

monday

beet salad w/ arugula & yogurt

gather your ingredients

- 1(15½-oz.) can chickpeas, drained and rinsed
- kosher salt & freshly ground black pepper
- 1½ tsp ground coriander
- 3 tbsp olive oil
- 1 orange
- ¼ cup full-fat greek yogurt
- 3 tbsp rice vinegar
- 2 lb *cooked* whole red or golden beets (peeled and cut into ½" rounds)
- 3 cups baby arugula

let's get cooking

1. heat the oven to 400° f. spread chickpeas on a small baking sheet and pat dry with a kitchen towel. season lightly with salt, black pepper, ½ tsp coriander, and 1 tbsp olive oil. roast the chickpeas until golden brown and crispy, shaking the sheet halfway through baking, 20 minutes. remove from the oven, and while still warm, zest the orange over the roasted chickpeas. stir to combine.
2. meanwhile, in a small bowl, whisk the yogurt, 1 tbsp olive oil, 2 tbsp rice vinegar and the remaining 1 tsp ground coriander. season with salt and pepper to taste.
3. in a medium bowl, toss the beets, remaining 1 tbsp olive oil, remaining 1 tbsp rice vinegar and season with salt and pepper. add the arugula and toss to combine.
4. to serve, spread half of the yogurt dressing on a serving platter. add the beet mixture and scatter the chickpeas all over the top. spoon the remaining yogurt dressing over everything and serve immediately.

**tip* if you're in a hurry i recommend boiling your beets, using an instapot, or buying them pre-cooked versus roasting them—they take forever that way.*

tuesday

ginger scallion steamed fish

gather your ingredients

- 1½ lb firm fish (such as salmon, halibut or haddock cut into 1" cubes)
- 1 tbsp kosher salt
- 1(1") piece fresh ginger
- 2 tbsp soy sauce
- 1 tbsp maple syrup + more if needed
- 1⅔ cup basmati rice
- drizzle of olive oil
- 1 head broccoli (cut into florets)
- 1-2 cups vegetable broth

let's get cooking

1. **start the rice:** cliffs notes of my fave method: cover 1⅔ cup rice in cold water for 20 mins, drain and move to a saucepan. cover with 2 cups of boiling water, a drizzle of olive oil, and bring to a boil. reduce to a simmer and cook covered for 10 mins. turn off heat, leave lid on until ready to serve. works every time!
2. **while rice cooks:** in a medium bowl, stir together 1 cup warm (not hot!) water with the fish and salt. set aside for 10 mins. (this quick brine will help the fish stay tender.)
3. meanwhile, slice the scallion whites and light green parts into 1" segments, then thinly slice the greens for garnish. peel the ginger and cut into thin matchsticks.
4. in a large pot or skillet with a lid, combine ½ cup water with the scallion segments, ginger, soy sauce, and syrup. bring to a simmer over medium-high and cook until reduced by about half (~5- 7 mins).
5. reduce heat to low, then use a slotted spoon or your fingers to transfer the fish to the pot. (no need to pat it dry first.) stir to coat in the soy mixture, then shake into an even layer. cover and cook until the fish is cooked through (~8 -10 mins).
6. **now start the broccoli:** place vegetable broth and broccoli florets in a saucepan and bring to a boil over medium high. lower to a simmer over medium until soft (~7-10 mins)

7. **and serve:** divide fish among bowls, including the sauce, ginger and scallions, and top with the thinly sliced scallion greens.

**TIP* this will make too much rice but you can use on thursday!*

wednesday

vegan coconut black beans

gather your ingredients

- 2 (15-oz.) cans black beans
- 2 tbsp coconut oil
- 1½ tsp ground cumin or coriander
- 1(3" piece) fresh ginger (peeled & finely grated)
- 1(13-oz.) can full-fat coconut milk
- kosher salt & freshly ground black pepper
- ½ cup plantain chips and/or toasted coconut flakes
- 1 tsp lime zest + 2 tbsp juice (from 1 lime)
- hot sauce (for serving)

let's get cooking

1. rinse 1 can of black beans, and set aside. in a large saucepan, heat the coconut oil over medium. add the cumin and half of the ginger and cook until fragrant, stirring constantly (~1 to 2 mins). add the rinsed black beans and the remaining whole can of black beans (including the liquid), and the coconut milk; season generously with salt and pepper.
2. bring to a boil over medium-high, then reduce heat to a simmer and cook, stirring occasionally, until the beans are soft and the mixture is flavorful (~15 to 20 mins). if you want a thicker consistency, smash some of beans with the back of a spoon as the mixture cooks, and simmer longer.
3. meanwhile, in a small bowl, crumble the plantain chips into bite-size pieces. add the lime zest and a few generous grinds of black pepper, and stir to combine.

