

# Make It Tonight

MENU FOR THE WEEK OF APRIL 30, 2018



**MONDAY** m:  
Spiced Lamb Patties with  
Apricot Couscous



**TUESDAY** t:  
Quick Peanut Noodles



**WEDNESDAY** w:  
Roasted Salmon & Fennel  
with Pistachio Gremolata



**THURSDAY** th:  
Curried Chicken Stew with  
Squash and Cashews



**FRIDAY** f:  
Quinoa and White Bean  
Burgers

## SHOPPING LIST

### FRESH PRODUCE

- 2 medium lemons w f
- 2 medium limes t
- 1 lb. buttercup or kabocha squash th
- 2 medium fennel bulbs w
- 1 small cucumber t
- 1 medium red onion w
- 1 small yellow onion th
- 1 bunch scallions t
- 4 large cloves garlic m w
- 1 small bunch fresh cilantro t
- 1 small bunch fresh basil th
- 1 small bunch fresh thyme f
- 1 small bunch fresh mint m
- 1 small bunch fresh flat-leaf parsley w

### MEAT AND DAIRY ITEMS

- 1¼ lb. ground lamb m
- 4 6-oz. skinless salmon fillets w
- 1 lb. boneless, skinless chicken breast halves th
- 5 Tbs. plain Greek yogurt m

### OTHER GROCERIES

- 2 cups lower-salt chicken broth m
- ½ lb. dry linguine, spaghetti, or angel hair pasta t
- 1½ cups couscous m
- ½ cup (3¼ oz.) red or white quinoa f
- One 15-oz. can white beans f
- Two 13-½-oz. cans coconut milk t th
- ½ cup creamy peanut butter t
- ½ cup salted shelled pistachios w
- ½ cup salted cashews th
- ½ cup rolled oats f
- ¼ cup pine nuts f

- 3½ oz. dried apricots m
- 3 Tbs. teriyaki sauce t
- 3 Tbs. plus ½ tsp. fish sauce t th
- 2 Tbs. Thai red curry paste th
- 1 Tbs. vegan (or regular) Worcestershire sauce f

### PANTRY STAPLES

- 6 Tbs. extra-virgin olive oil m w f
- 2 Tbs. packed light brown sugar th
- 1 Tbs. Dijon mustard f
- 1 tsp. ground coriander m
- 1 tsp. fennel seeds f
- 1 tsp. ground cumin m
- ¼ tsp. Asian chile paste or a few drops Tabasco t
- Flaky sea salt w
- Kosher salt m t w th f
- Black peppercorns m w f