



# nourished kitchen

## meal plans} spring: week 8

### about your ingredients}

**Dairy:** Choose raw milk, cream and butter when you can, provided they're from cows raised on pasture. Avoid ultrapasteurized dairy products.

**Eggs:** Choose farm-fresh eggs from hens raised on fresh pasture with plenty of access to grass, bugs, sprouts and other forage.

**Pantry Items:** Choose organic, local and raw when and where possible.

**Fresh Produce:** Choose organic, local vegetables when possible.

**Meat, Fish & Fowl:** Choose locally and naturally raised meats from animals allowed to graze on fresh pastures.

SA: Substitution available, see recipe. HM: Preferably homemade. O: Optional ingredient.

menu #1	menu #2	menu #3	weekly extras
<b>simple chicken dinner</b> <ul style="list-style-type: none"> <li>• slow-roasted chicken thighs</li> <li>• mushroom sauce</li> <li>• spring salad with yogurt scallion dressing</li> </ul>	<b>salmon poke wraps</b> <ul style="list-style-type: none"> <li>• salmon poke wraps with avocado</li> <li>• snowpea salad</li> <li>• pinita coladas</li> </ul>	<b>slowcooker supper</b> <ul style="list-style-type: none"> <li>• jerk pork skewers</li> <li>• mango cilantro salsa</li> <li>• caribbean beans</li> </ul>	<b>bonus recipes</b> <ul style="list-style-type: none"> <li>• tropical trail mix</li> <li>• pickled daikon radish</li> <li>• fresh pea soup</li> </ul> <b>supplemental recipes</b> <ul style="list-style-type: none"> <li>• chicken stock</li> </ul>

## shopping list

### dairy & eggs

- \_\_\_ butter (1/4 cup, 2 tbsps)<sup>SA</sup>
- \_\_\_ yogurt (1/4 cup)<sup>SA</sup>

### meat, fish & fowl

- \_\_\_ bone-in, skin-on chicken breasts (4)
- \_\_\_ sashimi-grade salmon (3/4 lb)
- \_\_\_ pork (1 lb)
- \_\_\_ chicken stock (2 qts, 2 cups)<sup>HM</sup>

### fresh produce & herbs

- \_\_\_ thyme (1/2 bunch)
- \_\_\_ shallots (2)
- \_\_\_ mushrooms (1/2 lb)
- \_\_\_ mixed salad greens (8 cups)
- \_\_\_ radishes (1 bunch)
- \_\_\_ salad turnips (1 bunch)
- \_\_\_ scallions (12)

- \_\_\_ avocado (1)
- \_\_\_ grated ginger (1 tsp)
- \_\_\_ carrots (5)
- \_\_\_ lime juice (1 tbsp)
- \_\_\_ limes (3)
- \_\_\_ snowpeas (3/4 lb)
- \_\_\_ habanero peppers (3)
- \_\_\_ red onion (3)
- \_\_\_ pineapple (1)
- \_\_\_ red bell peppers (2)
- \_\_\_ thyme (1/4 cup + 2 tbsps, chopped)
- \_\_\_ mangoes (2)
- \_\_\_ jalapeno peppers (1)
- \_\_\_ cilantro (1 bunch)
- \_\_\_ leeks (2)
- \_\_\_ peas (1/2 lb)
- \_\_\_ asparagus (1/2 lb)
- \_\_\_ chives (1/2 cup)
- \_\_\_ daikon radish (1 lb)

### pantry items

- \_\_\_ olive oil (1/2 cup)
- \_\_\_ sesame seeds (2 tbsps)
- \_\_\_ soy sauce (2 tbsps)
- \_\_\_ nori sheets (4)
- \_\_\_ sesame oil (1 tbsp)
- \_\_\_ pineapple juice (3 cups)
- \_\_\_ coconut milk (1 cup)
- \_\_\_ honey (2 tbsps)
- \_\_\_ red wine vinegar (1/2 cup)
- \_\_\_ vinegar (2 tbsps)
- \_\_\_ coconut oil (1/4 cup, 2 tbsps)
- \_\_\_ macadamia nuts (2 cups)
- \_\_\_ dried pineapple (1 cup)
- \_\_\_ dried mango (1 cup)
- \_\_\_ unsweetened dried coconut (1/2 cup)
- \_\_\_ pink beans (1 1/2 cups)<sup>SA</sup>

### spices & dried herbs

- \_\_\_ unrefined sea salt
- \_\_\_ ground black pepper
- \_\_\_ ground allspice (1 tbsp, 1/4 tsp)
- \_\_\_ ground cinnamon (1 tbsp)
- \_\_\_ ground nutmeg (1 tbsp)
- \_\_\_ powdered ginger (1 tbsp)
- \_\_\_ coconut extract (1/4 tsp)<sup>O</sup>

### miscellaneous & specialty

- \_\_\_ dark rum (2 tbsps)<sup>SA</sup>

## menu #1} slow-roasted chicken thighs, mushroom sauce, spring salad

**S**low-roasting ensures that pasture-raised birds are succulent and tender. We like to pair these slow-roasted chicken thighs with a nice mushroom sauce and huge spring salad topped with yogurt scallion dressing.



