

The Grocery List

Five meals. One whole salmon. Nothing left behind.

01

Check Your Pantry First

☐ Short-grain rice	☐ Sesame oil	☐ Salt & black pepper
☐ Light soy sauce	☐ Cooking oil	☐ Turmeric powder
☐ White soy sauce	☐ Olive oil	☐ Parchment paper

02

Need to Buy

Follow the order — it maps how you walk the grocery.

FRUITS & VEGETABLES	17 ITEMS
☐ Daikon radish	×1
☐ Spring onions	1 bunch
☐ Lemon	×2
☐ Lime	×3
☐ Fresh dill	1 bunch
☐ Green cabbage	1 sm head
☐ Cucumber	1 large
☐ Avocado	×3
☐ Tomatoes, ripe	3–4
☐ Okra (lady's fingers)	100g
☐ Eggplant	1 small
☐ Curry leaves	2 sprigs
☐ Lemongrass	2 stalks
☐ Ginger	1 thumb
☐ Garlic	1 bulb
☐ Shallots	150g
☐ Dried chillies	20 med

PANTRY & DRY GOODS	17 ITEMS
☐ Nori sheets	1 pack
☐ Corn tortillas, small	×8
☐ Sriracha sauce	1 btl
☐ Sushi rice vinegar	1 btl
☐ Champagne / white wine vinegar	1 btl
☐ Mirin	1 btl
☐ Kombu	1 pack
☐ Bonito flakes (katsuobushi)	1 pack
☐ Tamarind concentrate	1 jar
☐ Malaysian curry powder	1 jar
☐ Chipotle powder	1 jar
☐ Onion powder	1 jar
☐ Dried oregano	1 jar
☐ Mustard seeds	1 jar
☐ Fenugreek seeds	1 jar
☐ Palm sugar (gula melaka)	1 block
☐ Coconut milk	1 can

FRESH PROTEINS	2 ITEMS
☐ Whole salmon, scaled & gutted Ask them to fillet it · head separated · frame & bones kept	2–2.5kg
☐ Eggs Optional, for soft-boiled	×4

CHILLED & DAIRY	2 ITEMS
☐ Unsalted butter	small block
☐ Fresh ramen noodles	2 portions

03

Where to Shop

End at the fishmonger. Fish goes in last.

01

TopCatch Fisheries *fishmonger.*

One whole salmon, scaled & gutted — ask to fillet it and keep the head & bones.

OUG · 17 Jalan Hujan Rahmat · Tue–Sun, 8am–1pm

Taman Megah · 108 Jalan SS 24/2 · Mon closed · Tue–Sun varies

02

Supermarket

Produce, chilled, Japanese aisle, spice aisle, condiments / international aisle, baking aisle.

03

Wet Market / Indian Grocery

Curry leaves, dried chillies, shallots, lemongrass — fresher and cheaper here.

THIS WEEK'S MEALS

01

Sashimi Don

15 MIN · EASY

02

Salmon en Papillote

25 MIN · EASY

03

Crispy-Skin Tacos

25 MIN · MEDIUM

04

Salmon Head Curry

45 MIN · MEDIUM

05

Bone-Broth Ramen

50 MIN · MEDIUM