



April 15th

Shopping List

This Week's Menu: Argentinian Steak, Lemongrass Halibut, Vegetarian Chiliquiles, Broccoli Beef, Halibut Cioppino

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	beef flank steak	2-1/4 pounds	less or more depending on piece	19
	fresh halibut or firm fish	2-1/2 pounds	go with the freshest fish available	24

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	green onions	2	to yield 2 Tablespoons	1
	cilantro	1 bunch	to yield 1 cup	2
	parsley	1 bunch	to yield 4 Tablespoons	1
	basil (farmers market!)	1 small bunch	to yield 2 Tablespoons	2
	lemongrass	2 stalks		2
	red potatoes	2 pounds		2
	butter lettuce (or green leaf)	1 head		2
	tomatillo	2 pounds		3
	kale	1 bunch	to yield 4 cups	3
	broccoli	6 cups	about 2 pounds	3
	serrano chile	1	can sub any small spicy chile	1
	lime	1 lime		1
	firm tofu	1 package		3

Got it!	Misc	Quantity	Notes	Est Cost
	white wine	1-1/2 cups	bottle can be less than a half bottle	4
	sesame oil	2 Tablespoons	buy small bottle, we will use again	3

Got it!	Bakery	Quantity	Notes	Est Cost
	corn tortillas	3 (6")	use the extras for lunch quesadilla	3
	whole wheat baguette	1/2 loaf	use extra for breakfast bread	2

Fresh 20 Grocery Est 81
 Cost Per Dinner 16.2
 Cost Per Serving 4.05

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	extra virgin olive oil	1 cup	chicken broth (or vegetable)	64 oz + 4 Table
	garlic	10 cloves		
	onions	1-1/2 white		
	dried oregano	1 teaspoon	organic tomato paste	6 oz
			black beans, reduced sodium	1 - 14oz can
	sea salt	4 teaspoons	pantry dressings	1/4 cup
	black pepper	1 teaspoon	soy sauce, reduced sodium	1/4 cup
	red chili flakes/powder	1-1/8 teaspoon	whole wheat pasta noodles (long)	3/4 pound
	natural brown sugar	3 Tablespoons		

PREP AHEAD OF TIME (If desired):

1. MAKE CHIMICHURRI MARINADE
2. MAKE SALSA VERDE
3. JUICE LIMES

MENU:

MONDAY

Argentinean Steak
Potatoes
Simple Salad

TUESDAY

Lemongrass Halibut

WEDNESDAY

Vegetarian Chilaquiles

THURSDAY

Halibut Cioppino

FRIDAY

Broccoli Beef
Sesame Noodles
(from archives)

This is a traditional steak and potato dinner with an international twist. I tend to make extra chimichurri sauce to have around as a vegetable dip!

INSTRUCTIONS:

Combine parsley, olive oil, salt, garlic and red pepper flakes in air tight container. Cover and refrigerate for up to 3 days.

Rinse and pat steak with a paper towel. Sprinkle with black pepper.

Heat large, dry skillet on medium-high. Spoon enough chimichurri sauce onto bottom of skillet to accommodate size of steak. Lay steak over the sauce and cook for 8 minutes before flipping to other side.

Note: When you flip, make sure the spatula gets under the chimichurri crust so that it remains intact with one side of the steak.

Cook an additional 5-6 minutes until the inside is pale pink (medium).

Remove from pan and transfer to serving platter. Tent with foil until ready to serve.

For potatoes:

Arrange potato quarters in a 1-quart microwave-safe dish. Add stock or water, and cover with heavy-duty plastic wrap. Microwave at HIGH 8 minutes or until tender. Be careful removing plastic wrap. Drain. Sprinkle with salt and pepper. If desired, you can toss potatoes in any extra chimichurri sauce.

For salad:

Toss lettuce and pantry dressing. Top with any leftover fresh herbs.

Sprinkle with black pepper.

INGREDIENTS:

4 Tablespoons finely chopped parsley

½ cup olive oil

1 teaspoon sea salt

2 cloves garlic, pressed

1 teaspoon red pepper flakes

1-1/2 pounds beef flank steak

½ teaspoon black pepper

For potatoes

2 pounds small red potatoes, scrubbed and cut into quarters

4 Tablespoons chicken stock or water

1/4 teaspoon salt

1/4 teaspoon pepper

For salad:

1 head butter leaf or green leaf lettuce

Black pepper to taste

¼ cup pantry dressing

www.thefresh20.com/pantrydressings

DIRECTIONS:

1. Sprinkle halibut filets on both sides with prepared salt and pepper mixture. No need to use up all of the mixture if there is leftover. Set fish aside for 10 minutes.
2. In a medium sauté pan, steam filets for 3-4 minutes in 1 cup stock, depending on thickness. Once done, set to the side and prepare broth.
3. Pour chicken broth from pan plus 2 cups remaining broth into medium stock pot and bring to boil. Add lemongrass stalks, lower heat to medium-low and cover with lid to simmer, allowing the lemongrass to infuse the broth.
4. After 4-5 minutes, stir in lime juice, brown sugar, salt and pepper. Cover with lid again and allow the broth to cook for two minutes.
5. Remove lid and place halibut filets in the broth for a minute before serving each filet with $\frac{1}{2}$ cup of broth in a medium bowl.
6. Add $\frac{3}{4}$ cup steamed broccoli to each bowl

INGREDIENTS:

- 1 lb of halibut filets (four pieces)
- $\frac{1}{4}$ teaspoon of sea salt + $\frac{1}{4}$ tsp of pepper mixed in small bowl
- 3 cups of chicken or vegetable broth
- $\frac{1}{2}$ teaspoon of lime juice
- 1 $\frac{1}{2}$ Tablespoon of white wine
- 2 stalks of lemongrass (*cut lower bulb and remove tough outer leaves; tap the stalk with the blunt edge of your knife to bruise the stalk so as to bring out flavor; chop in 1 $\frac{1}{2}$ inch pieces*)
- $\frac{1}{2}$ teaspoon of brown sugar
- $\frac{1}{8}$ teaspoon of sea salt
- A pinch of black pepper
- 3 cups broccoli florets, steamed

I love one bowl meals. There are so many nutrients in this simple flavorful meal and it is packed with protein.

DIRECTIONS:

Making Salsa Verde

1. Shuck tomatillos by removing papery husk. Rinse tomatillos to get rid of the sticky residue.
2. Fill 4-5 quart pot up to three-quarters with water, lightly sprinkle with salt (1/8 tsp) and boil at medium-high heat.
3. When water comes to a boil, add tomatillos and boil for five minutes. Remove from water..
4. Add tomatillos, onions, sugar, salt, cilantro, chile, garlic and lime juice in blender or food processor and blend until smooth. Set aside 12 oz to be used in chilaquiles. Reserve the rest for cioppino.

Corn Tortilla Crisps

1. Set oven to 325 degrees Fahrenheit.
2. Brush each tortilla with olive oil. Be sure to brush both sides.
3. Line tortillas on a baking sheet. Bake for 5-7 minutes or until crisp.
4. Remove from oven. Once cooled, roughly chop and set aside in a bowl to be served as garnish for chilaquiles.

Chilaquiles

1. Heat 1 Tablespoon olive oil in pan over medium heat.
2. Sauté onions and minced garlic until onions are soft; about 2-3 minutes.
3. Add 2 cups of kale and sauté for 1-2 minutes.
4. Add diced tofu and 12 oz of salsa verde to pan and sauté for 4 minutes. Stir gently so as to not break tofu pieces.
5. Add corn and heat through corn for about 1-2 minutes before adding black beans. After another minute, it is ready for serving.
6. Serve in bowls with garnish of corn tortilla crisps.

INGREDIENTS:

12-15 oz of salsa verde (recipe below makes around 30 oz)

- 2 lb of tomatillo
- 1 cup of chopped white onions
- 1 teaspoon of brown sugar
- ¾ teaspoon of sea salt
- ½ cup of cilantro
- 1 serrano chile, stemmed, deseeded, and roughly chopped (1/2 if concerned about spiciness)
- 2 garlic cloves, peeled
- 1 Tablespoon of lime juice

1 Tablespoon of olive oil for corn tortillas

3 corn tortillas (6 – 8")

1 Tablespoon of olive oil

½ onion (diced)

2 cloves of garlic (minced or pressed)

3-4 cups of kale (hard stems removed & chopped)

1 package of firm tofu (drained, diced to bite-size pieces)

1 ear of corn (remove corn from the cob by slicing down each side of the cob)

1 can of black beans (rinsed and drained)

½ tsp of salt

HALIBUT “CIOPPINO”

DIRECTIONS:

Over medium-low heat olive oil in a large stockpot; add onions, garlic and cilantro. Cook slowly, stirring occasionally until onions are soft.

Add tomato paste to the pot, mixing well with onions.

Add chicken broth, basil, oregano, salt and wine. Mix well. Cover and simmer 30 minutes.

Stir in the fish. Bring to boil. Lower heat, cover and simmer 5 to 7 minutes.

Remove from heat. Divide into four deep bowls. Serve immediately.

It's easy to over eat bread. Be conscious. Only serve half a loaf for 4 people.

INGREDIENTS:

2 Tablespoons olive oil

1/2 onions, chopped

2 cloves garlic, minced

1/2 cup fresh cilantro, chopped

6 oz organic tomato paste

32 oz chicken broth

2 Tablespoon fresh basil, minced

1 teaspoon dried oregano

1 teaspoon salt

1 cup white wine

1-1/2 pound halibut fillets, cubed

½ loaf fresh whole wheat baguette



ingredients

soy sauce
1/4 cup

brown sugar
2 Tablespoons

garlic
2 cloves (minced)

sesame oil
2 Tablespoons

white wine
1 Tablespoons

olive oil
3 Tablespoons

chili powder
1/8 teaspoon

hot water
2 Tablespoons

flank steak
3/4 pound

green onions
2 Tablespoons

whole wheat noodles
12 oz

broccoli
2-3 cups

chicken or vegetable stock
1 cup

salt & pepper
to taste

Recipe

DINNER NIGHT

Whisk together first 8 ingredients. Set aside.

Slice steak into 1/2 inch strips. Place in bowl and cover with 1/3 marinade. Using a kitchen scissors, cut green onions into 1/8 inch pieces. Chop broccoli.

Boil 3 quarts of salted water. Cook noodles according to package.

Heat large skillet. Add a little stock and the green onions. Cook 3 minutes. Add beef. Cook 3-5 minutes. Add broccoli and remaining stock.

Drain noodles. Toss with remaining marinade. Divide noodles up into bowls. Place steak and broccoli over noodles.

Enjoy!

PORTION NOTE:

This recipe makes four 450 calorie servings.