### make it for less} \$11

Substitute 1 tbsp dried thyme for fresh in Slow-roasted Chicken thighs and Mushroom Sauce to save about \$3. Substituting chicken thighs for breasts should save about \$8.



### make this meal}

**1 hour ahead:** Prepare Slow-roasted Chicken Thighs.

**about 45 minutes ahead:** Prepare Mushroom Sauce.

**10 mins ahead:** Prepare Scallion Dressing, plate salads and dress at the table.



### slow-roasted chicken breasts}

**skill level:** easy | **yield:** 4 servings | **time:** 5 mins (active), 55 mins (oven)

#### ingredients

- 4 bone-in, skin-on chicken breasts
- 1 tsp unrefined sea salt
- 1/2 tsp ground black or white pepper
- 1/2 bunch thyme
- 2 cups chicken stock

#### method

1. Preheat the oven to 350° F.
2. Season chicken with salt and pepper, then place seasoned chicken in a clay baker or baking dish and cover with fresh thyme.
3. Pour in chicken stock and roast the chicken, covered, at 350° F for about 45 minutes. Increase temperature to 425° and continue roasting for an additional 10 minutes, adding more stock or water to the pan if necessary.



### mushroom sauce}

**skill level:** moderate | **yield:** about 1 cup | **time:** 45 mins (stove)

#### ingredients

- 1 quart chicken stock
- 1/2 bunch fresh thyme
- 1/4 cup butter\*, divided
- 2 shallots, peeled and thinly sliced
- 1/2 lb mushrooms, stems removed with caps sliced thinly

#### method

1. Simmer stock and fresh thyme over high heat until reduced to one-quarter of its previous volume, about 45 minutes to an hour.
2. While the stock is reducing, melt two tablespoons butter in a skillet over a moderate flame. Once the butter foams, toss in shallot and fry until fragrant and translucent, about three minutes. Add sliced mushroom caps to the pan and fry an additional three or four minutes. Set aside.

scheduled for: \_\_\_\_\_

3. Once the stock has reduced to one-quarter of its original volume or one cup, remove thyme and whisk in remaining two tablespoons butter and stir in mushrooms and shallot mixture.
4. Serve over slow-roasted chicken.



### spring salad with yogurt scallion dressing}

**skill level:** moderate | **yield:** 4 servings | **time:** 5 mins (active)

#### ingredients

##### for the dressing

- 1/4 cup yogurt\*
- 3 scallions, finely minced
- 1 shallot, peeled and finely minced
- 1/2 cup unrefined extra virgin olive oil

##### for the salad

- 8 cups mixed salad greens and herbs
- 1 bunch radishes, finely sliced
- 1 bunch salad turnips, finely sliced

#### method

1. Whisk yogurt, herbs and shallot together then whisk in olive oil. Season with unrefined sea salt and ground black pepper as needed. Store in a mason jar or salad dressing cruet in the refrigerator until ready to use.
2. Toss together salad greens and herbs with sliced radishes and salad turnips, dress at the table with yogurt-herb dressing.

**\*Don't do dairy?** Substitute lard, tallow or olive oil for butter and 2 tbsps lemon juice plus 1 beaten egg yolk for yogurt.

## menu #2} salmon poke wraps with avocado, snowpea salad, pinita coladas

When spring rolls around we often turn to lighter fare: homemade sushi, fresh salads and icy cold drinks. Here I pair simple salmon poke wrapped up in nori with fresh avocado and vegetables, serve it with a huge snowpea salad and an icy glass of pinita colada, our kid-friendly version of the classic pina colada. Consider serving the ferment of the week—pickled daikon radish—with this meal.



