



Real Food Recipes with Laurel Street Kitchen

Sous Vide Flank Steak Tacos with Fennel Slaw and Roasted Red Pepper Salsa
Curried Macaroni and Cheese with buttermilk and Dill
Turmeric Roasted Cauliflower Steaks with Curried Ghee
Malaysian Yellow Curry Chicken
Roasted Red Pepper Hummus Wrap

Produce

- red or orange bell peppers (2)(2)
- tomato (1)
- yellow onion (1) (1)
- garlic cloves (2)(2) (2)
- chile de arbol (1/2 C)
- fennel bulb (1)
- cherry tomatoes (1/4 C)
- baby arugula (1/4 C)
- lemons, for juice (1-2 T) (1 T)(2 T)
- cauliflower (1 large)
- fresh ginger (2 inch)
- lemongrass (1 stalk)
- cucumber (1 large)
- red onion (1 small)
- serrano pepper (1)

Herbs

- fresh dill (4 sprigs)
- cilantro (bunch) (1/2 bunch)
- fresh mint leaves (1/4 C)

Spices

- cumin (1 t) (1 t, seeds)
- ground coriander (1/2 t)
- Madras curry powder (3 1/2 t)
- cayenne powder (1 t)
- mustard powder (1 T)
- turmeric (2 t)
- garlic powder (1 t)
- red pepper flakes (1 pinch)
- garam masala (1/2 t)

Meats

- flank steak (1 lb)
- boneless chicken thighs (2 lbs)

Dairy

- unsalted butter (6 T)
- coconut oil (1 T)
- Pecorino Romano (1 C)
- buttermilk (2 C)
- extra sharp cheddar (2 C)
- ghee (1 T)
- yogurt (1/2 C)

Seeds/Nuts

- pumpkin seeds (1/4 C)

Bread & Tortillas

- tortillas (4-6)
- whole wheat naan (4)

Pantry Items

- spicy mustard (3 t)
- olive oil (2 T) (3 T) (2T)
- apple cider vinegar (2 T)
- vegetable oil (1 C) (1/4 C)
- dried elbow macaroni (1 lb)
- coconut oil (1 T)
- panko breadcrumbs (1 C)
- all-purpose flour (3 T)
- coconut milk (13 oz)
- fish sauce (1 T)
- yellow curry paste (1/4 C)
- coconut sugar (1 T)
- coconut milk (13 oz)
- rice or noodles (for serving)
- garlic hummus (1/2 C)
- honey (1 t)