

Grocery and equipment list for:

Crunchy cauliflower salad, chicken fingers and/or tofu schnitzel with chili garlic sauce and pasta with sundried tomatoes, cannellini beans and arugula

CRUNCHY CAULIFLOWER SALAD – Makes 4 servings

Fridge:

- 1 lemon
- 1 medium sized cauliflower (any colour)
- 1/2 cup Pecorino Romano cheese
- Fresh cilantro
- Fresh mint
- Fresh parsley

Pantry:

- Dijon mustard
- Extra virgin olive oil
- Freshly ground black pepper
- Honey
- Kosher salt
- Toasted and skinned hazelnuts (Most stores have these in containers or the bulk section). If you can't find them, buy them raw with skin and instructions will be provided to toast and skin them)

Equipment:

- Cutting board
- Dry skillet (to toast nuts)
- Knife
- Large serving bowl
- Measuring cups and spoons
- Tea towel (to remove skin from nuts)
- Whisk





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BAKED CHICKEN FINGERS – Makes 3-4 servings

Fridge:

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

Pantry:

All-purpose flour
Chili powder
Cooking spray
Dijon mustard
Dried parsley flakes
Freshly ground black pepper
Garlic powder
Kosher salt
Panko breadcrumbs
Paprika

Equipment:

2 medium bowls
Aluminum foil
Large baking sheet
Measuring cups and spoons
Oven
Oven mitts
Small bowl
Tongs
Trivet
Whisk



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TOFU SCHNITZEL CUTLETS – Makes 2-4 servings

Fridge:

1 package extra firm tofu (350-450 grams)
2 large eggs (if making non-vegan version)
Nutritional yeast
Reduced sodium tamari

Pantry:

1 can (398 ml) chickpeas (if making vegan version to use aquafaba)
Avocado oil (e.g. Chosen Foods)
Cornstarch
Panko breadcrumbs
Smoked paprika
Vegetable stock powder (or salt)



Equipment:

Cutting board
Foil
Knife
Large shallow frying pan
Large sheet pan
Paper towels
Plate
Tongs



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SWEET AND SPICY CHILI SAUCE – Makes 1 cup

Fridge:

Mirin (can also use marsala or dry sherry)
 Rice vinegar
 Sambal oelek (ground chili paste)

Pantry:

2-3 cloves fresh garlic
 Cornstarch
 Fresh ginger
 Granulated sugar
 Sodium reduced tamari

Equipment:

Garlic press
 Measuring spoons
 Microplane
 Small saucepan
 Whisk



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PENNE WITH SUNDRIED TOMATOES, CANNELLINI BEANS & ARUGULA – Makes 4-6 servings

Fridge:

1/2 cup parmesan cheese + more for serving
2 cups fresh baby arugula

Pantry:

1 box or bag (454 grams) penne (ANY TYPE – I have been using the Le Veneziane corn pasta)
1 can (398 ml) cannellini beans
1 jar (200-270 ml) sundried tomatoes packed in oil (I buy the PC Splendido sliced)
6 cloves fresh garlic
Extra virgin olive oil
Freshly ground black pepper
Kosher salt
Red pepper flakes



Equipment:

Grater
Large pot
Large skillet
Measuring cups and spoons
Strainer
Tongs

