



THE ingles TABLE

with Wesley Wright
The Asian Sensation

Shopping List

Main Dish

- 4oz Alaskan Flounder
- 1 cup Romaine
- 1 Tbsp pickled ginger
- 1 Tbsp shaved cucumber
- 1 tsp Hoisin (Japanese BBQ sauce)
- 1 tsp sriracha mayo
- 1 tsp wasabi mayo
- 2 flour or corn tortillas

Sriracha Mayo

- ½ cup mayo
- 1 tsp sriracha

Wasabi Mayo

- 1 Tbsp water
- 2 tsp wasabi powder
- ½ cup mayo

Cooking Instructions

FISH

1) Saute flounder in ½ Tbsp coconut oil, add toppings

SRIRACHA MAYO

2) Mix together. Add more sriracha if you like it spicier.

WASABI MAYO

3) Mix together. Add more wasabi mix if you like it spicier.



ingles-markets.com | inglestable.com