

Crispy-Skin Tacos

Nothing wasted — the skin and offcuts become the best taco filling of the week

01

Check Your Pantry First

- ☐ Salt & Black pepper
- ☐ Olive oil

02

Need to Buy

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

FRUITS & VEGETABLES		4 ITEMS
☐ Green cabbage		½ head
☐ Cucumber		1 large
☐ Avocado		x3
☐ Lime		x2

PANTRY & DRY GOODS		6 ITEM
☐ Corn tortillas, small		x8
☐ Sriracha sauce		1 btl
☐ Chipotle powder		1 jar
☐ Onion powder		1 jar
☐ Dried oregano		1 jar
☐ Champagne / white wine vinegar		1 btl

SUBSTITUTES

- Corn tortillas = Lettuce cups
- Chipotle powder = Regular chili powder
- Champagne vinegar = white wine or rice vinegar

FRESH PROTEINS		1 ITEM
☐ Salmon skin & offcuts	The trimmings saved from filleting earlier in the week	

CHILLED & DAIRY		0 ITEM

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.

0UG · 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

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