

August 10-14 Ingredient List

Produce

- 2 red bell peppers
- 1 small red onion
- 1 small napa cabbage (2 1/2 lbs)
- 3 cloves garlic
- 3 medium jalapeños
- 2 limes
- Chopped fresh cilantro (plus more for garnish, optional)
- 1 English cucumber
- 1 pint cherry tomatoes
- 1/4 cup slivered red onion
- 1/4 cup chopped fresh parsley
- 2 medium carrots
- 1 (10-ounce) container grape tomatoes
- 2 small seedless cucumbers
- 1 cup frozen petite green peas
- 1/2 cup chopped celery
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh oregano
- 2 cups fresh arugula
- 1 large mango
- 2 large plum tomatoes
- 2 tablespoons lemon juice
- Asparagus

Protein

- 4 (6-oz) boneless, skinless chicken breasts
- 4 (6-ounce) skin-on salmon fillets
- 1 pound boneless, skinless chicken thighs
- 1 lb flank steak

Pantry

- 1 teaspoon light brown sugar
- 1 1/2 tablespoons fish sauce
- 2 1/2 tablespoons soy sauce or tamari
- 1 teaspoon sambal oelek
- 8 tablespoons natural creamy peanut butter
- 3/4 teaspoon kosher salt
- Olive oil (for baking sheet and brushing)
- Chili crisp (optional)
- 1/4 cup honey
- 2 tablespoons apple cider vinegar or rice wine vinegar
- 3 tablespoons extra-virgin olive oil
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 2 cups hummus
- 1/2 teaspoon ground black pepper
- 1/3 cup toasted pine nuts

Dairy

- 1 cup plain Greek yogurt
- 1/2 cup mayonnaise
- 1/4 cup whole milk
- 1/2 cup freshly grated Parmesan cheese
- Sour cream (for serving)

Grains

- 1 (16-ounce) package medium shell pasta
- Steamed rice (for serving)
- 8 (6-inch) corn tortillas

Nuts & Seeds

- 1/3 cup roasted unsalted peanuts

