Food

* **Teriyaki Chicken**
  + Chicken Thigh
  + 2 Tbsp soy sauce
  + 2 Tbsp Hinode Ryori Shu Cooking Sake
  + 2 Tbsp mirin
  + 1 Tbsp sugar
* **Salmon**
  + 4 Salmon Fillets
  + 1 tsp Garlic Powder
  + ½ tsp Paprika
  + Salt
  + Pepper
  + 1 Tbsp Olive oil
* **Boiled Broccoli**
  + Broccoli
  + Sesame oil
* **Boiled eggs**
* Hard boil eggs
* **Cherry tomato salad**
  + Cherry tomato
  + ¼ cup Olive oil
  + ½ tsp Salt
  + ½ tsp Sugar
  + 3 Tbsp White vinegar
  + 2 tsp minced fresh basil
  + 2 tsp minced fresh oregano
* **Spinach Sesame salad**
  + 150g baby spinach leaves
  + 2 Tbsp Chopped red onion
  + 3 Tbsp toasted sesame seeds
  + Balsamic vinaigrette dressing
* **Boiled Potatoes**
  + Potatoes
  + Salt
  + Cajun
  + Italian Herbs
* **Roast Bell Pepper**
  + 3 bell peppers
* 2 Tbsp Olive oil
* ½ tsp Salt
* ¼ tsp Pepper