

SHOPPING LIST, WEEK 2

Fruit & Veg

- 2 Garlic heads
- 9 lemons
- Parsley x2 bags
- Chives x1 bag
- Basil x2 bag
- Dill x1 bag
- Green beans
- 2 medium sized potatoes
- Potatoes for Sunday roast
- Jersey or new potatoes x2 small bags
- 4 onions
- Mixed green salad (1 bag)
- Iceberg lettuce (for the burgers)
- Tomatoes (for the burgers)
- Cherry tomatoes, 300g
- 1 red pepper
- 12 baby courgettes (or 6 medium)
- Red chilli x1
- Veg for Sunday roast

Baking

- Blanched almonds
- Bread (for the Andalusian chicken, could use croutons instead)
- French bread (as a substitute for couscous with the Butter bean and chorizo stew)
- Brioche buns (for the burgers)
- 6 eggs

Fridge

- 1 kg Fresh Gnocchi (if none here, it may be in the dry pasta and rice section)
- Butter
- Milk 150ml
- Fresh pesto, 1 tub
- Slices of mature cheddar (for the burgers)

Frozen

- Chips for the burgers (potatoes if you prefer)

Meat/Fish

- 8 chicken thighs
- Chorizo 200g
- 4 sea bass (I use frozen if the fresh ones look dodgy!)
- British beef steak mince, 500g
- Joint of your choice for Sunday roast

Dry Ingredients

- Jar of capers
- Tin of anchovies (optional for gnocchi)
- Olive oil
- Ground ginger
- Chicken stock
- Runny honey
- Mixed herbs
- Couscous
- Chopped tomatoes x 2 400g tins
- Butter beans x2 400g tins
- 500g pitted black olives
- Ketchup (optional with burgers)
- Mayonnaise etc. (optional with burgers)

Drink

- 400ml medium sherry