

# delicious dish

Sushi Take Out  
Grocery, Tool List and Prep list

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
Chicken Dumplings	3-4 brown mushrooms Fresh ginger ½ pound minced chicken 1 napa cabbage 2-3 carrots 2 green onion  Round or square dumpling wrappers	Grapeseed oil or sunflower oil Sesame oil Low sodium soy sauce or tamari Roasted sesame seeds Mirin	fry pan	have all the ingredients ready on hand
Quinoa Temaki	<b>Temaki stuffings (use as many as you like, you need a handful for each hand roll)</b> 1 ripe avocado 1 English cucumber 1 red pepper 1 block of med-firm tofu 1 semi ripe mango or papaya 3 green onions Handful of pea sprouts or sun sprouts 10 asparagus	6 Nori sheets 1 cup quinoa Seasoned rice vinegar Sugar Vegan or regular mayonnaise or kewpie Japanese mayo Sambal oelek, or other hot chili sauce Soy sauce	pot	have all the ingredients ready on hand