

SHOPPING LIST, WEEK 6

Fruit & Veg

- Fat Free Natural Yoghurt (450g)
- 300ml milk
- 12-16 asparagus spears
- Broad Beans, 500g
- Peas, 300g (or frozen)
- 6-8 spring onions
- Chives, 1 bunch
- Parsley, 2 bunches
- Mint, 2 bunches
- Lovage, 1 bunch
- Fennel, 1 bunch (optional)
- Lemon x3
- Garlic, x3 bulbs
- Spring greens or kale, 500g
- Purple sprouting broccoli, 400g
- Red onion, x1
- Onion, x1
- Shallot x2
- Red chilli x1
- Mixed colour peppers x2
- Carrot x1
- Ginger, 4cm
- Pak choi x1
- Veg for Sunday
- Potatoes for Sunday
- Maris Piper potatoes, x4 large

Baking

- Caster sugar, 6tsp
- Crusty bread (optional, to have with Chicken & Garlicky Beans)
- Eggs x8
- Self-raising white flour, 350g
- Bicarbonate soda
- White bread (2 slices of stale bread, 100g)
- Sugar, 1tsp

Fridge

- Gnocchi, 800g
- Butter, 25g

Frozen

- Peas, 300g (or fresh for Asparagus and Quinoa salad)
- Peas, 500g

Meat/Fish

- Chicken breast x4 small
- Pancetta, sliced
- Halibut fillets, x4
- Minced beef, 500g
- Joint for Sunday

Dry Ingredients

- Quinoa
- Dijon mustard
- Tomato puree
- Tomato passata
- Chicken stock
- Cornflour
- Extra virgin oil
- Olive oi
- Sunflower oil
- Vegetable oil
- Cider vinegar
- Sherry vinegar
- White wine vinegar
- Low salt soy sauce
- Chinese five-spice
- Sweet smoked paprika
- Ground cumin
- Ground oregano
- Cinnamon stick
- Sea salt
- Roasted red peppers x1 jar
- Gherkins x1 jar
- Capers in brine x1 jar
- Peaches x 1 410g tin

- Flaked almonds, 40g
- Sesame seeds (optional)
- Vermicelli rice noodles
- Spaghetti

Drink

- Medium sherry or madeira, 180ml
- Beer, 240ml
- Red wine, 150ml (plus extra to soak bread in)