

monday

sheet-pan halloumi w/ avocado & citrus

gather your ingredients

- 3–4 medium pitas (about 8 oz.) torn into 1½" pieces
- 2 (8–10-oz.) packages halloumi cheese, patted dry, torn into 1½" pieces
- ½ cup olive oil (divided)
- 1 tsp kosher salt + more
- ¼ cup fresh lime juice
- 2 tbsp honey
- 2 medium oranges (preferably blood)
- 1 large grapefruit
- 1 medium shallot (thinly sliced)
- 1 medium jalapeño (thinly sliced, divided)
- ⅔ cup coarsely chopped dill
- 1 large ripe avocado (halved, pit removed)

let's get cooking

1. place a rack in middle of oven and set a rimmed baking sheet on rack; preheat oven to 400° f. toss 3–4 medium pitas, torn into 1½" pieces, two 8–10-oz. packages halloumi cheese, patted dry, torn into 1½" pieces, ¼ cup ⅔ olive oil, and big pinch of kosher salt in large bowl until well coated. carefully spread out in a single layer on hot baking sheet; reserve bowl. roast, tossing halfway through, until cheese is golden brown on a few sides and pita is crisp, 18–20 mins.
 2. meanwhile, whisk ¼ cup fresh lime juice, 2 tbsp honey, 1 tsp. diamond crystal or ½ tsp. morton kosher salt, and remaining ¼ cup ⅔ olive oil in reserved bowl to combine.
 3. using a small knife and working one at a time, cut away peel and white pith from 2 medium oranges, preferably blood, and 1 large grapefruit; discard. halve citrus and cut into ½"-thick wedges and/or slices (a mix of shapes is more fun). transfer citrus to bowl with dressing and add 1 medium shallot, thinly sliced, and half of 1 medium jalapeño, thinly sliced, then add hot halloumi and pita. using 2 large spoons or your hands, toss gently but thoroughly to combine.
 4. arrange salad on a platter and scatter ⅔ cup coarsely chopped dill and remaining jalapeño on top. using a spoon, scoop out flesh from 1 large ripe avocado, halved, pit removed, in curls and arrange over salad. drizzle any leftover dressing in bowl on top.
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tuesday

lemon honey snap pea ricotta toast

gather your ingredients

- 1 large lemon (zest & juice)
- 2 large garlic cloves
- 1 tbsp honey
- 2 tbsp white wine vinegar
- kosher salt
- freshly ground black pepper
- 4 cups whole snap peas (12 oz.)
- 1 cup fresh basil leaves (loosely packed)
- 1 cup fresh mint leaves (loosely packed)
- 2 oz. pecorino romano (or any salty, crumbly cheese of choice)
- ½ tsp flaky salt
- olive oil
- 2 large slices of sourdough bread (toasted)
- ½ cup ricotta (divided)

let's get cooking

1. in a large bowl, zest in a tsp of lemon zest. squeeze in the juice from the lemon, grate in the garlic cloves, add the honey, vinegar, a pinch of salt and a few cracks of black pepper. whisk to combine.
 2. on a sharp diagonal, slice the snap peas into thin pieces. add these directly to the bowl.
 3. roughly tear up the basil and the mint (this will activate their aroma and flavor). add this to the bowl as well. give a few big tosses to mix everything.
 4. either grate or crumble in the cheese. sprinkle the salad with the flaky salt and do a few more big mixes.
 5. drizzle the two toasts with a high-quality, peppery olive oil and ½ cup ricotta (divided between toasts).
 6. pile the salads on top (it will be quite tall!) and drizzle with more olive oil. finish with a few cracks of black pepper if desired, and eat with a fork and knife.
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wednesday

simple roasted salmon w/ erewhon white bean & kale salad

gather your ingredients

for salad

- 1lb chopped curly kale
- 1/3 cup olive oil
- 1 can white beans
- 1/3 cup hemp hearts
- 1/3 cup pumpkin seeds
- 1/2 lemon (juiced)
- 2 avocados (diced)
- fresh grated parm

for dressing

- 1 lemon (juiced)
- 1 tbsp honey (or maple syrup to make it vegan)
- 2 tsp dijon mustard
- 1 garlic clove (grated or pressed)
- kosher salt + freshly ground black pepper

for salmon

- 2 salmon filets
- 1 lemon (sliced in rings)
- kosher salt + freshly ground black pepper
- ~1/4 cup water

let's get cooking

1. preheat the oven to 425° f.
2. prep the salmon: dry off with a paper towel, place 1 lemon cut into rings on top of each piece to cover, then sprinkle salt and pepper. this is the key to moist salmon: add ~1/4 cup water to the pan before placing in oven when at temperature. jussst enough to cover where the skin is basically.
3. make the salad while salmon cooks: massage kale with 1/3 cup olive oil and juice from 1/2 lemon. add 1/3 cup hemp hearts, 1/3 cup pumpkin seeds, 2 avocados (diced) and the *secret* ingredient: fresh grated parm (the erewhon one doesn't have this but it makes it better)
4. make the dressing: whisk together juice from 1 lemon, 1 tbsp honey (or maple syrup to make it vegan), 2 tsp dijon mustard, 1 garlic clove (grated or pressed), and kosher salt + freshly ground black pepper. pour over salad and toss well. set aside.
5. serve salad alongside salmon and top it all with a sprinkle of hemp seeds.

