

## monday

### thai green curry w/ zucchini, snow peas & broccoli

#### gather your ingredients

- 2 serrano chiles (roughly chopped)
- 3 lemongrass stalks (bottom 2 inches only, roughly chopped)
- 4 fat cloves of garlic (roughly chopped)
- 1½ tbsp gangal paste\* (drained)
- ¾ inch ginger (peeled and chopped)
- 1½ tsp salt
- ¼ tsp ground black pepper
- 1 tsp lime zest
- 1 tsp cumin seeds
- ½ tsp ground turmeric
- canola or olive oil
- 2 medium zucchini (cubed)
- 1-2 (14-oz.) cans full-fat coconut milk
- 1½ tsp sugar
- 1 head of broccoli (cut into florets)
- ¼ lb snow peas
- handful of cilantro, mint, or basil leaves (optional for serving)
- jasmine or brown rice (optional for serving; per usual we did tj's organic frozen brown rice)
- frozen naan (optional, for serving)

\*if you don't have/can't find it works without this!

#### let's get cooking

1. **make the paste:** put 2 serrano chiles, 3 lemongrass stalks (bottom 2 inches only, roughly chopped), 4 fat cloves of garlic, 1½ tbsp gangal paste\*, ¾ inch ginger (peeled and chopped), 1½ tsp salt, ¼ tsp ground black pepper, 1 tsp lime zest, 1 tsp cumin seeds, ½ tsp ground turmeric and 2 tbsp canola or olive oil into a blender, along with 2 tbsp of water and blend as smooth as possible. add a little more oil + water if needed.

2. **now start the vegetables:** over a medium-high heat, put 2 tbsp of oil into a large frying pan for which you have a lid and when hot add the zucchini for 4-8 mins, until almost tender and browning on the outside. transfer to a plate.
  3. **put it all together:** add 1 tbsp of oil to the same pan and add the paste. stir fry for four mins, then slowly add the coconut milk (start with 1-1½ cans and add more as needed), ¾ cup water and mix. when the milk starts to bubble, add the sugar, zucchini, broccoli, snow peas and simmer for six minutes or until all vegetables are tender. then take off heat.
  4. serve with steamed rice and naan if desired.
- 

## tuesday

### brussels sprouts w/ lemon & paneer

#### gather your ingredients

#### for the brussels sprouts and paneer

- ½ tsp coriander seeds
- ½ tsp cumin seeds
- ½ tsp fennel or caraway seeds
- 1 lb. brussels sprouts, trimmed and halved (about 4 cups)
- 1 bunch scallions (thinly sliced, whites and greens separated)
- 2 to 3 tbsp olive oil plus more as needed
- ½ tsp kosher salt plus more as needed
- 8 oz. paneer cheese, crumbled\* (about 2 cups)
- ¼ tsp smoked paprika
- large pinch of ground cayenne
- ¼ cup cilantro or mint leaves and tender stems (torn)
- lime wedges, for serving

*\*TIP\* can swap paneer for a 12- to 14-oz. package firm or extra-firm tofu, patted dry and sliced into ½-inch thick slabs to make this vegan. add slabs to the pan along with the brussels sprouts in. the tofu won't brown, but it will soak up all the good flavors.*

### for the vinaigrette

- 1 large garlic clove (finely grated or minced)
- 1½ tbsp fresh lime juice plus more to taste
- ½ tsp ground cumin plus more to taste
- kosher salt and freshly ground black pepper
- 5 tbsp olive oil

