

SHOPPING LIST, WEEK 5

Fruit & Veg

- 12-16 asparagus spears
- Broad Beans, 500g
- Peas, 300g (or frozen)
- 6-8 spring onions
- Chives, 1 bunch
- Parsley, 1 bunch
- Mint, 1 bunch
- Lovage, 1 bunch
- Fennel, 1 bunch (optional)
- Lemon x2
- Garlic, x2 bulbs
- Spring greens or kale, 500g
- Purple sprouting broccoli, 400g
- Red onion, x1
- Red chilli x1
- Mixed colour peppers x2
- Carrot x1
- Ginger, 4cm
- Pak choi x1
- Veg for Sunday lunch
- Potatoes for Sunday lunch

Baking

- Caster sugar, 2tsp
- Crusty bread (optional, to have with Chicken & Garlicky Beans)

Fridge

- Gnocchi, 800g

Frozen

- Peas, 300g (or fresh for Asparagus and Quinoa salad)
- Peas, 150g

Meat/Fish

- Chicken breast x4 small
- Pancetta, sliced
- Joint for Sunday lunch

Dry Ingredients

- Quinoa
- Dijon mustard
- Tomato puree
- Cornflour
- Extra virgin oil
- Sunflower oil
- Cider vinegar
- Sherry vinegar
- White wine vinegar
- Low salt soy sauce
- Chinese five-spice
- Sweet smoked paprika
- Roasted red peppers x1 jar
- Peaches x 1 410g tin
- Flaked almonds, 40g
- Sesame seeds (optional)
- Vermicelli rice noodles

Drink

- Medium sherry or madeira