

# { Prep List }

w/o: jan 22, 2017

Whoohoo, it's prep time! After you're finished prepping each ingredient, store in covered container if you're not using it right away.

## *chop it up*

- cut up broccoli florets for roasting
- chop bell pepper for taco bake
- chop green onion for taco bake
- chop onion for taco bake + Korean tacos
- shred spinach for Korean tacos
- chop cucumber and ginger for Korean tacos

## *in the oven/ on the stove*

- roast broccoli that goes with chicken piccata
- cook brown rice ahead of time for chicken piccata

## *marinate*

- butterfly and cut in half chicken breast for chicken piccata
- marinate skirt steak for Korean tacos

## *mix it up*

- make sauce for Korean tacos