### let's get cooking

1. heat oven to 425° F. using a mortar and pestle or the flat side of a chef's knife and a cutting board, lightly crack the coriander, cumin, and fennel or caraway seeds (can also just use the pro-ground versions of these!!)
  2. place brussels sprouts and scallion whites (save the greens for garnish) on a sheet pan. drizzle with olive oil to coat and sprinkle with the cracked spices and salt. stir to combine everything, then spread into an even layer in the pan. roast for 15 minutes, until golden brown.
  3. while sprouts are in the oven, make the lime vinaigrette. in a small bowl, combine garlic, lime juice, cumin and a big pinch each salt and pepper. slowly whisk in olive oil. taste and adjust salt, cumin and lime; it should be tangy.
  4. raise oven temperature to 475° F and sprinkle paneer over the brussels sprouts. lightly drizzle with more olive oil (another 1 to 2 tbsp) and sprinkle with another pinch of salt, paprika and cayenne, if you like. roast until cheese gets slightly brown and sprouts are browned and tender, 9 to 12 minutes.
  5. remove from oven and drizzle lime vinaigrette on paneer and sprouts when still hot right out of the oven (it will absorb it immediately). sprinkle cilantro and scallion greens on top. drizzle with a little more olive oil if you like, and serve with lime wedges for squeezing.
-

## wednesday

### white beans & asparagus w/ charred lemon

#### gather your ingredients

- 3 tbsp extra-virgin olive oil or coconut oil
- 1 large or 2 small lemons (quartered lengthwise, seeds removed)
- 1 (14-oz) can full-fat coconut milk
- 3 cups cooked, rinsed white beans (homemade or two 15-oz cans)
- 1 bunch asparagus (tough ends trimmed, stalks cut into 1-inch lengths)
- kosher salt to taste
- handful of cilantro or basil leaves (optional for serving)

#### let's get cooking

1. heat the oil in a large skillet over medium heat until shimmering. add the lemon wedges, peel-side down, and cook for 1 or 2 minutes to release their oils. flip onto cut sides and cook until the flesh is browned and charred in spots, 3 to 6 minutes. flip onto the other cut sides and repeat.
  2. remove the lemon wedges, pour in the coconut milk and scrape to release all the charred bits stuck to the skillet. stir in the beans and asparagus, season well with salt, and simmer until the asparagus is crisp-tender, 5 to 8 minutes. at first, the mixture might look thick, but there's no need to add more liquid; the asparagus will release liquid as it cooks.
  3. remove from heat and squeeze in the lemon. season to taste with salt and serve topped with herbs.
- 

## thursday

### aloo gobi

#### gather your ingredients

- ¼ cup ghee (or olive oil)
- 2 large yukon gold potatoes (about 1 lb.), peeled and cut into 1-inch cubes
- 1 small cauliflower (cut into 1-inch florets)
- ½ tsp cumin seeds

- 1 medium yellow onion (finely chopped)
- 1 green chile pepper, such as serrano or thai bird's eye (slit down the middle)
- 1 large garlic clove, grated
- 1 (1-inch) piece ginger (peeled and grated)
- ½ tsp ground turmeric
- 2 medium tomatoes (chopped)
- 1 tsp garam masala plus more to taste
- 1 tsp ground coriander
- ½ tsp ground cumin
- ½ tsp kashmiri red chile powder\*
- kosher salt
- ½ tsp amchur (dried mango powder) or 1 tbsp lemon juice (i did lemon juice)
- cilantro leaves (for serving)

*\*TIP\* look for kashmiri red chile powder, a mild chile powder, at south asian markets and online. to substitute, combine ½ tsp smoked or sweet paprika with a dash of cayenne.*

