

碟頭飯 | Rice Plate Week

Five plate rice dishes sharing one pantry and one shopping trip

01

Check Your Pantry First

☐ Salt	☐ Cornstarch	☐ Dark soysauce	☐ Oyster sauce
☐ White Pepper	☐ Light soysauce	☐ Sugar	
☐ Oil	☐ Baking Soda	☐ Short grain rice	

02

Need to Buy

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

FRUITS & VEGETABLES	7 ITEMS
☐ Ginger	x 6 slices
☐ Green onion	x 1
☐ Green pepper	x 1
☐ Red pepper	x 1
☐ Garlic	1 bulb
☐ Shallots	x 3
☐ Red chili pepper	x 1

PANTRY & DRY GOODS	11 ITEMS
☐ Dried red chili	10g
☐ 汾酒 (fen jiu)	¼ tsp
☐ Cream style corn	1 can
☐ Tomato paste	20g
☐ All purpose flour	10g
☐ Worcestershire sauce	½ tsp
☐ Chicken stock	250g
☐ Fermented black beans	10g
☐ Chili bean sauce	8g
☐ Five spice powder	⅓ tsp
☐ Shaoxing wine	x 1

FRESH PROTEINS	5 ITEMS
☐ Frozen fish fillet	x 1
☐ Chicken thigh with skin	x 1
☐ Frozen shrimp	1 cup
☐ Beef, sliced	250g
☐ Pork chops	x 2

CHILLED & DAIRY	2 ITEMS
☐ Eggs	x 3
☐ Unsalted butter	10g

03

Where to Shop One walk through the supermarket.

01
Village Grocer / Jaya Grocer
Produce, fresh meat, pantry aisle

02
Wet Market
Produce, fresh meat, pantry aisle

03
Chinese Herbal Shop
汾酒 (fen jiu)

THIS WEEK'S MEALS

01	02	03	04	05
Sweet Corn Fish Rice	Black Pepper Chicken Chop Rice	Cantonese Silky Scrambled Egg and Shrimp	Black Bean Beef	Salt & Pepper Pork Chop Rice
20 MIN EASY	25 MIN EASY	15 MIN EASY	20 MIN MEDIUM	20 MIN MEDIUM