### make this meal}

**up to 2 days ahead:** Thaw salmon in fridge (if frozen).

**about 15 mins ahead:** Prepare snowpea salad. Prepare salmon poke wraps.

**about 5 mins ahead:** Prepare pinita coladas.



### food for thought}

**Wild-caught salmon** is rich in omega-3 fatty acids including EPA and DHA and is an excellent source of B vitamins.

**Avocados** are an excellent source of monounsaturated fat.

**Coconut** is thought to support immune system health and the thyroid and is rich in lauric acid.



### salmon poke wraps}

**skill level:** easy | **serves:** 4 | **time:** 10 mins (active)

#### ingredients

##### for the salmon poke

- 3/4 lb sashimi-grade salmon, chopped into bite-sized pieces
- 2 tbsps sesame seeds
- 4 scallions, sliced thin
- 1/2 tsp grated fresh ginger
- 2 tbsps naturally fermented soy sauce\*

##### for the wraps

- 4 toasted nori sheets
- 1 avocado, sliced thin
- 4 carrots, grated

#### method

1. Toss salmon, sesame seeds, scallions, ginger and soy sauce together until roughly combined.
2. Form each nori sheet into a cone in your hand, spoon in avocado, carrots and salmon poke. Serve.



### snowpea salad}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active)

#### ingredients

- 1 tbsp sesame oil
- 1 tbsp lime juice
- 1/2 tsp grated ginger
- 3/4 lb snowpeas, trimmed and sliced thin
- 1 carrot, peeled and cut into matchsticks
- 4 scallions, sliced thin

#### method

1. Toss all ingredients together until lightly coated. Adjust seasoning with salt as needed and serve.



### pinita coladas}

**skill level:** moderate | **yield:** 4 servings | **time:** 5 mins (active)

#### ingredients

- 4 cups ice
- 3 cups pineapple juice
- 1 cup coconut milk
- 2 tbsps honey, optional
- juice of zest of 2 limes

#### method

1. Toss all ingredients into a blender, process until smooth and serve icy cold.

\***Don't do soy?** Substitute coconut aminos or additional fish sauce.

## menu #3} jerk pork skewers, mango salsa, caribbean beans

Even in May, the temperatures can be low and an otherwise blue sky can be clouded over. Make this super simple slowcooker beef burgundy when there's a bit of a chill in the air and you want something easy, wholesome, and nourishing.



### make this meal}

**up to 3 days ahead:** Thaw pork, if frozen.

**about 18 to 24 hrs ahead:** Soak beans.

**about 8 to 12 hrs ahead:** Marinate pork.

**about 50 mins ahead:** Prepare beans.

**about 20 mins ahead:** Grill pork skewers.

**about 10 mins ahead:** Prepare mango salsa.

Fry beans with spices.

- 1 tbsp ground allspice
- 1 tbsp ground cinnamon
- 1 tbsp ground nutmeg
- 1 tbsp ground ginger
- 1 lb pork\*\*, cut into bite-sized pieces

#### for the skewers

- 1 red onion, peeled and quartered
- 1 pineapple, peeled, cored and chopped into bite-sized pieces
- 2 red bell peppers, seeded and chopped into bite-sized piece

#### method

1. Prepare the marinade by combining red wine vinegar, rum, habanero peppers, red onion, thyme, coconut oil, and spices in a blender, pureeing until smooth.
2. Pour marinade over pork and marinate, covered, for 8 to 12 hours.
3. Soak the skewers in water for 20 minutes.
4. Thread pork pieces, red onion, pineapple and bell peppers on skewers and grill, six to eight minutes on each side.



### jerk pork skewers}

**skill level:** easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 8 to 12 hrs (marinade), 15 mins (grill)

#### ingredients

##### for the marinade

- 1/2 cup red wine vinegar
- 2 tbsps dark rum\*
- 2 habanero peppers, seeded if desired and chopped
- 1 red onion, peeled and finely chopped
- 1/4 cup fresh thyme, minced
- 2 tbsps coconut oil, melted
- 2 tsps ground black pepper



### mango salsa}

**skill level:** easy | **serves:** 4 | **time:** 5 mins (active)

#### ingredients

- 2 mangos, peeled, pitted and diced
- 1 small red onion, peeled, finely chopped
- 1 jalapeno peppers, seeded if desired and minced
- 1 bunch cilantro, chopped
- 1 juice of 1 lime

#### method

1. Mix all ingredients together and serve.

scheduled for: \_\_\_\_\_



### caribbean beans}

**skill level:** easy | **yield:** 4+ leftovers | **time:** 5 mins (active), 18 to 24 hrs (soaking), 45 mins (stove)  
**ingredients**

- 1 1/2 cups pink beans\*
- 2 tbsps vinegar
- 2 tbsps coconut oil
- 1/4 tsp ground cinnamon
- 1/4 tsp ground allspice
- 2 tbsps minced fresh thyme
- 1 bunch scallions, finely sliced
- 1 habanero, seeded if desired and minced

#### method

1. Toss beans in a pan with vinegar and cover with hot water. Soak them for 18 to 24 hours.
2. After 18 to 24 hours, drain the beans and rinse them well.
3. Toss beans in heavy-bottomed stock pot, cover with water and boil until tender, about 40 minutes.
4. Drain the beans.
5. Melt coconut oil in your saucepan, return beans to the pan and cook with cinnamon, allspice and thyme until fragrant, about three minutes.
6. Dress with scallions and habanero.

