

Asian Pantry Week

Shared Ingredients, Simpler Dinners

Five dinners built around shared pantry sauces, garlic, ginger, rice, and vegetables. Prep what holds well, cook fresh where it matters, and save the right leftovers for later meals.

INGREDIENTS USED THROUGHOUT THE WEEK

Soy sauce	5 dinners	Garlic	4 dinners
Ginger	4 dinners	White rice	3 dinners
Green onions	3 dinners	Onions	3 dinners
Sesame oil	3 dinners	Red bell pepper	2 dinners

PREP AHEAD

Prep vegetables: slice onion; dice red bell pepper; slice celery; chop broccoli; prep snap peas; grate ginger. Store separately in airtight containers so they stay easy to use across the week.

Wait to prep: green onions are best sliced closer to serving. Peel garlic cloves ahead, but mince garlic fresh.

WEEKLY ACTION PLAN

MONDAY	Hot Honey Salmon	Cook a triple batch of rice. Serve one batch tonight; chill the rest promptly.	Save: rice for Tuesday stir fry and Wednesday fried rice.
TUESDAY	Ground Beef Stir Fry	Use prepped vegetables. Use softer or quicker-cooking vegetables first.	Save: extra chopped vegetables for Friday chow mein.
WEDNESDAY	Chicken Fried Rice	Use cold leftover rice. Add some of the chopped vegetables.	Check: what vegetables are left for Friday.
THURSDAY	Ginger Miso Halibut	Mince garlic fresh. Use peeled garlic and grated ginger. Miso sauce can be made ahead.	Use: prepped ginger and garlic with honey and miso.
FRIDAY	Chicken Chow Mein	Finish the vegetables. Use remaining chopped vegetables and pantry sauces.	Goal: clean out the prep containers.
DESSERT	Mango Posset	Make ahead and chill. A bright dessert that is ready when dinner is done.	Best timing: early in the week or the day before serving.