

WEEK 3: MONDAY DINNER



PARGIOT (CHICKEN)

Ingredients:

2 tablespoons of extra virgin olive oil
Leftover garlic (from shabbat's roasted garlic) If you have, if not leave it out.
2 pounds or 1 kilo of pargiot, each cut in half
1½ teaspoons of salt
½ a red chilli pepper, finely chopped
1 bunch of asparagus, bottom stems removed, cut in half (or green beans, broccoli or sugar snap peas)
8 dates, pitted
¼ cup of fresh basil, stems removed, chopped
2 limes, juiced (or lemons)

Directions:

1. Prepare a large skillet on high heat and add the oil to the pan and get hot. Add the pargiot pieces and sprinkle them with salt.
2. Cook for 8 minutes, mixing once.
3. Add the cooked garlic, chilli pepper, asparagus, and dates. Mix and cook for 3-5 minutes.
4. Remove from the pan and add the fresh basil and lime juice. (save 4 pieces for tomorrow's lunch, if possible thinly slice, with the asparagus and dates)



ROASTED SWEET POTATOES

Ingredients:

4 sweet potatoes, cut into large long pieces
¼ cup of extra virgin olive oil
½ tablespoon of garam masala spice blend
½ tablespoon of sumac powder
½ tablespoon of za'atar spice blend
½ tablespoon of curry powder
½ tablespoon of garlic powder
1½ teaspoons of salt

Directions:

1. Preheat oven to 400°F or 200°C.
2. Prepare a sheet pan with parchment paper. Add all of the ingredients and mix well.
3. Bake for 45 minutes, or until crispy on the outside and soft on the inside. (save 4 pieces for tomorrow's lunch)

TOMORROW'S LUNCH: PLEASE DON'T END SALAD

Ingredients:

Leftover chicken, thinly sliced
Leftover sweet potatoes
Any lettuce
Salad dressing 1 or 5

Directions:

1. Thinly slice the pargiot
2. Add the pargiot, all its sauce and asparagus and dates and the sweet potatoes to the lettuce
3. Add dressing 1 or 5 right before eating.