, drained and rinsed
1 (28 oz) can hominy, drained and rinsed
1 lb frozen corn
kosher salt, to taste
6 (6-inch) corn tortillas, cut into thin strips
1 avocado, peeled, pitted, and diced
4 radishes, trimmed and very thinly sliced
8 oz queso fresco, crumbled

WEDNESDAY

THAI CHILI TOFU STIR FRY

For the tofu
1.25 lb extra firm tofu, drained and cut into 1-inch cubes
100 g (~¾ cup) all purpose flour
100 g (~1 cup) cornstarch
2.5 tsp kosher salt
canola or vegetable oil, for frying

For the stir fry
2 tbsp canola oil
1 large white onion, sliced
2 red bell peppers, seeded and thinly sliced
9 tbsp Thai sweet chili sauce
4 tbsp soy sauce

cooked short-grain rice and honey-roasted peanuts, for serving

THURSDAY

ZA'ATAR CRUSTED HALLOUMI WITH SUMAC ROASTED VEGETABLES

2 tbsp extra virgin olive oil
1 pint cherry tomatoes
2 zucchini, diced
1 red onion, quartered and thinly sliced
12 oz green beans, trimmed and cut into 1-inch lengths
1 tsp sumac
salt and black pepper, to taste
3 cups water
2 cups Israeli couscous
1 lb halloumi, cut into ½-inch thick slices
2 tbsp za'atar
juice of 1 lemon

DESSERT

KENTUCKY BOURBON BUNDT CAKE

For the cake
3 cups sifted cake flour
1 tsp. baking powder
½ tsp. baking soda
1 tsp. fine sea salt
1 cup unsalted butter, room temperature
1½ cups sugar
½ cup firmly packed brown sugar
4 eggs, at room temperature
¼ cup bourbon
1 cup buttermilk, at room temperature

For the bourbon glaze
6 Tbsp. unsalted butter
¾ cup sugar
¼ cup bourbon