thursday

savory dutch baby with boursin and peas

gather your ingredients

for dutch baby

- 3 large eggs
- ¼ cup whole milk
- ⅔ cup (80 g) all-purpose flour
- 2 tbsp unsalted butter, melted
- ½ tsp fine salt
- ½ tsp ground black pepper
- 2 tbsp unsalted butter
- 2 tsp fresh italian parsley
- 2 tsp scallions (finely chopped)

for peas

- 1 tbsp unsalted butter
- 1 tbsp ⅔ olive oil
- 1 cup fresh english peas
- 2 cloves garlic, minced
- 1 ½ tbsp finely chopped scallions
- ½ cup water
- 1 ½ tbsp finely chopped fresh italian parsley
- ¼ tsp fine salt
- ½ tsp ground black pepper
- finely grated zest of 1 lemon

to finish

- 1 pack (5.2 oz.) boursin cheese
- 1 tbsp fresh italian parsley (finely chopped)
- pea shoots (optional)

let's get cooking

1. make the dutch baby: preheat the oven to 450° f and place a 9-inch cast-iron skillet in the oven to heat.
2. combine the eggs, milk, flour, melted butter, salt, and pepper in a blender and blend until smooth. when the oven is ready, carefully remove the cast iron skillet and add the remaining 2 tbsp butter, swirling to coat the bottom. quickly pour in the batter and sprinkle the finely

chopped parsley and scallions on top. place it in the oven to cook for 20 to 25 mins until puffed and lightly browned around the edges.

3. cook the peas: while the dutch baby bakes, cook the peas. melt the butter and olive oil in a skillet over medium-high heat and add the peas, garlic, and scallions. sauté, stirring occasionally for 1 to 2 mins, until the garlic is fragrant but not at all brown. add just enough water to barely cover the peas, about ½ cup, and continue to cook until the peas are tender and the water has evaporated about 5 mins. add the parsley, salt, pepper, and lemon zest and stir to combine. set the peas aside until the pancake is done.
4. garnish and serve: remove the dutch baby from the oven and top with heaping spoonfuls of boursin cheese and the cooked peas. garnish with more chopped parsley and pea shoots if desired. serve immediately.

variations:

- add fried egg on top
 - add/swap in other herbs instead of parsley: tarragon, thyme, and basil are all good options.
 - instead of boursin, try another soft cheese like fresh goat cheese (chèvre), sheep's milk cheese, or crumbled feta. feta will not be as rich and unctuous but it will be delicious.
 - instead of or in addition to the peas, top with spring mix that has been lightly dressed in a tart lemony dressing.
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friday

asparagus, goat cheese & tarragon tart

gather your ingredients

- 1 cup (4 oz.) soft goat cheese (at room temp)
- 1 large egg (lightly beaten, at room temp)
- 1 large garlic clove (finely grated or minced)
- 1½ tbsp chopped fresh tarragon leaves + more for serving
- ½ tbsp finely grated lemon zest
- ½ tsp fine sea salt + more for sprinkling
- pinch of freshly grated nutmeg
- 1 cup (8 oz.) crème fraîche (at room temp)
- all-purpose flour, for dusting the work surface
- 1 sheet or square all-butter puff pastry, thawed if frozen (about 9 to 14 oz.; brands vary)
- 8 oz. thin asparagus (woody ends trimmed)
- olive oil
- 2 tbsp freshly grated parmesan
- ground black pepper
- red pepper flakes
- ½ cup (1½ oz.) parmesan (shaved with a vegetable peeler)

let's get cooking

1. heat oven to 425° f.
2. in a medium bowl, use a fork or a wooden spoon to mash together the goat cheese, egg, garlic, tarragon, lemon zest, salt, and nutmeg until smooth. switch to a whisk and beat in the crème fraîche until smooth.
3. on a lightly floured surface, roll out puff pastry into a 13-by-11-inch rectangle about ⅛-inch thick. transfer the dough to a parchment-lined cookie sheet. with a sharp knife, lightly score a ½-inch border around the edges of the puff pastry.
4. spread the crème fraîche mixture evenly inside the scored border. line up the asparagus spears on top, and brush them with olive oil. sprinkle some salt and the grated parmesan over the asparagus.
5. bake until the pastry is puffed and golden (~25 to 30 mins).
6. let it cool on the cookie sheet for at least 15 mins or up to 4 hours before serving. then sprinkle black pepper, red pepper flakes, shaved parmesan and tarragon leaves. drizzle a little oil on top.

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
- white wine vinegar
- honey (or maple syrup to make it vegan)
- dijon mustard
- kosher salt
- black pepper
- nutmeg
- red-pepper flakes
- 1 can white beans
- hemp hearts
- pumpkin seeds
- all-purpose flour

from the store (organized by section)

- lemon (4-5)
- lime (2)
- garlic (1 head)
- avocados (3)
- whole snap peas (12 oz.)
- (preferably blood) oranges (2)
- grapefruit (1)
- shallot (1)
- jalapeño (1)
- asparagus
- curly kale
- pea shoots (optional)
- fresh english peas (or any peas)
- fresh italian parsley
- fresh basil
- fresh mint
- fresh dill
- fresh tarragon
- scallions
- 4 oz. soft goat cheese
- 8 oz. crème fraîche
- 2 (8–10-oz.) packages halloumi cheese

- ricotta
- 1 pack (5.2 oz.) boursin cheese
- parmesan
- eggs (4)
- whole milk
- 2 salmon filets
- sourdough bread
- 3–4 medium pitas (can also use sourdough)
- 1 sheet or square all-butter puff pastry (about 9 to 14 oz.; brands vary)