

Grocery and Equipment list for: Kung Pao Tacos with Coconut Jasmine Rice

KUNG PAO TACOS

Fridge:

1 ½ pounds (2-3 pieces) boneless, skinless chicken breasts **OR** 1 block tofu **OR** 1- pound raw shrimp, deveined, tail off
1 sweet bell pepper (orange, yellow or red)
2 green onions
2 limes
3 stalks celery
Iceberg or Boston bib lettuce to use as wraps (optional)

Pantry:

½ cup cashews
8 small tortillas (optional) – I like La Tortilla Factory
Avocado oil (Chosen Foods brand preferred)
Cornstarch
2-3 garlic cloves
Honey
Jasmine rice (optional)
Low sodium tamari or soy sauce
Rice vinegar
Sriracha hot sauce
Toasted sesame oil



Equipment:

1 Large Ziploc bag
Cutting board
Garlic press
Knife
Large non-stick skillet
Measuring spoons
Microwave
Paper towel
Plate
Small microwave bowl
Small whisk
Stovetop
Tongs

Grocery and Equipment list for: Kung Pao Tacos with Coconut Jasmine Rice

Coconut Jasmine Rice

Pantry:

2 cups Jasmine Rice
400 ml can regular coconut milk
Sea salt
White sugar



Equipment:

Can opener
Fork
Measuring spoons
Medium pot with lid
Stove top