

粟米斑塊飯 | Sweet Corn Fish Rice

A pan fried fish fillet finished in a sweet savoury corn sauce

01

Check Your Pantry First

☐ Salt

☐ Cornstarch

☐ White pepper

☐ Short grain rice

02

Need to Buy

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

FRUITS & VEGETABLES0 ITEM

PANTRY & DRY GOODS1 ITEM

☐ Cream style corn1 can

SUBSTITUTES

- Half and Half = Fresh milk

FRESH PROTEINS1 ITEM

☐ Frozen fish filletx 1

CHILLED & DAIRY2 ITEMS

☐ Half & Half1 tsp

☐ Eggx 1

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

15 MIN | EASY

03

Cantonese Silky Scrambled Egg and Shrimp

20 MIN | EASY

04

Black Bean Beef

15 MIN | EASY

05

Salt & Pepper Pork Chop Rice

20 MIN | MEDIUM