

delicious dish

**Seoul in a Second
Grocery, Tool List and Prep list**

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
korean steak with marinated cucumbers	1 skirt steak, flank steak or flat iron steak 1 bunch green onions or 1 small onion Fresh garlic Fresh ginger 1 English cucumber	Toasted sesame seeds Seasoned rice vinegar Sesame oil Kosher salt Pinch of sugar or honey Toasted black and white sesame seeds Low sodium tamari Mirin (rice wine)	Grill	Have all ingredients ready
pineapple kimchi fried rice	COOKED rice, brown or white 2-4 eggs 1 onion Kimchi Fresh pineapple 3 green onions	Light tamari or soy sauce Sesame oil Grapeseed or avocado oil	Wok or large fry pan	please cook 2 cups rice and chill it 9can be done a day in advance