

week one

crunchy dinner salad with prosciutto, apple, and hazelnuts

HANDS-ON TIME: 25 MINUTES
TOTAL TIME: 25 MINUTES | SERVES 4

- 1/2 cup hazelnuts
- 1/4 cup olive oil
- 1 tablespoon red wine vinegar
- 2 teaspoons Dijon mustard
- Kosher salt and black pepper
- 1 small head radicchio, torn (about 5 cups)
- 1 small head romaine lettuce, torn (about 6 cups)
- 3 ounces prosciutto, torn
- 3 scallions, chopped
- 1 apple (such as Pink Lady or Gala), chopped

► Heat oven to 350° F. Spread the nuts on a rimmed baking sheet and toast in oven, tossing occasionally, until fragrant, 10 to 12 minutes. Rub the warm nuts between 2 clean dish towels to remove the skins (discard the skins).

► Whisk together the oil, vinegar, mustard, and 1/2 teaspoon each salt and pepper. Add the radicchio, romaine, prosciutto, scallions, apple, and nuts and toss to combine. Serve immediately.

MAKE-AHEAD TIP: TOAST THE HAZELNUTS AND MAKE THE DRESSING.

barbecue chicken sandwich with sautéed corn, edamame, and pickles

HANDS-ON TIME: 20 MINUTES
TOTAL TIME: 20 MINUTES | SERVES 4

- 1 tablespoon olive oil
- 1 cup frozen corn
- 1 cup frozen shelled edamame
- 1/2 cup chopped sweet pickles, plus 1 tablespoon pickle juice
- 3/4 cup barbecue sauce, plus more for serving
- 1 rotisserie chicken, shredded (about 4 cups)
- 1 avocado, sliced
- 1/4 small red onion, sliced (optional)
- 4 Portuguese rolls, split

► Heat the oil in a medium skillet over medium heat. Add the corn, edamame, and 2 tablespoons water and cook, stirring occasionally, until warmed through, 5 to 7 minutes. Stir in the pickles and pickle juice.

► Meanwhile, cook the barbecue sauce and chicken in a small pot over medium heat until warmed through, 2 to 3 minutes.

► Stack the chicken, avocado, and onion (if desired) on the rolls. Serve with the corn mixture and barbecue sauce.

MAKE-AHEAD TIP: SHRED THE CHICKEN AND DRESS WITH BARBECUE SAUCE.

cheese ravioli with kale pesto and roasted carrots

HANDS-ON TIME: 20 MINUTES
TOTAL TIME: 20 MINUTES | SERVES 4

- 1 pound carrots (about 6), sliced
- 6 tablespoons olive oil
- Kosher salt and black pepper
- 2 tablespoons roasted almonds, plus more, chopped, for serving
- 1 clove garlic
- 1/2 small bunch kale, stems discarded and leaves torn (about 3 1/2 cups)
- 1 1/2 ounces grated Parmesan (1/3 cup), plus more for serving
- 1/2 teaspoon grated lemon zest
- 16 to 18 ounces fresh or frozen cheese ravioli

► Heat oven to 450° F. Toss the carrots, 2 tablespoons of the oil, and 1/4 teaspoon each salt and pepper on a rimmed baking sheet and roast, tossing once, until tender, 10 to 12 minutes.

► Meanwhile, pulse the almonds and garlic in a food processor until finely chopped. Add the kale, Parmesan, lemon zest, 1/2 teaspoon salt, and 1/4 teaspoon pepper; pulse until finely chopped. With the machine running, add the remaining 4 tablespoons of oil. Process until smooth.

► Cook the ravioli according to the package directions. Reserve 1/2 cup of the cooking water; drain the ravioli and return them to the pot.

► Add the carrots, pesto, and 1/4 cup of the reserved cooking water and toss gently to coat (adding more cooking water as needed to loosen the sauce). Serve warm, sprinkled with the chopped almonds and Parmesan.

MAKE-AHEAD TIP: MAKE THE PESTO.

lamb chops and parsnip puree with coriander brown butter

HANDS-ON TIME: 25 MINUTES
TOTAL TIME: 25 MINUTES | SERVES 4

- 2 pounds parsnips, cut into 1-inch pieces
- 1/4 cup whole milk
- 5 tablespoons unsalted butter
- Kosher salt and black pepper
- 2 cloves garlic, sliced
- 1/4 teaspoon ground coriander
- 1 tablespoon olive oil
- 8 small lamb chops (rib or loin, about 1 inch thick; about 2 1/2 pounds total)
- 1/4 cup chopped mixed herbs (such as mint, chives, and parsley)

► Steam the parsnips in 1 inch of water, covered, until very tender, 6 to 10 minutes; drain. Transfer to a food processor along with the milk, 2 tablespoons of the butter, 1/2 teaspoon salt, and 1/4 teaspoon pepper; process until smooth.

► Heat the remaining 3 tablespoons of butter in a small skillet over medium heat. Add the garlic and coriander and cook, stirring occasionally, until the butter is foamy and beginning to brown, 3 to 5 minutes.

► Heat the oil in a large skillet over medium-high heat. Season the lamb with 1/2 teaspoon salt and 1/4 teaspoon pepper and cook, in 2 batches, until an instant-read thermometer inserted into the thickest part (avoiding the bone) registers 130° F, 3 to 5 minutes per side for medium-rare.*

► Serve the parsnip puree topped with the lamb and spiced butter. Sprinkle with the herbs.

MAKE-AHEAD TIP: MAKE THE PARSNIP PUREE.

seared fish with tomatoes and garlicky escarole

HANDS-ON TIME: 20 MINUTES
TOTAL TIME: 20 MINUTES | SERVES 4

- 1 pound tomatoes, chopped
- 1/4 small red onion, sliced
- 2 teaspoons fresh lemon juice
- 3 tablespoons plus 2 teaspoons olive oil
- Kosher salt and black pepper
- 1 head escarole, torn (about 10 cups)
- 2 cloves garlic, sliced
- 4 6-ounce pieces skinless halibut, cod, or striped bass fillet

► Combine the tomatoes, onion, lemon juice, 1 tablespoon of the oil, and 1/4 teaspoon each salt and pepper in a medium bowl. Let sit for 10 minutes.

► Meanwhile, heat 2 tablespoons of the remaining oil in a large skillet over medium-high heat. Add the escarole, garlic, and 1/4 teaspoon each salt and pepper and cook, tossing occasionally, until wilted and tender, 3 to 4 minutes. Let cool slightly, then add to the tomatoes and toss to combine.

► Heat the remaining 2 teaspoons of oil in a large nonstick skillet over medium-high heat. Season the halibut with 1/4 teaspoon each salt and pepper and cook until opaque throughout, 3 to 4 minutes per side.

► Serve the tomato and escarole mixture topped with the fish.

MAKE-AHEAD TIP: WASH AND TEAR THE ESCAROLE.

* Each recipe includes the *Real Simple* test kitchen's preferred cooking temperatures (considered safe by many experts) for steaks and chops cooked to their juicy best. For maximum food safety, the U.S. Department of Agriculture recommends temperatures of 145° F for all beef, lamb, and pork steaks and chops.