

## SHOPPING LIST, WEEK 3

### Fruit & Veg

- Mixed mushrooms, 800g
- 3 red onions
- 1 large onion
- 2 shallots
- 2 heads of garlic
- Bunch of flat-leaf parsley
- 2 bunches of basil
- New potatoes, small bag
- Potatoes for Sunday roast
- Veg for Sunday roast
- Green beans or other veg to have with pork chops
- 2 large baby gen lettuces
- 1 bag baby spinach leaves
- 2 large or 4 small avocados
- 40 baby plum tomatoes (plus extra for macaroni cheese, optional)
- Salad to have with Macaroni cheese
- 2 medium aubergines
- 1 sweet potato
- Fresh ginger
- 1 red chilli

### Baking

- Ciabatta loaf to have with Salad
- Caster sugar (1/2 tsp)
- Plain flour
- Strong bread flour
- Instant yeast
- Naan bread (optional with Prawn curry)
- Brown sugar, 2 tsp

### Fridge

- Crème fraiche, 160g
- Double cream, 250g
- Butter, 40g

- Milk, 1 pint
- Cheddar cheese, 250g
- Parmesan, 100g
- Mozzarella, 125g
- Garlic bread

### Meat/Fish

- 4 pork chops, 225g-250g each
- 4 chicken breasts
- Smoked pancetta, 200g (plus extra for macaroni cheese, optional)
- 1kg prawns (or white fish/squid) to have with Tamarind Curry
- Chorizo slices or salami (optional for pizza)
- Joint for Sunday roast

### Dry Ingredients

- Pickled onions
- Olive oil (lots!)
- Vegetable oil
- Passata, 100ml
- Baby capers or normal capers, 1 jar (4tbsp)
- Smoked paprika
- Wild rice or white rice to have with Mushroom Stroganoff
- Rice to have with Prawn curry
- Dijon Mustard, 2 ½ tbsp.
- Wholegrain mustard
- Runny honey
- White wine vinegar
- Macaroni, 250g
- Tinned tuna (optional to have with Macaroni cheese)
- Dried tamarind
- Coconut milk, 1 tin
- Coconut cream
- Chicken stock powder, 5 tbsp
- Fish sauce
- Star anis, 2 pieces
- 1 Cinnamon stick
- Lemongrass
- Lime leaves
- Turmeric

**Drink**

- Whiskey, 100ml
- Dry white Vermouth