

# Week 9 Meal Plan

## 1. Lemon pepper pasta with browned butter

Adapted from: <https://anewsletter.alisoneroman.com/p/lemon-pepper-pasta-with-browned-butter>

### Ingredients

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

### Directions

1. Cook pasta in a large pot of boiling salted water until it's nicely al dente (it'll finish cooking in the sauce you make); Set aside 2 cups of the pasta water (don't forget, I always do), then drain the pasta, setting both aside.
2. Meanwhile, heat butter in a large skillet over medium heat. Let the butter melt, then begin to brown, using a whisk to scrape up all the browned bits as they form (this will give you a good evenly browned brown butter). Cook until the butter is all foamy and nutty-smelling, 3–4 minutes or so. Watch closely—browned butter can switch to burnt butter very quickly!
3. Add red pepper flakes (unless you or your kids hate spice), lots of freshly ground black pepper and the lemon zest. Add the pasta along with ½ cup cheese and ½ cup of pasta water. Season with salt and increase heat to medium–high. Cook, tossing frequently (I like to use tongs) until the liquid starts to thicken and evaporate, 3–4 minutes or so. Add another ½ cup pasta water to the skillet, and continue to cook, tossing, tossing, tossing...again until the

liquid starts to thicken and evaporate, about 2-3 minutes (it'll start happening quicker with each addition).

4. Add another ½ cup water and continue to cook until the sauce appears thickened and luscious. Taste a noodle– it should be salty, creamy and fully cooked (but not mushy). If you think the pasta or sauce needs it, give another splash of pasta water and get it to where you want it.
5. Remove from heat and add half the lemon juice. Season with salt and maybe more pepper or some crushed red pepper flakes. Taste a noodle and add the remaining lemon juice if you think it needs more zingy lemon flavor.

#### **Totally optional side ideas**

blanched broccoli, crusty bread, steamed peas, fruit

---

## 2. Asparagus and meatball orzo

*Adapted from: <https://www.bbcgoodfood.com/recipes/asparagus-meatball-orzo>*

#### **Ingredients:**

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

#### **Directions**

1. Cook meatballs accd to package directions.
2. Meanwhile, bring a large pot of salted water (or chicken stock for extra flavor!) to a boil. If you use stock, this is my all time favorite. I just add a couple Tbsp to the water and it helps tremendously with depth of flavor.

3. Add the orzo and cook for 4 mins, then add the asparagus and simmer for 4 mins more.
4. Drain, then add back to the pot along with the meatballs and crème fraîche, add salt/pepp to taste.

#### **Totally optional side ideas**

Crusty bread, fruit

---

### 3. Chicken with goat cheese and basil

*Adapted from: <https://barefootcontessa.com/recipes/chicken-with-goat-cheese-basil>*

#### **Ingredients:**

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

#### **Directions:**

1. Place the chicken breasts on a sheet pan. Loosen the skin from the meat with your fingers, leaving one side attached.
2. Cut the goat cheese into 1/2-inch- thick slices and place 1 or 2 slices plus a couple of large basil leaves under the skin of each chicken breast. Pull the skin back over as much of the meat as possible. Yes, this makes me a bit squeamish too but I promise it's worth it.
3. With your fingers, gently and lovingly caress each piece with olive oil, and sprinkle them very generously with salt and pepper. Sorry, is this getting weird?
4. Bake the chicken for 35 to 40 minutes, until the skin is lightly browned and the chicken is just cooked through or reads 165F.

#### **Totally optional side ideas**

Roasted veggies, salad kit, fruit

---

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

Adapted from: <https://anewsletter.alisoneroman.com/p/brothy-beans-video>

### Ingredients:

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

Salt/pepp to taste

### Directions

1. Add a couple Tbsp olive oil to a pan. Add in greens and cook until wilted.
2. Ladle in some beans with their broth, swirl to incorporate.
3. Serve the beans and greens over thick-cut olive oil toast (crusty bread, fried in olive oil on the stovetop till crispy, 2–3 minutes per side) or regular ol' bread.
4. Optional toppings: a six-minute egg, chili oil, parmesan cheese, red pepper flakes, sriracha mayo

### Totally optional side ideas

Fruit, big hunks of cheese perhaps