

SEPTEMBER 21 - 25, 2020

# WEEKLY MENU

BY DOLLOP

**EXPRESS  
KITCHEN**



# This Week's Menu

**SEPTEMBER 21 - 25, 2020**

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**MONDAY**

Fettuccine Alfredo

**TUESDAY**

Chicken Fajitas

**WEDNESDAY**

Tilapia with Lemon Caper Sauce  
and Roasted Cauliflower

**THURSDAY**

Orzo Tomato Stew  
with Feta

**FRIDAY**

Parmesan Roasted Cauliflower  
with Chicken

# DOLLOP

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## **ARE YOU A HOME CHEF? DO YOU LOVE TO LOOK?**

If the answer is yes, then we'd love to feature you!  
Email us at [support@dolloponline](mailto:support@dolloponline).

## **HAVE A QUESTION OR COMMENT ABOUT A RECIPE?**

Email us at [support@dolloponline.com](mailto:support@dolloponline.com)

# Editor's Letter

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Welcome to your 5-Day Menu For Home Cooks!

This menu was created with the busy person's lifestyle in mind. From chicken fajitas to orzo stew, "Express Plates" proves that quick meals don't need to lack flavor!

One-pot and sheet pan meals significantly reduce dinner preparation as well as cleanup time, so we have included three dishes that meet that criteria. You will also get the chance to cook with tilapia, a mild tasting freshwater fish that's packed with protein. As always, we have tried to build a menu that repurposes ingredients and incorporates many common pantry ingredients to keep your grocery list shorter (and cheaper). Don't miss this week's secret hacks, as well as an article on time-savers in the kitchen.

Enjoy "Express Plates" and remember that these recipes are meant to be a guide. The fun part is making them your own. Stay happy and stay cooking!



**MATT WALKER**  
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**MONDAY**



**FETTUCCINE ALFREDO**

# Fettuccine

# ALFREDO



**YIELD**

4 SERVINGS



**TIME**

20 MINS



**DIFFICULTY**

EASY

INGREDIENT	WEIGHT	VOLUME
Salt	For pasta	-
Fettuccine, dry	340 g / 12 oz	-
Pasta water, reserved	450 g	450 mL / 2 cups
Butter	50 g	¼ cup
Parmesan cheese, grated	60 g / 2 oz	½ cup
Black pepper, freshly ground	To taste	-

## METHOD

**1** Bring a large pot of salted water to a boil.

**2** Cook fettuccine, stirring occasionally, until just before al dente (a minute less than the package directions). Reserve 2 cups of pasta water. Drain remaining water.

**3** In a large skillet, add 1 cup pasta water. Bring to a gentle simmer over medium-

high heat, then whisk in butter, a piece at a time, until melted. Whisking constantly, gradually add Parmesan cheese.

**4** Add fettuccine and toss to coat. Add more pasta water if needed.

**5** Serve topped with black pepper and more Parmesan cheese.

## NOTES

- You can use any long pasta noodle
- You can use Grana Padano and/or Pecorino cheese instead of Parmesan
- Add a grilled chicken breast if you desire
- Garlic bread makes a great accompaniment

**TUESDAY**



**CHICKEN FAJITAS**

# Chicken FAJITAS



**YIELD**

4 SERVINGS



**TIME**

30 MINS



**DIFFICULTY**

EASY

INGREDIENT	WEIGHT	VOLUME
Olive oil, extra virgin	15 g	15 mL / 1 tbsp
Lime juice	15 g	15 mL / 1 tbsp
Chili powder	3 g	1 tsp
Paprika, smoked	1 g	½ tsp
Onion powder	1 g	½ tsp
Black pepper, freshly ground	1 g	½ tsp
Cumin, ground	2 g	½ tsp
Salt	to taste	-
Chicken breast, boneless & skinless	680 g / 1½ lb	3 breasts
Olive oil, extra virgin	30 g	30 mL / 2 tbsp
Olive oil, extra virgin	15 g	15 mL / 1 tbsp
Yellow onion, sliced	100 g	1 onion
Red bell pepper, sliced	240 g	2 peppers
Green bell pepper, sliced	120 g	1 pepper
Lime juice	15 g	15 mL / 1 tbsp
Flour tortilla, 15 cm / 6" diameter	-	8 tortillas
Cheddar cheese, grated	60 g / 2 oz	½ cup

## METHOD

**1** In a bowl, combine olive oil, lime juice, chilli powder, paprika, onion powder, black pepper, cumin and salt.

**2** Cut chicken breast into strips and toss in spice mixture.

**3** In a large skillet, heat olive oil over medium high heat. Add chicken and cook for 3-5 minutes. Remove chicken from pan and set aside.

