

SHOPPING LIST, WEEK 4

Fruit & Veg

- 1 potato
- 8 shallots
- 3 Garlic bulbs
- Fresh Ginger, a big wedge
- 2 Red Chillies
- 200g baby corn
- 200g mangetout
- Green beans, 150g
- 2 limes
- 2 lemons
- Basil x4 bunch
- Thyme x1 bunch
- Parsley x1 bunch (plus 1 bunch for flat bread)
- Mint x1 bunch
- 500g cherry tomatoes
- 2 red peppers
- 2 yellow peppers
- 1 large aubergine or 2 small
- 1 large courgette or 2 small
- Green salad for goats cheese salad (e.g. lettuce, baby spinach, endive, cos etc.)
- Green salad for spaghetti carbonara
- Bag of small new potatoes
- Asparagus
- Pomegranate seeds (for flat bread)
- Veg for Sunday roast
- Potatoes for Sunday lunch

Baking

- 3 eggs
- Flat breads (if you can't be bothered to make them)
- 375g self-raising flour (for flat bread)
- Baking powder (for flat bread)

Fridge

- 200g silken tofu (I use whatever I can get!)
- 600ml Double cream
- Parmesan, 75g
- Goats cheese, 200g
- Tzaziki x2 pots
- Greek yoghurt, 350g (for flat bread)
- Unsalted butter, 40g

Meat/Fish

- 4 chicken breasts (skin on or off)
- 200g smoken pancetta (cubed) or streaky bacon
- 500g lamb mince
- Joint of your choice for Sunday lunch

Dry Ingredients

- 400g tin of light coconut milk
- 400g tin of haricot beans
- Ground turmeric
- Curry powder
- Cumin
- Dried coriander
- Cinnamon
- Kaffir lime leaves
- Lemongrass
- Olive oil
- Extra virgin olive oil
- Low salt soy sauce
- 20g unsalted peanuts
- 200g rice noodles
- White balsamic vinegar
- Balsamic vinegar
- Spaghetti, 400g
- Kebab sticks