

# real food<sup>WITH</sup> Sarah

EASY EVERYDAY RECIPES

## PRODUCE

- Shallot — 1 small
- Garlic — 12 cloves
- Fresh ginger — 1 tablespoon minced
- Limes — 2
- Lemon — 1.5 (1 large for juice + wedges)
- Avocados — 1 to 2
- Tomato — 1 large
- Green leaf or romaine lettuce — 1 head
- Coleslaw mix — 2 to 3 cups
- Fresh parsley — 2 tablespoons
- Fresh cilantro — 1 tablespoon (optional)
- Peas — 1.5 cups (fresh or frozen)

## MEAT/ PROTEIN

- Italian sausages (sweet or hot) — 4 to 5 links
- Boneless, skinless chicken thighs — 2 to 2.5 pounds
- Flank steak (or sirloin/skirt steak) — 1 pound
- Raw shrimp — 1 pound, peeled and deveined

## DAIRY/EGGS

- Butter — 3 tablespoons
- Parmesan cheese — 1 cup grated, plus more for serving
- Eggs — 2

## PANTRY

- Ditalini pasta — 8 ounces
- Olive oil — about 3 tablespoons
- Salt — 2.5 teaspoons
- Black pepper — 2.5 teaspoons
- Onion powder — ½ teaspoon
- Garlic powder — ½ teaspoon
- Paprika — 1.5 teaspoons
- Honey — 2 tablespoons
- Soy sauce — ½ cup
- Apple cider vinegar — 1 tablespoon
- Coconut aminos — 6 tablespoons (or substitute soy sauce)
- Rice vinegar — ½ tablespoon
- Brown sugar — 1 tablespoon
- Sriracha — 2 tablespoons
- All-purpose flour — ½ cup
- Panko breadcrumbs — 1 cup
- Buffalo sauce — ½ cup
- Corn or flour tortillas — 8 to 12
- Brioche or burger buns — 4