**4** In the same skillet, add olive oil. Saute onions until they become soft, about 2 minutes.

**5** Add red and green bell peppers and cook for an additional 2 minutes. Return chicken back to skillet and stir to combine.

**6** Squeeze lime juice otop and serve on tortillas, with grated cheddar cheese



## NOTES

- To prevent overcrowding your pan, you may need to cook chicken in batches
- Alternatively, you can use heated corn tortillas
- Garnish fajitas with toppings of your choice. Lettuce, tomatoes, salsa and sour cream all work well



# EXPRESS COOKING

Avoid takeout and tasteless dinners with these quick-to-table hacks

Getting dinner on the table every evening can be overwhelming. In this article, we share tools and shortcuts to help you expedite your meals without sacrificing flavor.

## **FROZEN FOODS**

There is absolutely no shame in stocking up on frozen fruits and vegetables and using frozen foods can save precious time, as there's no real preparation involved. They can be the key to balancing out a plate or adding to dishes like pasta and salads for more nutrition. In order to easily thaw them, it's best to place them in a strainer and rinse with water, but this isn't necessary. If you're really short on time, just throw frozen vegetables into a skillet over medium-high heat with a little olive oil and they'll be done in no time.

## **ONE POT, ONE PAN**

One-pot and sheet pan dinners save time and make cleaning up after dinner a breeze. There's something so satisfying about a meal that comes together in one piece of cookware and, these days, there is no shortage of one-pot and sheet pan recipes to save you time (and dishes) throughout the week. The best part? You can place the finished product on the dinner table as is. Just remember to place it on a trivet to protect the surface underneath. Dutch ovens work particularly well for this style of cooking since they ensure even cooking and can be transferred from the stovetop to oven, making them very versatile. Other wonderful cookware choices for all-in-one dinners include paella pans, Instant Pots and cast iron skillets.

**ONE-POT AND SHEET  
PAN DINNERS SAVE  
TIME AND MAKE  
CLEANING UP AFTER  
DINNER A BREEZE.**





## **ORGANIZATION IS KEY**

For easy weeknight meals, an organized kitchen is half the battle. Clearly labeling items in your pantry and freezer is a great start so that you're never guessing how old something is or whether a spice is paprika or cayenne powder. Secondly, be smart about how you use your space. You likely don't need a set of twelve water glasses in your cabinet, or those cooking gadgets that you barely ever use, like a garlic press or avocado slicer jammed in one of your drawers. Either donate them or store them somewhere else. Your counter space is precious real estate so, depending on the size of your kitchen, you may need to be very picky about what appliances you wish to display. As for drawers, use drawer inserts instead of haphazardly throwing things in there and you're sure to thank yourself later, when you can easily find what it is you're looking for. When you're cooking, stay organized by pre-arranging the ingredients you will be using (*mise en place*) and keeping a scrap bowl handy so you can easily and quickly discard items like egg shells as you go.

**YOUR COUNTER SPACE IS PRECIOUS REAL ESTATE SO, DEPENDING ON THE SIZE OF YOUR KITCHEN, YOU MAY NEED TO BE VERY PICKY ABOUT WHAT APPLIANCES YOU WISH TO DISPLAY.**

## **MEAL PLANNING**

Meal planning can seem overwhelming, but if you organize yourself you can save yourself a lot of work throughout the week. Instead of struggling to come

up with a dinner plan every night of the week, it's much easier to plan out meals for a whole week at a time. It might sound like a daunting process but it can actually save you time and money in the long run. It helps if you break down meal planning into three categories: selecting recipes, shopping for ingredients, and prepping your meals. Everyone's schedule is different, but we find planning the week's meals and grocery shopping on a Saturday and then taking time to prep your meals on Sunday is the easiest. That's why we release Weekly Menu by Dollop every Friday so you have time to prepare for the following week.

Adding a theme to dinner can be a fun way to help you organize what you'll need for the week. Think Taco Tuesdays and Meatloaf Mondays. If you have kids, think about letting them vote at least once a week for their desired theme. Other ways to find recipe inspiration are through cooking

blogs, asking friends and family to share their favorites, on Pinterest and, of course, by subscribing to Weekly Menu by Dollop, where we provide you with a 5-day menu and tailored grocery list.

Meal planning can save you a lot of money, especially if you're able to double up on ingredients for your meals. There are so many versatile fruits and vegetables. Pasta is one of our favorite repeats, as there are so many different ways to prepare

it, from baked macaroni and cheese to lasagna. Ultimately, meal planning is a personal process and differs for everyone. As long as your strategy works for you, that's all that matters. Meal planning should ultimately get you excited about cooking!

