

real food^{WITH}

EASY EVERYDAY RECIPES

Sarah

PRODUCE

- 1 bunch asparagus, ends trimmed
- 2 cups cherry tomatoes
- 2 bell peppers (1 red, 1 yellow), sliced
- 1½ yellow onions (1 sliced + ½ grated)
- 1 cup fresh spinach, finely chopped
- Fresh basil (small bunch)
- 1 sprig fresh thyme
- 1 tbsp fresh parsley, chopped
- 1 sprig fresh rosemary
- 1 tsp fresh dill, chopped
- 2 lemons
- 1 head garlic (used in all 5 recipes)

- Parmesan cheese (⅓ cup grated + extra for serving)

PANTRY

- Extra virgin olive oil (used in all 5 recipes)
- 2 tsp red wine vinegar
- 1½ tsp dried oregano (1 tsp chicken + ½ tsp pasta)
- 1 tsp paprika
- 1 tsp Italian seasoning
- ½ cup panko breadcrumbs
- 12 oz penne or rigatoni pasta
- 1 cup marinara sauce
- Kosher salt + black pepper (pantry staples)

MEAT/ PROTEIN

- 1.5–2 lbs bone-in, skin-on chicken thighs
- 1–1.5 lbs Alaskan halibut fillets
- 1 lb Italian sausage, casings removed
- 1.3 lbs ground turkey (93/7)
- 4 boneless pork loin steaks

DAIRY/EGGS

- 1 egg