



**Netflix and Nibbles**  
**Grocery, Tool List and Prep list**

2 pages

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
<b>Korean cauliflower wings with gochujang ranch</b>	1 large head of cauliflower Butter 2 green onions Sour cream or mayonnaise Buttermilk	Cooking spray or Cornstarch Vodka Flour Kosher salt Baking powder White pepper Gochujang (or use sriracha) Gochugaru (or use chipotle chili powder or red pepper flakes) Soy sauce (or tamari) Honey Rice vinegar Toasted sesame seeds Sesame oil Dried chives Dried parsley Dried dill Dehydrated garlic flakes or granulated garlic Dehydrated onion flaked or granulated onion	Large cookie sheet Parchment paper Large mixing bowl	Toast sesame seeds  Have all ingredients ready
<b>next level popcorn shakers</b>	Nutritional yeast or grated parmesan cheese Butter	Oil Popcorn kernels Sesame seeds Granulated garlic Salt Dry porcini mushroom Sugar Ancho chili powder Truffle oil Dried buttermilk powder Dried parsley Dried chives Dried dill Granulated onion	Mixing bowls Pot or popcorn maker	Make a batch of popcorn (see recipe for instructions)  Have all ingredients ready

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
<b>chicken, beef or tofu satay</b>	1 lb extra firm tofu or 12 chicken tenders or 1½ pounds beef sirloin 1 lemongrass 1 lime 1 Thai bird chili	Low sodium tamari Turmeric Ground coriander Grapeseed oil or sunflower Fish sauce Coconut sugar (or white sugar)	Grill pan or sheet Bamboo skewers Blender Mixing bowl	Have all ingredients ready
<b>tahini “peanut” sauce</b>	1 lime	Sweet chili garlic sauce Tahini or any nut Low sodium tamari Brown or coconut sugar	Mixing bowl	Have all ingredients ready