

Week 9 Grocery List

1. Lemon pepper pasta with browned butter

12-16 ounces spaghetti or other long noodle

Kosher salt

6 tablespoons unsalted butter

½ teaspoon crushed red pepper flakes, plus more

Lots of freshly ground black pepper (from a pepper grinder ideally)

1 lemon, zested and juiced

½ cup finely grated parmesan cheese, plus more

Totally optional side ideas

blanched broccoli, crusty bread, steamed peas, fruit

2. Asparagus and meatball orzo

pack of 12 pork meatballs

1 lb pack orzo pasta

large bunch of asparagus, sliced in half lengthways

~8 oz tub crème fraîche

salt/pepper to taste

Totally optional side ideas

Crusty bread, fruit

3. Chicken with goat cheese and basil

6 boneless chicken breasts, skin on (you might have to ask the butcher for this)

8-10 ounces garlic-and-herb goat cheese

Fresh basil

Olive oil

Kosher salt and freshly ground black pepper

Totally optional side ideas

Roasted veggies, salad kit, fruit

4. (bonus recipe): beans and greens on toast

a big scoop of [beans in their broth](#)

a large handful of leafy greens (spinach, kale, collard greens, swiss chard, etc)

a thick chunk of bread

a [soft boiled egg](#), optional

olive oil

Totally optional side ideas

Fruit, big hunks of cheese perhaps