**INSTEAD OF  
STRUGGLING TO COME  
UP WITH A DINNER  
PLAN EVERY NIGHT  
OF THE WEEK, IT'S  
MUCH EASIER TO  
PLAN OUT MEALS FOR  
A WHOLE WEEK AT A  
TIME.**

We hope that the tips we've shared will help you save time in the kitchen and inspire you to become a more efficient home cook. By implementing these time-saving strategies, you'll soon see that cooking doesn't have to be stressful.



**WEDNESDAY**



**TILAPIA WITH LEMON CAPER SAUCE  
AND ROASTED CAULIFLOWER**

# Tilapia with Lemon **CAPER SAUCE** and Roasted Cauliflower



**YIELD**

4 SERVINGS



**TIME**

35 MINS



**DIFFICULTY**

EASY

INGREDIENT	WEIGHT	VOLUME
Olive oil, extra virgin	To coat baking sheet	-
Cauliflower, cut into florets	900 g / 2 lb	1 head
Garlic, minced	9 g	3 cloves
Lemon juice	15 g	15 mL / 1 tbsp
Olive oil, extra virgin	For drizzling	-
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Tilapia, filet	700 g / 24 oz	4 filets
Salt	to taste	-
Black pepper, freshly ground	to taste	-
Butter	30 g	2 tbsp
Olive oil, extra virgin	30 g	30 mL / 2 tbsp
Shallot, minced	80 g	2 shallots
Garlic, minced	3 g	1 clove
White wine	175 g	175 mL / ¾ cup
Lemon juice	45 g	45 mL / 3 tbsp
Capers	8 g	1 tbsp
Parsley, minced	4 g	1 tbsp
Lemon zest	-	1 lemon
Parmesan cheese, grated	For garnish	-

## METHOD

**1** Preheat oven to 205°C / 400°F

**2** Line a baking sheet with parchment paper. Coat with olive oil.

**3** In a bowl, combine cauliflower with garlic. Drizzle with lemon juice, olive oil and toss. Spread florets onto sheet. Season with

salt and black pepper.

**4** Put cauliflower in the oven and roast until golden brown, about 25 - 30 minutes.

**5** Season tilapia filets with salt and black pepper.

**6** In a large skillet, melt butter and olive oil over medium heat.

**7** In batches, cook tilapia for 4 minutes before flipping and cooking for an additional 2 to 3 minutes. Transfer to a plate and keep warm. Set skillet aside.

**8** Keeping the same skillet at medium heat, add shallots and garlic. Cook until soft, about 2 minutes.

**9** Add in white wine and lemon juice and bring to

a boil over medium-high heat, about 4 minutes. Stir in capers, parsley and lemon zest. Taste for seasoning.

**10** Place tilapia back into skillet and spoon sauce over top.

**11** Remove cauliflower from oven and garnish with Parmesan cheese. Serve with tilapia.



## NOTES

- Serve tilapia with any grain or vegetable you wish
- While it isn't necessary, tossing the cauliflower during roasting will help it to brown more evenly

**THURSDAY**



**ORZO TOMATO STEW  
WITH FETA**

# Orzo Tomato **STEW** with Feta

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**YIELD**

4 SERVINGS



**TIME**

35 MINS



**DIFFICULTY**

EASY

INGREDIENT	WEIGHT	VOLUME
Olive oil, extra virgin	15 g	15 mL / 1 tbsp
Onion, chopped	100 g	1 onion
Garlic, minced	6 g	2 cloves
Red chilli flakes	2 g	½ tsp
Mustard seed	8 g	1½ tsp
Orzo pasta	200 g / 7 oz	-
Tomatoes, crushed, canned	400 g / 14 oz	1 can
Stock, vegetable or chicken	700 g	700 mL / 3 cups
Chickpeas, drained, rinsed, canned	400 g / 14 oz	1 can
Dill, chopped	40 g	¼ cup
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Feta cheese, crumbled	120 g / 4 oz	1 cup

## METHOD

**1** In a large skillet, heat olive oil over medium high heat. Add onion and garlic and cook until onion is translucent, about 5-7 minutes.

**2** Add chilli flakes and mustard seeds. Cook until mustard seeds begin to pop, about 1-2 minutes.

**3** Stir in orzo, tomatoes, stock and chickpeas. Bring to a boil, then turn heat down and simmer, stirring frequently, until sauce has thickened and orzo is tender, about 20 minutes

**4** Stir in dill, salt and black pepper. Sprinkle with feta cheese. Serve.

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## NOTES

- Remember that feta is salty so you may wish to use less, depending on your preference
- Garnish with additional dill and chilli flakes if desired

