

# Weekly Meal Plan

*French-inspired*

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## 1. [Cheesy French Onion Galette with Flaky Herb Crust](#) from Plays Well With Butter

### For the French onion galette

- caramelized onions (below)
- flaky herbed crust (below)
- 6 ounces freshly shredded gruyère or cheese of choice, divided
- egg wash (1 large egg beaten with 1 tablespoon water)

### For the caramelized onions

- 4 large yellow or sweet onions, thinly sliced (approx. 2 pounds)
- 1 tablespoon unsalted butter
- 1 tablespoon olive oil
- 2 teaspoons kosher salt
- 1 tablespoon fresh thyme leaves (can substitute 1 teaspoon dried thyme)
- ½ cup dry sherry (see Recipe Notes)

### For the flaky herbed crust

- 2 cups Bob's Red Mill Unbleached Organic White All-Purpose Flour, plus more for dusting
- ¼ cup roughly chopped fresh chives
- ¼ cup destemmed hardy fresh herbs (fresh rosemary, sage, thyme)
- 1 heaping teaspoon kosher salt
- ¾ cup cold unsalted butter, diced into ½-inch cubes
- 1 tablespoon apple cider vinegar
- ice water

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## 2. Soupe au pistou (French Vegetable Soup) from Food Nouveau

### For the soup

- 1 cup dry white navy beans, or one 14 oz (400 g) can navy beans, drained and rinsed
- 2 bay leaves
- 3 tbsp extra-virgin olive oil
- 2 medium onions, peeled and diced, or 4 leeks, cleaned and sliced
- 2 tsp fresh thyme leaves
- 2 medium carrots (6 oz/170 g), peeled and diced
- 2 medium zucchini (1 lb/450 g) diced
- ½ lb green beans, tips removed and cut crosswise into quarters
- 6 cloves of garlic, peeled and minced
- 1 tbsp fleur de sel, or fine sea salt
- 2 qt low-sodium vegetable stock, or low sodium chicken stock
- 1 cup fresh or frozen peas
- 1 cup short dry pasta, such as orzo, vermicelli, elbows, or shells

### For the pistou (makes about 1 cup / 250 ml)

- 1 large clove of garlic, peeled
- 1 tsp fleur de sel, or fine sea salt
- 2 cups packed fresh basil leaves, chopped
- 1 small tomato, peeled, seeded, and diced
- 1 ½ oz finely grated Parmigiano-Reggiano cheese
- ¼ cup extra-virgin olive oil

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### 3. [Vegan Nicoise Salad](#) from Crowded Kitchen

#### Dijon Roasted Potatoes

- 4 cups diced yellow potatoes
- 3 tbsp olive oil
- 1 tbsp dijon mustard
- 2 tsp Herbes de Provence
- ¼ tsp garlic powder
- ¾ tsp salt
- ¼ tsp pepper

#### Salad

- 1 head of romaine lettuce, chopped
- 1 cup cherry tomatoes, halved
- 1 cup (a large handful) of French green beans
- 1 15 oz can cannellini beans, drained and rinsed
- ¾ cup hearts of palm, sliced thinly
- ⅓ cup niçoise or kalamata olives, halved

#### Dressing

- ⅓ cup olive oil
- 2 tbsp finely minced shallots
- 2 tbsp champagne vinegar (or white wine vinegar)
- 1 tsp dijon mustard
- ½ tsp tamari or soy sauce
- ½ tsp white or yellow miso
- ½ tsp Herbes de Provence
- ¼ tsp salt
- Ground black pepper to taste

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#### 4. [Cheesy Quiche Florentine with Spinach and Gruyere](#) from Well Seasoned Studio

##### For the pastry dough

- 1 ¼ cups all-purpose flour 6 oz, plus more for dusting
- ½ tsp granulated sugar
- ¼ tsp Kosher salt
- 8 Tbsp (1 stick) unsalted butter very cold, cut into cubes
- ¼ cup ice water

##### For the spinach gruyere filling

- 1 Tbsp unsalted butter
- 2 medium shallots peeled and thinly sliced into half moons
- 8 oz fresh baby spinach see note below
- 1 clove garlic finely chopped
- 1 tsp Kosher salt
- ½ tsp freshly ground black pepper
- ¾ cup heavy cream
- 2 large eggs
- ¾ cup Gruyere grated
- Arugula micro greens optional, for serving

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#### 5. [Provence-Style Tomatoes with Breadcrumbs and Herbs \(Tomates à la Provençale\)](#) from Pardon Your French

- 8 tomatoes
- 1 tsp salt
- 3 tbsp (45ml) Extra virgin olive oil, divided
- 2 tbsp (25g) sugar
- 3 garlic cloves, chopped finely
- ½ bunch curly parsley, stemmed and chopped finely
- 2 tsp Herbs de Provence
- 1/3 cup breadcrumbs, store-bought or homemade
- 1 tsp fresh ground black pepper

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## 6. Homemade Classic French Ratatouille from Vibrant Plate

### Vegetables

- 2 small eggplants
- 2 zucchini
- 6 tomatoes
- 2 red onions
- 1 yellow bell pepper

### Sauce

- 2 tbsp olive oil
- 1 red onion
- 1 red bell pepper
- 5 cloves garlic
- salt, pepper
- ¼ tsp dry oregano
- ¼ tsp dry thyme
- 700 grams crushed tomatoes
- 2 tbsp fresh basil

### Herb dressing

- 5 tbsp olive oil
- 2 tbsp fresh basil
- 2 tbsp fresh parsley
- 1 tsp dry thyme
- 3 cloves garlic
- salt, pepper to taste

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## 7. French-style lentils from Quite Good Food

- 1 tablespoon olive oil
- 1 onion finely chopped
- 2 cloves garlic crushed
- 3 sticks celery finely chopped
- 1 large carrot finely chopped
- 1 sprig fresh rosemary finely chopped (about 2 tbsp)
- 1 cup puy or green lentils (dry/uncooked)
- 1 litre vegetable stock
- 2 bay leaves
- Salt and pepper

*Bon appétit!*