

WEEKLY SHOPPING LIST



SUNDAY

SPINACH AND ARTICHOKE QUICHE

- 1 pie crust
- 2 tbsp unsalted butter
- 1 shallot, diced
- 1 tsp salt, divided
- ½ tsp red pepper flakes
- 1 (14 oz) can artichoke hearts, drained and chopped
- 10 oz frozen chopped spinach, thawed and squeezed dry
- 2 large eggs + 3 large egg yolks
- 3 tbsp flour
- 1 cup half and half
- 1 cup heavy cream
- ¼ tsp freshly ground black pepper
- 4 oz gruyere cheese, grated

MONDAY

CRISPY CHICKPEA AND FARRO

TABBOULEH BOWLS

- 2 (13.5 oz) cans chickpeas, drained and rinsed
- 2 red bell peppers, seeded and cut into 1-inch cubes
- 4 tbsp olive oil, divided
- 2 tbsp harissa
- 1 cup farro
- juice of 1 lemon
- 1 Persian cucumber
- 2 tomatoes
- ¼ cup dill, minced
- ¼ cup parsley, minced
- 6 oz feta cheese, crumbled

For the tahini-yogurt sauce

- ¼ cup Greek yogurt
- 1 tbsp tahini
- 2 tbsp water
- 1 garlic clove, grated

TUESDAY

BUTTER PANEER WITH COCONUT

CASHEW SAUCE

- ¼ cup canola oil
- 8 oz paneer, cut into ½-inch cubes
- 14 oz full fat coconut milk
- ½ cup cashews
- 5 oz tomato paste
- ¼ cup full fat Greek yogurt
- 1 small onion, diced
- 4 cloves garlic, minced
- 1 tbsp minced ginger
- 2 tsp vindaloo or other spicy curry powder
- 2 tsp thai red curry paste
- 2 tbsp garam masala
- ½ tsp turmeric
- salt, to taste
- 8 oz frozen peas
- cooked jasmine rice, for serving

WEDNESDAY

LINGUINE WITH PEA PESTO

For the lemony pea pesto

- 16 ounces frozen peas
- 1 ounce basil leaves
- 2 cloves garlic, minced
- 2 tablespoons pine nuts
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- Salt, to taste

For the pasta

- 1 lb linguine
- 1 (14 oz) can quartered artichokes, coarsely chopped
- 2 cups ricotta
- red pepper flakes and black pepper, to taste

THURSDAY

CREAMY FETA, TOMATO, AND CHICKPEA COUSCOUS CASSEROLE

- 1 pint cherry tomatoes, halved lengthwise
- ¼ cup thinly sliced scallions
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 2 large garlic cloves, minced
- 1½ tsp kosher salt, plus more to taste
- ½ tsp black pepper, plus more to taste
- 3 oregano sprigs
- 2 cups vegetable broth
- ½ cup minced parsley
- ½ teaspoon finely grated lemon zest
- ¾ teaspoon ground cumin
- 1½ cups Israeli couscous
- 15 oz can chickpeas, drained and rinsed
- 4 oz feta, crumbled
- ½ cup grated parmesan cheese

DESSERT

BLUEBERRY LEMON COCONUT LOAF CAKE

- 2½ cups (310 g) all purpose flour
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp kosher salt
- ¾ cup (170 g) unsalted butter, room temperature
- 1½ cups + 2 tbsp (315 g) sugar
- 3 large eggs
- 1 cup + 3 tbsp (280 g) sour cream
- ¾ cup + 2 tbsp (75 g) sweetened shredded coconut
- zest of 5 lemons
- 10 oz (280 g) blueberries
- For the lemon syrup
- ½ cup (100 g) sugar
- ½ cup (120 mL) water
- zest of 1 lemon