

monday

caramelized onion lentils

gather your ingredients

- 4 or 5 yellow onions (thinly sliced)
- 2 tbsp unsalted butter
- 1 tbsp olive oil
- kosher salt & freshly ground black pepper
- 2 cloves garlic (minced)
- 1 ½ cups dried farro
- ¾ cup dried lentils ideally green (le puy) or brown (italian)
- a few sprigs of fresh thyme (dried oregano works too!)
- 6 cups vegetable broth + splashes more, if needed
- 2 cups coarsely grated gruyere cheese

let's get cooking

1. **caramelize the onions:** heat butter and olive oil in a large, deep saute pan, ideally one that's ovenproof, over medium heat. add the onions, toss to coat them in butter and oil and cover the pot. reduce the heat to medium-low and let the onions slowly steep for 15 to 20 mins — they don't need your attention. you want to start the stirring process sooner if they're browning or sticking to the pan. uncover the pot, raise the heat to medium-high (for now) and stir in salt — i start with 2 tsp of kosher salt. cook onions, stirring every few mins (you can check less often in the beginning, and will have to frequently stir later in the process) until the onions are brown, soft, and sweet, about 20 mins more. you'll want to reduce the heat to medium once any water the onions emitted has cooked off.
2. **assemble:** add garlic to the onions and cook, stirring (~1 min). add the farro and cook for 2 mins. add lentils and 6 cups broth and thyme and bring the mixture to a simmer. season well with salt and pepper as needed.
3. **cook on stovetop (my suggestion):** i don't see any reason this needs to be baked in the oven which makes it take way longer. i'd say just continue to simmer this on the stovetop for 30-40 mins until liquid is absorbed and farro + lentils are chewy but not falling apart then skip to step 6.
4. if following original recipe: heat oven: to 375°f. cover pan and bake, stirring about halfway through, until the lentils and farro are tender, 40 to 50 mins. if all of the liquid has absorbed,

either at the midway-through point or at the end, add another $\frac{1}{4}$ to $\frac{1}{2}$ cup splash of broth. we're looking for a risotto-like looseness or light "slosh" in the pan.

5. to finish: fish out thyme stems and sprinkle the dish with gruyere and broil until browned on top.
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tuesday

salmon bowl

gather your ingredients

- 3 persian or regular cucumbers (thinly sliced)
- $\frac{1}{4}$ cup unseasoned rice vinegar + more for drizzling
- kosher salt
- 2 cups sushi rice or other short-grain rice
- 3 tbsp chili crisp
- $\frac{1}{3}$ cup + 3 tbsp mayonnaise
- 12 oz. salmon fillet (preferably skin-on, cut into 1" cubes)
- pinch of cayenne pepper
- 2 avocados (thinly sliced)
- 3 scallions (thinly sliced)

let's get cooking

1. toss 3 persian cucumbers, thinly sliced, $\frac{1}{4}$ cup unseasoned rice vinegar, and a big pinch of kosher salt in a medium bowl to combine. let sit, tossing occasionally, until ready to use.
2. bring 2 cups sushi rice or other short-grain rice, a pinch of salt, and $2\frac{1}{2}$ cups water to a boil in a medium saucepan. reduce heat to low and cover with a tight-fitting lid. cook until water is completely absorbed and rice is tender, 20–25 mins; gently fluff rice with a fork.
3. meanwhile, stir together 3 tbsp chili crisp, a drizzle of rice vinegar, and $\frac{1}{3}$ cup mayonnaise in a small bowl; set spicy mayo aside.
4. heat broiler on high with a rack in the upper third of oven. pat 12 oz. salmon fillet, preferably skin-on, cut into 1" cubes, dry with paper towels, and place in a small bowl; season with salt. add remaining 3 tbsp mayonnaise and a pinch of cayenne pepper; toss to coat. arrange salmon (skin side up if it has skin) in a single layer on a foil-lined rimmed baking sheet and broil until lightly browned and flesh is opaque throughout (8–10 mins).

5. to serve, scoop cooked rice into bowls. divide salmon, drained pickled cucumbers, and 2 avocados, thinly sliced, among bowls; spoon some cucumber pickling liquid over. drizzle with reserved spicy mayo and top with scallions, edamame, toasted sesame seeds.

wednesday

garlic chickpea soup

gather your ingredients

- 1 tbsp olive oil + plus more for drizzling
- 3 large garlic cloves (minced or pressed)
- 1 tsp paprika
- 1 tsp dried rosemary
- ½ tsp dried thyme
- ¼ tsp chili flakes
- 2 cans (15-oz) chickpeas
- 2 potatoes (diced)
- 2 cups vegetable broth + more as needed
- kosher salt & freshly ground black pepper, to taste

