

COME COOK WITH US – Chinese Lunar New Year

SHOPPING LIST

Meat

- 1 lb frozen fish fillet(s) or whole fish
- 10 oz prawns (phosphate free if possible)

Dairy

- coconut milk: (Silk brand coconut milk is a low potassium option)

Fruit & Veggies

- 1 orange or 1 piece of chen pi (dried mandarin peel)
- 2 medium carrots
- 2 bell pepper (green & red) or eggplants can be used
- 1 small green or napa cabbage,
- 5 shiitake or other mushrooms
- 1 fresh red chili pepper, or chili flakes
- 2 Bunch green onion
- 1 bunch cilantro (optional)
- 1 small Shallot
- 1 head garlic
- 1 thumb ginger root

Oil & Vinegar

- vegetable oil
- sesame oil
- low sodium soy sauce or coconut aminos
- cooking wine (optional)

International Foods

- black bean paste
- oyster sauce
- 12 oz Yi Mein or Chinese noodles
- dried adzuki beans (aduki or azuki or small red beans)
- 1 piece of chen pi (dried mandarin peel) or an orange to zest

Baking & Spices

- cornstarch
- sugar
- rock sugar, or preferred sweetener
- white pepper (black may be substituted)
- freshly ground pepper (optional)
- chili flakes or 1 fresh red chili pepper