\***Don't do alcohol?** Substitute honey.

\*\***Don't do pork?** Substitute chicken.

\*\*\***On GAPS?** Substitute white beans.

## bonus recipes} tropical trail mix, pickled daikon, fresh pea and asparagus soup

scheduled for: \_\_\_\_\_

like to prepare this trail mix in advance and dole it out, bit by bit, throughout for playground snacks or to munch while on hiking trails.



### make this meal}

up to 1 week ahead: Make chicken stock for soup.



### fresh pea and asparagus soup}

skill level: easy | yield: about 1 1/2 qts | time: 30 mins (stove), 5 mins (active)

#### ingredients

- 2 tbsps butter\*
- 2 leeks, white and light green parts only, finely sliced
- 1 qt chicken stock
- 1/2 lb fresh shelled peas or frozen peas
- 1/2 lb fresh asparagus, trimmed of woody ends
- 1/2 cup snipped chives

#### method

1. Melt butter in a stock pot over a moderate flame and toss in leeks and fry until fragrant, about three minutes.
2. Add chicken stock, peas and asparagus to the pot, simmering the vegetables until tender for about 25 minutes.
3. Puree the soup with an immersion blender, stir in fresh chives and serve.



### pickled daikon radish}

skill level: easy | yield: about 1 pint | time: 5 mins (active), 7 days (fermentation)

#### ingredients

- 1 lb daikon radish, peeled and shredded
- 1 tablespoon unrefined sea salt

#### method

1. Toss daikon and salt into a large mixing bowl.
2. Knead and squeeze the mixture thoroughly by hand to break up the structure of the shredded daikon. The radish should be limp and softened under the pressure of kneading.
3. Layer the salted and kneaded daikon into a mason jar and pound it down with a wooden spoon or dowel so that the vegetables are thoroughly packed into your fermentation vessel.
4. Continue layering and pounding until your vegetables are exhausted and thoroughly packed within the jar and the level of brine exceeds the level of the solids.
5. Weigh the vegetables, if using a weight, to prevent them from floating to the top of the brine and contaminating your pickled daikon, cover, and allow to ferment at room temp for at a least seven days before tasting it. If you prefer a stronger ferment, allow it to ferment for an extended period of time until it achieves the desired level of sourness.
6. Transfer to cold storage. Pickled daikon will keep for one year, properly fermented and properly stored.

#### Wondering how to serve pickled daikon?

Serve it as a condiment to any Asian-style

supper. It goes very well with salmon poke.



### tropical trail mix}

skill level: moderate | yield: 4 cups | time: 8 to 12 hrs (soaking), 12 to 24 hrs (dehydrator), 5 mins (active)

#### ingredients

- 2 cups macadamia nut halves
- 1 tsp unrefined sea salt
- 1 cup chopped dried pineapple
- 1 cup chopped dried mango
- 1/2 cup unsweetened dessicated coconut
- 2 tbsps coconut oil, melted
- 1/4 tsp coconut extract, optional

#### method

1. Toss macadamia nut halves and salt together in a mixing bowl and cover with warm water, allowing the nuts to soak overnight. The next day drain them and rinse them well transferring to a dehydrator and dehydrate until crisp (12 to 24 hours). If you do not have a dehydrator, simply layer them on a baking sheet and dry them in the lowest setting in your oven.
2. Mix macadamia nuts with pineapple, mango, coconut, melted coconut oil and coconut extract, if using. Transfer to storage.

\*Don't do dairy? Substitute olive oil for butter.

## supplemental recipes} chicken stock



### chicken stock}

skill level: easy

#### ingredients

- frame of 1 chicken
- vegetable scraps
- 2 bay leaves
- 1 tablespoon apple cider vinegar

#### equipment

- slowcooker
- sieve or fine-mesh strainer

#### method

1. Pick the chicken frame clean of useable meat and reserve that for another dish.
2. Add the chicken carcass, vegetable scraps and bay leaves to a crockpot. Pour filtered water over the carcass to cover. Add cider vinegar.
3. Cook in your slow cooker on low heat for 24 hours or longer. Strain the broth through a fine mesh sieve and pour into mason jars.

### Got Questions?

If you have a specific question about the recipes contained in the meal plan, email [jenny@nourishedkitchen.com](mailto:jenny@nourishedkitchen.com).

To manage your account or cancel a recurring order email your request one week in advance to [support@nourishedkitchen.com](mailto:support@nourishedkitchen.com)