

椒鹽豬扒飯 | Salt & Pepper Pork Chop Rice

Pork pounded into strips, marinated, fried twice with garlic.

01

Check Your Pantry First

☐ Salt

☐ Sugar

☐ Short grain rice

☐ Oil

☐ Light soysauce

☐ Cornstarch

02

Need to Buy

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

FRUITS & VEGETABLES

3 ITEMS

☐ Green onion

x 1

☐ Red chili pepper

x 1

☐ Garlic, minced

3 cloves

PANTRY & DRY GOODS

3 ITEMS

☐ Shaoxing wine

1 tsp

☐ Chili bean sauce

8g

☐ Five spice powder

⅓ tsp

SUBSTITUTES

- Shaoxing wine = omit

FRESH PROTEINS

1 ITEM

☐ Pork chop

x 2

CHILLED & DAIRY

0 ITEM

03

Where to Shop One walk through the supermarket.

01

Village Grocer

Produce, fresh meat, pantry aisle

02

Jaya Grocer

Produce, fresh meat, pantry aisle

03

Wet market

Produce, fresh meat, pantry aisle

THIS WEEK'S MEALS

01

Sweet Corn Fish Rice

20 MIN | EASY

02

Black Pepper Chicken Chop Rice

25 MIN | EASY

03

Cantonese Silky Scrambled Egg and Shrimp

15 MIN | EASY

04

Black Bean Beef

15 MIN | EASY

05

Salt & Pepper Pork Chop Rice

20 MIN | MEDIUM