

# delicious dish

**Japan in a Jiffy**  
**Grocery, Tool List and Prep list**

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
<b>ramen with ground chicken, beef or tofu, broccoli, cashews and chili oil</b>	1 pound of ground chicken, beef or 1 (430g/15.5 ounce) package of tofu (I use Wildwood Organics) 1 onion Fresh garlic 1 broccoli 2 green onions	Oyster sauce or vegetarian oyster sauce Low sodium Tamari Tahini 1 tbsp. chilli oil (I use Lee Kum Kee Chiu Chow Chili oil) or sriracha or any hot sauce  1 (283g/10 ounce) package of uncooked ramen noodles  Canola, sunflower or grapeseed oil Unsalted cashews, optional	Wok or large fry pan	Have all ingredients ready
<b>salted caramel popcorn cookies</b>	½ cup (4 oz/116 g) unsalted butter 1 large egg	Pure vanilla extract Caramel popcorn (I like Kernels) Flaked salt Granulated sugar Light brown sugar All-purpose flour Oats Fine grain sea salt or kosher salt Baking soda	Baking sheet	Butter and egg at room temperature