

# delicious dish

**Kill-it with your Skill-et – The Series – Veg Stirfry and Sweets  
Grocery, Tool List and Prep list**

| Recipe Title   | Grocery Fresh   | Grocery Dry   | Tools Needed                                      | Prep Ahead                       |
|--|---|---|---|----------------------------------|
| <b>dark chocolate<br/>caramel nut<br/>clusters</b>                             |   | 20 Medjool dates, pitted<br>(about 454 grams)<br>Nut butter<br>Nut milk<br>Roasted nuts (pecans,<br>peanuts, walnuts, almonds,<br>hazelnuts)<br>200 grams/ 8 ounces dark<br>chocolate<br>Coconut oil or unsalted butter<br>Flaked sea salt, I like Maldon | Prep tray<br>Parchment<br>Small pot<br>Small bowl | Have all<br>ingredients<br>ready |
| <b>chickpea tofu<br/>stir fry with<br/>spinach,<br/>zucchini and<br/>lemon</b> | 1 medium size cooking<br>onion<br>1 450 gram package of<br>firm or extra firm tofu<br>2 small zucchini<br>2 cups of baby spinach<br>1 lemon | Olive oil<br>1 14 oz. can chickpeas   | Fry Pan   | Have all<br>ingredients<br>ready |