Condiments & Spices

- ◯ Crushed red pepper flakes 0.5tsp
- ◯ Mirin 1tbsp

Meat

- ◯ Chicken thighs 2lb
- ◯ Flank steak 2lb

Fruits

- ◯ Asian pear 1 unit

Vegetables

- ◯ Green onion 3 units
- ◯ Onion 1 large
- ◯ Potatoes 4 small