

# 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 semi-  
sweet/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