### **let's get cooking**

1. in a large, deep skillet with a lid, heat the oil over medium-high. add the potatoes, reduce heat to medium-low and cook, stirring frequently, until the potatoes are par-cooked and a little golden, 8 to 10 minutes. using a slotted spoon, transfer the potatoes to a medium bowl. add a little more oil to the skillet, if necessary, add the cauliflower and cook, stirring occasionally, until starting to soften on the outsides, about 5 minutes. transfer the cauliflower to the bowl with the potatoes.
2. stir the cumin seeds into the pan and toast until they crackle and are fragrant, about 30 seconds. add the onion and green chile; cook, stirring occasionally, scraping up any browned bits from the bottom of the pan, until the onion is soft and golden, about 8 minutes. add the garlic and ginger; cook, stirring frequently, until fragrant, about 1 minute. sprinkle on a little salt and the turmeric; stir, until fragrant, about 30 seconds.
3. return the potatoes and cauliflower to the pan, then stir in the tomatoes, garam masala, coriander, ground cumin and kashmiri chile powder. stir and cook until fragrant, about 2 minutes. drizzle 3 tbsp of water around the sides of the pan, stir, scraping up any browned bits. cover, then reduce heat to medium-low and cook, stirring occasionally to make sure nothing sticks, until the potatoes are almost fork-tender, 20 to 25 minutes. (the vegetables will release liquid as they cook; drizzle on more water to help steam the potatoes, if necessary.)
4. season with salt. re-cover and cook until the potatoes are fork-tender and not mushy, and the cauliflower is tender but still has a bite, about 5 minutes. taste and season with

more salt, if needed. add more garam masala, if you like. sprinkle with amchur and top with cilantro.

---

## friday

### vegan sweet & sour chickpea stirfry

#### gather your ingredients

- 1 large red bell pepper (thinly sliced)
- 1 large red onion (thinly sliced)
- drizzle of olive oil
- salt & freshly ground black pepper to taste
- 1 (15-oz) can chickpeas (drained + rinsed)
- ¼ cup tamari or soy sauce
- 2 tbsp rice vinegar
- 2 tbsp maple syrup
- 1 tbsp sesame oil
- 2 tbsp sriracha
- 1 tsp red pepper flakes
- 2 cups rice or couscous (or some kind of grain!)

#### let's get cooking

1. preheat oven to 425° F..
  2. place sliced bell pepper and onion on a large baking sheet. add the chickpeas to a separate large-rimmed baking sheet. toss with olive oil + salt and pepper, then roast for 20-25 mins, or until golden brown.
  3. meanwhile, make the sauce. pour tamari, rice vinegar, maple syrup, sesame oil, red pepper flakes and sriracha into a small bowl. mix well to combine. add black pepper to taste.
  4. heat a large skillet over medium-high heat. add the chickpeas and vegetables. stir to combine. add the desired amount of sauce and cook until it starts to bubble, stirring frequently.
  5. serve with a grain of your choice.
-

## **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:

- canola and/or olive oil
- ghee (optional)
- sesame oil
- cumin seeds (can also use ground cumin)
- ground cumin
- ground turmeric
- coriander seeds
- garam masala
- ground coriander
- fennel or caraway seeds
- smoked paprika
- ground cayenne
- ground turmeric
- sugar
- tamari or soy sauce
- rice vinegar
- maple syrup
- sriracha
- red pepper flakes
- 2-3 (14-oz.) cans full-fat coconut milk
- 1 (15-oz) can chickpeas
- dried white beans (or two 15-oz. cans)
- jasmine or brown rice (optional for serving; per usual we did tj's organic frozen brown rice)
- couscous (or more rice)

### **from the store (organized by section)**

- serrano chiles (3)
- lemongrass stalks (3)
- asparagus (1 bunch)
- yukon gold potatoes (1)
- cauliflower (1 small)

- yellow onion (1)
- red onion (1)
- garlic (1 head)
- green chile pepper, such as serrano or thai bird's eye (1)
- 1 (1-inch) piece ginger
- red bell pepper (1)
- tomatoes (2)
- ginger
- lime (2)
- lemon (3)
- zucchini (2)
- broccoli (1 head)
- ¼ lb snow peas
- fresh cilantro
- fresh mint
- fresh basil
- brussels sprouts (1 lb.)
- scallions (1 bunch)
- 8 oz. paneer cheese
- frozen naan (optional)
- gangal paste (okay if you can't find)
- kashmiri red chile powder (okay if you can't find)
- amchur (dried mango powder) can use lemon if can't find