4. remove the beans from the heat. stir in the remaining ginger and season with salt and pepper to taste. stir in the lime juice a little at a time until the beans taste bright but the coconut flavor is still rich. top with the seasoned plantain chips and serve with hot sauce.
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thursday

cumin cashew yogurt rice

gather your ingredients

- 3 cups cooked basmati rice at room temperature
- 1 tbsp minced ginger (from about a 1" piece; peeled)
- 1 tsp kosher salt
- 2½ cups full-fat greek yogurt
- 2 tbsp ghee
- ¼ cup raw unsalted cashews
- 1 serrano chile (minced)
- 1 tbsp cumin seeds (or ground cumin works)
- ¼ tsp red chile powder
- 2 tbsp roughly chopped cilantro

let's get cooking

1. in a bowl, combine the cooked rice, ginger and salt. fold in the yogurt. the yogurt should evenly coat the rice, so that it resembles a thick rice pudding.
 2. in a small saucepan on medium heat, melt the ghee. add the cashews and chile, and cook, stirring occasionally, until the cashews are lightly browned (~2 to 3 mins). shift the cashews and chile to the side of the pan, and add the cumin, toasting until slightly browned, 30 seconds to 1 minute. stir in red chile powder, then turn off the heat.
 3. pour the spice mixture over the rice and garnish with cilantro.
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friday

marry me tofu

gather your ingredients

- 1 block firm tofu (pressed + cut horizontally into ½" planks)
- kosher salt & freshly ground black pepper
- ¼ cup all-purpose flour
- 3 tbsp extra-virgin olive oil + more as needed
- 3 tbsp unsalted butter
- 3 garlic cloves (chopped)
- 1 tbsp tomato paste
- ½ tsp dried oregano
- red pepper flakes (to taste)
- 1 cup low-sodium vegetable stock
- ½ to ¾ cup coconut milk
- ½ cup grated parmesan
- ⅓ cup sliced sun-dried tomatoes packed in oil
- fresh basil (for serving)

let's get cooking

1. scatter the flour on a large plate and coat the tofu planks, shaking off the excess. transfer the cutlets to a sheet pan or large plate in a single layer.
2. heat the oil in a large pan over medium-high. once hot, reduce the heat to medium and add the butter. as soon as it melts, add the cutlets and cook until golden on one side, about (~5-7 mins). flip the tofu and cook the other side until golden (~5-7 mins). do this in batches, if needed, adding more oil, if needed. transfer the tofu to a plate or sheet pan.
3. reduce the heat to low, add the garlic and cook, stirring often, until fragrant (~1 to 2 mins). add the tomato paste, stirring until the color deepens (~2 mins). add the oregano and red pepper flakes, to taste. increase the heat to medium, add the stock and bring to a simmer, scraping up any bits from the bottom of the pan, until the liquid is reduced by half (~5 mins).

4. add ½ cup of the coconut milk and warm through, stirring, until it thickens slightly (~3 mins). watch the closely, reducing the heat if necessary, to maintain a gentle simmer. stir in the parmesan and the sun-dried tomatoes. add more coconut milk, if you like, and season the sauce. place the tofu back in the pan to warm through (~4 mins). remove from the heat and scatter basil on top.
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groceries

pantry staples

hopefully, you have some of these already so do a quick check before you shop. here's what you'll need this week:

- kosher salt & freshly ground black pepper
- ground coriander
- olive oil
- rice vinegar
- soy sauce
- maple syrup
- basmati rice
- 1(15½-oz.) can chickpeas
- vegetable broth/stock
- 2 (15-oz.) cans black beans
- coconut oil
- ground cumin or coriander (cumin seeds too if you have)
- 2(13-oz.) cans full-fat coconut milk
- hot sauce
- ghee
- raw unsalted cashews
- all-purpose flour
- red chile powder
- unsalted butter
- tomato paste

- dried oregano

from the store (organized by section)

- 1 orange (1)
- lime (2)
- serrano chile (1)
- garlic (1 head)
- whole red or golden beets (pre-cooked or raw)
- baby arugula
- fresh basil
- fresh ginger
- fresh cilantro
- broccoli (1 head)
- parmesan
- full-fat greek yogurt
- 1½ lb firm fish (such as salmon, halibut or haddock)
- 1 block firm tofu
- plantain chips and/or toasted coconut flakes
- sun-dried tomatoes packed in oil