



SHOPPING LIST

MISO GLAZED BROILED FISH WITH CILANTRO, SCALLION & CUCUMBER SALAD:

Produce

- *Scallions - 1 bunch*
- *English Cucumber - 1*
- *Jalapeño Chilies - 3*
- *Cilantro - 1 bunch*
- *Garlic - 2 cloves*

Dairy/Refrigerated

- *White Miso - 3 TBS*

Meat/Seafood

- *4 - 6oz portions of center cut salmon, cod, halibut or haddock*

Canned Goods/Grains/Staples

- *Honey - 5 tsp*
- *Soy Sauce - 2 TBS*
- *Mirin - 2 tsp*
- *Rice Vinegar - 2 TBS*
- *Toasted Sesame Oil - 1.5 tsp*
- *Cayenne Pepper - ¼ tsp*
- *Sesame seeds (Toasted White or Black) - 1 TBS*
- *Roasted Salted Peanuts - ½ cup*
- *White sugar - ½ tsp*
- *Chili Oil - optional*