

**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



April 29th

# Shopping List

This Week's Menu: Argentinian Steak, Lemongrass Halibut, Vegetarian Chilibuiles, 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	GLUTEN FREE	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

Fresh 20 Grocery Est      79  
 Cost Per Dinner      15.8  
 Cost Per Serving      3.95

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	extra virgin olive oil	1 cup	gluten free 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	gluten free pantry dressings	1/4 cup
	black pepper	1 teaspoon	gluten free soy sauce, reduced sodium	1/4 cup
	red chili flakes/powder	1-1/8 teaspoon		
	natural brown sugar	3 Tablespoons		

*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 gluten free 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 gluten free pantry dressing ([www.thefresh20.com/pantrydressings](http://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 gluten free 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

## DIRECTIONS:

1. In medium sized bowl, coat steak slices with 1 tbsp of gluten free flour,  $\frac{1}{4}$  tsp of salt,  $\frac{1}{2}$  tsp of gluten free soy sauce, and 1 tsp of black pepper. Set aside.
2. Heat 1 tbsp of olive oil on wok or cast iron pan over medium-high heat. Once oil shimmers, add steak slices and stir fry for 1-2 minutes. Brown the steak, but don't cook through. Remove steak from pan and set aside.
3. Add the remaining tbsp of olive oil and scrape the pan to unstick any bits. Add chopped garlic, making sure to stir around so as to avoid burning. Less than minute – when the aroma of garlic is apparent, add broccoli and stir fry for 3-4 minutes.
4. Add the steak back to the pan and stir fry for a minute.
5. Add sauce of 1 tbsp of gluten free soy sauce and  $\frac{3}{4}$  cup of gluten free chicken broth to pan. Stir fry for 1-2 minutes so as to coat the broccoli and beef with sauce.
6. Serve on platter.

### Gluten Free Flour Blend:

For coating steak, you could use a plain gluten free flour such as rice flour. You want a gf flour that doesn't offer up a lot of additional contrasting flavor (like almond flour).

Great rice/potato/tapioca flour blends are available that work together really well to provide the closest thing to a "real" flour and works perfectly with the steak.

## INGREDIENTS:

- 1 pound flank steak (remove fat, slice against the grain to thin slices no longer than 1 inch)
- 1 tbsp of gluten free flour blend\*, keep another 1 tbsp aside in case more is needed to fully coat the beef slices
- $\frac{1}{4}$  tsp of salt
- $\frac{1}{2}$  tsp of light gluten free soy sauce (La Choy etc.)
- 1 tsp of black pepper
- 2 tbsp of olive oil
- 2 cloves of garlic, chopped
- 1 head of broccoli (cut to bite-size florets and stems)
- 1  $\frac{1}{2}$  cup gluten free chicken broth
- 1 tbsp of gluten free soy sauce and  $\frac{3}{4}$  cup of gluten free chicken broth poured in one bowl and set aside

## 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.

As an option you can serve with your favorite gluten free crackers.

### 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 gluten free 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

*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.

### *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 black beans and heat through for about 1-2 minutes before 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 can of black beans (rinsed and drained)

½ tsp of salt