



May 13th

# Shopping List

This Week's Menu: Spanish Tortilla, Shrimp Piri-Piri, Lamb Chops, Shrimp/Corn Salad, Grilled Sausage

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	shrimp	2 pounds	24 per pound	18
	lamb chops	8 loin chops	about 2 pounds	22
	turkey italian sausage	4-5 links	1-1/2 pounds	6

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	red bell pepper	3		3
	lemon	4		2
	parsley	1 bunch		2
	cilantro	1 bunch		2
	lettuce	2 heads	to yield 10 cups	4
	carrots	4		2
	parsnips	1		1
	gold potatoes	3		2
	kale	3 bunches		5
	corn	3 ears		2
	green onions	2		1
	clemantine tangerines	6		2

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	quinoa (dry)	3 cups dry		2

Fresh 20 Grocery Est      76  
 Cost Per Dinner            15.2  
 Cost Per Serving            3.8

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	8-1/2 teaspoon	chicken or vegetable stock for QUINOA	5 cups
	garlic	4 cloves	organic butter	2 Tablespoons
	onions	1 medium	organic eggs	6
	dried oregano	3/4 teaspoon	pantry dressing	1/2 cup
			brown sugar	2 Tablespoons
	sea salt	2-1/2 teaspoon	balsamic vinegar	1 Tablespoon
	black pepper	1 teaspoon		
	cayenne	1/2 teaspoon		

PREP AHEAD OF TIME:

Quinoa (used for 2 recipes):

3 cup dry quinoa

5 cups chicken stock or water

Combine quinoa and liquid in a small saucepan. Bring to a simmer and then reduce to low. Cover and cook for 25 minutes. Remove from heat and let sit covered for an additional five minutes. Fluff with a fork, season with salt and pepper to taste and serve. Can be made ahead and reheated just before dinner.

MENU:

**MONDAY**

Meatless Monday

Spanish Tortilla

**TUESDAY**

Shrimp Piri-Piri

Quinoa

**WEDNESDAY**

Lamb Chops

Carrot/Parsnip Sauté

**THURSDAY**

Shrimp and Corn Salad

**FRIDAY**

Grilled Sausage Plate

## SPANISH TORTILLA with roasted kale

### INSTRUCTIONS

1. Preheat oven to 350°F.
2. In a medium pan, sauté onions with olive oil over medium heat for 3 minutes.
3. Add potatoes. Sauté for another 3-4 minutes.
4. Add oregano and salt. Stir to coat vegetables with seasoning.
5. Lower the heat to medium-low and add eggs.
6. Cook over stovetop for 2-3 minutes. Be careful not to stir the mixture; instead, gently and slowly shift the pan from side to side.
7. Finish cooking in the oven for 15-18 minutes.

#### *For roasted kale*

1. Turn oven temperature up to 375° F.
2. Toss kale with olive oil.
3. Spread kale on baking sheet and bake for 8-10 minutes, or until the leave edges are slightly brown.
4. Remove from oven and sprinkle with salt.

### INGREDIENTS

#### *For tortilla*

- 1-½ Tablespoons of olive oil
- ½ onion, chopped
- 3 gold potatoes, peeled and cubed
- ¼ teaspoon of dried oregano
- ½ teaspoon of salt
- 6 eggs, beaten with 1 Tablespoon water

#### *For roasted kale*

- 2 bunches kale, rinsed and dried; chopped into 1-inch strips
- 1 Tablespoon of olive oil
- ¼ teaspoon of salt

## INSTRUCTIONS

## Piri Piri:

In a food processor, blend olive oil, red bell pepper, onion, garlic, lemon juice, parsley leaves, cilantro leaves, balsamic vinegar, cayenne pepper, salt and olive oil until smooth.

Pour piri piri sauce over shrimp in an airtight container, making sure that the shrimp is coated in sauce. Marinate in refrigerator for at least 20 minutes and up to 6-8 hours.

When ready to cook, heat 1 Tablespoon olive oil in a pan over medium heat. Once the oil is shimmering, add shrimp to the pan. Spread the shrimp evenly throughout the pan so that each shrimp is laying on the pan on one side.

After a minute and a half, flip each shrimp to cook through on the other side for another minute and a half.

Serve with quinoa and side salad.

