

Grocery and Equipment list for: Sheet pan Chicken Fried Rice and Chocolate Pudding

SHEET PAN CHICKEN FRIED RICE

Fridge:

2 medium boneless, skinless chicken breasts (about

1 lb)

6 eggs

Green onions

Low sodium Tamari (see picture)

Toasted sesame oil

Unsalted butter

Pantry:

1 small white onion

3 cloves garlic

Ground pepper

Jasmine rice (see picture)

Kosher salt

Olive oil

Small piece of fresh ginger

Freezer:

Peas and carrots

Equipment:

Container with lid (to store cooked rice)

Fork

Large bowl

Large baking sheet pan (or 2 small)

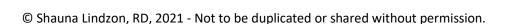
Measuring cups and spoons

Oven

Oven mitts

Tinfoil

Trivet





Grocery and Equipment list for: Sheet pan Chicken Fried Rice and Chocolate Pudding

CHOCOLATE PUDDING

Fridge:

1 cup fresh raspberries Fresh mint (optional)

Pantry:

1 box plain **Silken** tofu (make sure that it is **Silken**, not regular tofu) 200 grams semisweet/dark chocolate bar Granulated sugar

Toasted slivered almonds (optional). If you have a nut allergy you can use toasted coconut



Equipment:

Food processor, blender, hand blender, or Magic/Nutribullet
Microwave (or small pot with heat proof glass or metal bowl to melt on the stove)
Small microwave safe bowl
Small serving bowls with spoons
Whisk