

delicious dish

**Brothy Dumplings and Veg
Grocery, Tool List and Prep list**

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
veggie chicken dumplings in spicy chicken shitake broth	1 pound ground chicken 5 bone-in chicken thighs, skin and fat removed 1 large leek Fresh ginger 4-5 large bok choy 1 bunch green onions 24 round dumpling/ wonton wrappers	Toasted sesame oil Sunflower, grapeseed or canola oil Mirin Soy sauce or tamari Rice vinegar Sambal Olek (Asian chili paste) (optional) Dried shitake mushrooms, sliced or whole (or use fresh in a pinch)	Large fry pan Large pot	Have all ingredients ready
honey shellacked green beans with toasted sesame seeds	1 lb green beans 1-2 shallots	Toasted sesame seeds, 1 like to mix the black and white Canola, grape seed or sunflower oil Mirin Rice vinegar Sesame oil Light tamari or soy	Large fry pan Med pot	Have all ingredients ready