*Substitution:*

*Any white flesh fish cut into 2"x2" cubes*

## INGREDIENTS

1 Tablespoon olive oil

1 large red bell pepper, chopped

½ onion, chopped

2 cloves garlic, cut in half

1 lemon, juiced

1/3 cup parsley leaves

1/3 cup cilantro leaves

1 Tablespoon balsamic vinegar

½ teaspoon cayenne pepper

½ teaspoon salt

¾ lb of large shrimp (24 pieces),  
peeled and deveined

1 Tablespoon of olive oil

3 cups quinoa, prepared

## side salad:

1 head bibb lettuce, torn into  
pieces

¼ cup pantry dressing  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

## INSTRUCTIONS

Combine lemon zest, lemon sections, garlic, brown sugar, cayenne pepper, oregano, salt, pepper, and half of olive oil together in a small sauce pan. Simmer on low, stirring occasionally for about 10 minutes or until the chutney thickens.

Sprinkle salt and pepper mix on each main side of the lamb chops.

Heat remaining (1 Tablespoon) olive oil on a pan over medium heat. Once oil is shimmering, add chops to the pan and sear on one side for 5 minutes.

Turn chops on the other main side and spoon ½ tbsp of chutney on the top of each chop. Lower the heat to medium-low. Pan sear for another 5 minutes.\*\*

Turn heat off, set aside and cover with a sheet of foil to tent for five minutes before serving. The residual heat will bring the lamb chops to medium.

Spoon remaining chutney over the lamb before serving.

\*\*Sear for another ½ to 1 minute for medium well to well

For carrots;

Peel and cut ends off carrot and parsnip. Using a peeler, cut ribbons of carrots and parsnips shaving from bottom to top. It's kind of like peeling the entire vegetable.

Melt butter in skillet. Add carrot/parsnip ribbons and toss to coat with butter. Sauté on medium high heat. Add pinch of sugar, salt and pepper to taste. Once pan is dry, add water and listen to the sizzle. Toss the carrots and parsnips and they will begin to absorb the water. Continue to toss ribbons in the pan so that they are cooked evenly about 5 minutes total. When all liquid has evaporated, serve onto dish.

## INGREDIENTS

4 lamb loin chops or 8 small lamb chops

2 lemons, zest each lemon, peel and section the lemon like an orange; remove seeds

2 garlic cloves, pressed or minced

2 Tablespoons brown sugar

¼ teaspoon cayenne pepper\*

½ teaspoon oregano

½ teaspoon salt

½ teaspoon black pepper

2 Tablespoons olive oil

Salt and pepper mix composed of ¼ tsp of each salt and black pepper combined for seasoning

*Carrot mélange:*

2 Tablespoons butter

4 large carrots, peeled

1 small parsnip peeled

½ cup water

a pinch of brown sugar, salt and pepper to taste

*One bowl meals make for happy dinners.*

## INSTRUCTIONS

Sauté shrimp in olive oil for 2 minutes over medium heat. Add lemon juice, jalapeno, corn, and green onion. Sprinkle with salt and pepper. Cook for 3-4 minutes. Remove from heat and set aside to cool.

Toss lettuce in dressing. Arrange lettuce on a large platter. Spoon shrimp mixture over lettuce. Top with tangerines, bell peppers, and red onion slices.

If desired, you can chill slightly before serving.

Substitutions:

Chicken breast cut into 1" x 1" cubes instead of shrimp

## INGREDIENTS

1 pound shrimp, peeled, tail off

1 Tablespoon olive oil

½ lemon, juiced

3 ears corn, kernels removed

½ jalapeno, finely chopped

2 green onions (whites only), finely chopped

¼ teaspoon black pepper

½ teaspoon sea salt

6 cups green leaf lettuce, chopped

¼ cup pantry dressing  
([www.thefresh20.com/pantrydressings](http://www.thefresh20.com/pantrydressings))

1 bell pepper, seeds removed, sliced

6 Clementine tangerines, peeled and sectioned

¼ red onion, sliced (optional)

## PREP AHEAD OF TIME:

Split sausage down the middle lengthwise. Grill using dry pan, grill pan or outdoor grill.

### *Kale salad:*

Combine olive oil, lemon juice and salt. Pout over kale and mix well. Chill until ready to serve.

Arrange sausage, pepper slices and kale salad on plate with a scoop of quinoa.

You can add any vegetable that are lurking in the fridge. The main components are the sausage, the quinoa and the kale. Other than that, you can go wild with add ons!!!

## INGREDIENTS:

4-5 turkey Italian sausage links  
(from quality butcher or meat department)

1 red bell pepper, seeded and sliced

3 cups quinoa, prepared

### *kale salad:*

1 bunch kale, stems removed, finely chopped

1 Tablespoon olive oil

½ lemon, juiced

¼ teaspoon salt