

## Grocery and equipment list:

# Chicken fingers, tangy cucumber salad, and apple cake

### CHICKEN FINGERS – Makes 3-4 servings

#### Fridge:

1 large egg  
1 lb boneless, skinless chicken breasts, scallopini or tenders  
Dijon mustard  
Mayonnaise

#### Pantry:

All-purpose flour  
Chili powder  
Cooking spray  
Dried parsley flakes  
Freshly ground black pepper  
Garlic powder  
Kosher salt  
Panko breadcrumb  
Paprika  
Plum sauce, optional to serve  
Sweet red Thai chili sauce, optional to serve



#### Equipment:

Aluminum foil  
Large baking sheet  
Medium bowl  
Oven  
Oven mitts  
Small bowl  
Tongs  
Trivet  
Whisk



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### TANGY CUCUMBER SALAD – Makes 4 servings

#### **Fridge:**

2 English cucumbers

#### **Pantry:**

Fresh ginger

Kosher salt

Unseasoned rice vinegar

White sugar

#### **Equipment:**

Cutting board

Knife

Medium shallow dish

Plastic wrap or aluminum foil

Spoon

Whisk



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### APPLE CAKE – Makes 9 pieces

#### Fridge:

- 1 large egg
- 3 Gala apples
- 3 Tbsp freshly squeezed orange juice

#### Pantry:

- All-purpose flour
- Avocado oil (ex. Chosen Foods) or canola oil
- Baking powder
- Brown sugar
- Cinnamon
- Kosher salt
- Vanilla extract
- White sugar

#### Equipment:

- 8x8 square baking dish
- Apple peeler
- Cutting board
- Knife
- Large bowl
- Medium bowl
- Oven
- Oven mitts
- Rubber spatula
- Small bowl
- Trivet
- Whisk