**FRIDAY**



**PARMESAN ROASTED CAULIFLOWER  
WITH CHICKEN**

# Parmesan Roasted **CAULIFLOWER** with Chicken



**YIELD**

4 SERVINGS



**TIME**

50 MINS



**DIFFICULTY**

MEDIUM

INGREDIENT	WEIGHT	VOLUME
Pine nuts	25 g	3 tbsp
Olive oil, extra virgin	To coat baking sheet	-
Cauliflower, cut into florets	900 g / 2 lb	1 head
Olive oil, extra virgin	35 g	35 mL / ¼ cup
Salt	2 g	½ tsp
Black pepper, freshly ground	1 g	½ tsp
Olive oil, extra virgin	8 g	8 mL / 2 tsp
Chicken, breast, skinless & boneless	900 g / 2 lb	4 breasts
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Parmesan cheese, grated	60 g / 2 oz	½ cup
Butter	15 g	1 tbsp
Lemon zest	-	1 lemon
Lemon juice	15 g	15 mL / 1 tbsp

## METHOD

**1** In a skillet, toast pine nuts over medium heat, tossing frequently, until they're golden, about 3-5 minutes. Transfer onto a plate and set aside. Wipe out skillet.

**2** Preheat oven to 220°C / 425°F.

**3** Line a baking sheet with parchment paper. Coat with olive oil.

**4** In a bowl, combine cauliflower with olive oil, salt and black pepper. Spread florets evenly onto baking sheet and top with thyme. Season with salt and black pepper.

**5** Put cauliflower in the oven and roast until golden brown, about 25 - 30 minutes.

**6** In a large skillet, heat olive oil over medium heat. Season chicken with salt and black pepper. Sear chicken until

slightly golden, about 1-2 minutes per side.

**7** Remove cauliflower from oven and toss with Parmesan cheese, butter, and lemon zest.

**8** Nestle chicken into the cauliflower so it rests on the

bottom of the pan with cauliflower all around. Return baking sheet to oven and roast until chicken reaches an internal temperature of 75°C / 165°F, about 20 minutes.

**9** Toss chicken and cauliflower mixture with lemon juice and sprinkle with pine nuts. Serve.

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## NOTES

- Serve mixture over buttered pasta noodles if desired
- While it isn't necessary, tossing the cauliflower during roasting will help it to brown more evenly
- You can use skin-on chicken breasts if you prefer



# **WEEKLY SHOPPING LIST**



This is your weekly shopping list. These are all the ingredients you need to make this week's recipes.

<p><b>PRODUCE</b></p> <p>Garlic Yellow onion Shallot Cauliflower Red bell pepper Green bell pepper Lime Lemon</p>	<p>2 bulbs 2 2 2 large heads 2 1 1 3</p>
<p><b>HERBS</b></p> <p>Dill Parsley Thyme</p>	<p>1 bunch 1 bunch 1 bunch</p>
<p><b>SPICES &amp; CONDIMENTS</b></p> <p>Mustard seed Red chilli flakes Capers Crushed tomatoes, canned Chickpeas, canned</p>	<p>8 g 400 g / 14 oz 400 g / 14 oz</p>
<p><b>MEAT &amp; FISH</b></p> <p>Tilapia, fillet Chicken, breast, skinless &amp; boneless</p>	<p>700 g / 24 oz / 4 fillets 1½ kg / 3½ lb / 7 breasts</p>
<p><b>CHEESE &amp; MILK</b></p> <p>Feta cheese Parmesan cheese Cheddar cheese</p>	<p>120 g / 4 oz 180 g / 6 oz 60 g / 2 oz</p>
<p><b>GRAINS &amp; PASTA</b></p> <p>Orzo Fettuccine noodles, dry Flour tortillas, 15 cm / 6" diameter</p>	<p>400 g / 14 oz 340 g / 12 oz 8</p>
<p><b>MISCELLANEOUS</b></p> <p>White wine Pine nuts</p>	<p>375 mL (half bottle) 25 g</p>

**MAKE SURE YOU HAVE THE INGREDIENTS FROM THE PANTRY ESSENTIALS**



# **PANTRY ESSENTIALS**



The following are ingredients that should always be in your kitchen. We assume you will always have these in your kitchen and do not include them in the weekly shopping list. If you run out, you should re-stock!



Extra-Virgin Olive Oil  
Neutral Oil (vegetable, canola, sunflower, etc.)  
Butter, unsalted  
Salt, Kosher  
Black Pepper  
Cayenne Pepper (or chili powder)  
Oregano, dried  
Cumin, ground  
Onion, powder  
Paprika, sweet or smoked  
Vinegar, white wine  
Vinegar, balsamic  
Hot sauce  
Mayonnaise  
Mustard, Dijon  
Soy sauce  
Stock, Chicken or Vegetable  
Rice, white or brown  
Flour, all-purpose  
Pasta, dried long (spaghetti, fettuccine, etc.)  
Pasta, dried short (penne, macaroni, etc.)  
Sugar, white



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