let's get cooking

1. pour one of the cans of chickpeas with its liquid into a blender and purée until smooth.
 2. heat the olive oil in a pot over medium heat, add the garlic, and sauté for about 1 mins, or just until it's fragrant and smells good.
 3. add the puréed chickpeas, the second can of drained chickpeas, the cubed potato, paprika, rosemary, thyme, chili flakes, and some freshly cracked pepper, and give a good stir. add broth and stir again. place a lid on the pot, turn the heat up to medium-high, and bring the soup to a boil. once boiling, turn the heat down to medium-low and allow it to simmer for 25 mins, stirring occasionally. taste the soup and adjust the seasoning according to your taste (and that depends mostly on the salt content of your broth, i added about ¼ tsp of salt). serve hot with freshly ground pepper and a drizzle of olive oil if you wish, and don't skip crusty bread for dipping! 😊
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thursday

masala skillet scramble

gather your ingredients

- 1 tbsp extra-virgin olive oil
- 3 tbsp unsalted butter (divided)
- 1 medium red onion (diced)
- 1 plum tomato (seeds removed + coarsely chopped)
- 1 jalapeño (finely chopped)
- 3 garlic cloves (finely chopped)
- 1 1½" piece ginger, peeled (finely chopped)
- 1 tsp kosher salt
- 1 tsp ground cumin
- 2-3 tsp garam masala
- 8 large eggs (beaten)
- 2 oz. sharp cheddar (coarsely grated)
- kosher salt + freshly ground black pepper
- 3-4 radishes (trimmed + thinly sliced)
- ½ cup mint leaves
- warm corn tortillas + lime wedges (for serving)

let's get cooking

1. heat 1 tbsp extra-virgin olive oil and 1 tbsp unsalted butter in a large nonstick skillet over medium. add 1 medium red onion, cut into ½" pieces, 1 plum tomato, seeds removed, coarsely chopped, 1 jalapeño, finely chopped, 3 garlic cloves, finely chopped, and one 1½" piece ginger, peeled, finely chopped; sprinkle with 1 tsp kosher salt, 2-3 tsp garam masala, and 1 tsp ground cumin. cook, stirring often, until onion and tomato are softened and garlic is beginning to brown around edges (~5–8 mins).
2. stir in remaining 2 tbsp unsalted butter and spread mixture into an even layer. pour in 8 large eggs, beaten to blend, then scatter 2 oz. sharp cheddar, coarsely grated, over. cook, undisturbed, until eggs are just set around edges of pan (~ 1 min). continue to cook, stirring in broad strokes and turning eggs over with a heatproof rubber spatula, until just cooked through, about 2 mins more. remove from heat and sprinkle with flaky sea salt. top with 1 radish, trimmed, thinly sliced, and ½ cup cilantro leaves with tender stems and/or mint leaves.

3. serve with warm corn tortillas and lime wedges for squeezing over.
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friday

white beans & greens

gather your ingredients

- ¼ cup olive oil
- 1 small fennel bulb (trimmed, cored + diced)
- 1 small yellow onion (diced)
- 2 tsp fresh rosemary or thyme (minced)
- 5 garlic cloves (minced)
- ¼ tsp red pepper flakes + more to taste
- 1 large or 2 small bunches escarole, kale or swiss chard (chopped + stems removed)
- 2 (15-oz.) cans cannellini beans (drained + rinsed)
- 2 cups low-sodium vegetable broth
- kosher salt and black pepper
- 1 tbsp lemon juice
- 3 tbsp grated pecorino romano or parmesan + more for serving
- toasted country bread (for serving)

let's get cooking

1. in a 12-inch skillet or dutch oven, heat the olive oil over medium. add the fennel, onion, and rosemary, and cook for 4 to 6 mins, stirring occasionally, until tender. add the garlic and red pepper flakes and cook until fragrant (~1 min).
 2. begin adding handfuls of the greens, cooking and stirring until leaves wilt.
 3. add the white beans, broth and ¼ tsp black pepper, and stir to combine. bring to a boil, then turn the heat to low and simmer, mashing some of the beans with a wooden spoon, until the liquid has reduced and thickened (6 to 8 mins).
 4. off the heat, stir in the lemon juice and pecorino romano. taste and season with salt and pepper. divide among shallow bowls and top with more pecorino romano. serve with toasted bread and a dish of red pepper flakes on the side.
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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:

- olive oil
- unsalted butter
- kosher salt & freshly ground black pepper
- paprika
- cayenne pepper
- ground cumin
- dried rosemary
- dried thyme
- garam masala
- sesame seeds
- red pepper flakes
- rice vinegar
- chili crisp
- mayonnaise
- dried farro
- dried lentils ideally green (le puy) or brown (italian)
- sushi rice or other short-grain rice
- 2 (15-oz) cans chickpeas
- 2 (15-oz) cans cannellini beans
- vegetable broth

from the store (organized by section)

- yellow onion (5)
- avocado (2)
- scallions
- garlic (1 head)
- fennel bulb (1)
- lime (2-3)
- lemon (1)

- potatoes (2)
- red onion (1)
- plum tomato (1)
- jalapeño (1)

- radishes (1 bunch)
- edamame
- fresh ginger
- fresh thyme (dried oregano works too!)
- mint leaves
- 3 persian cucumbers (3) or regular (1)
- escarole, kale or swiss chard (1 large or 2 small bunches)
- gruyere
- grated pecorino romano or parmesan
- sharp cheddar
- 12 oz. salmon fillet
- corn tortillas
- country bread