

WEEK 2

SHOPPING LIST

DAY	DATE	RECIPE
8	Thu 17th Jan	Super Easy Spag Bol
9	Fri 18th Jan	Hake with Creamy Spinach Spaghetti
10	Sat 19th Jan	Massaman Curry
11	Sun 20th Jan	Lemon Rosemary Roast Chicken
12	Mon 21st Jan	Loaded Mac and Cheese
13	Tue 22nd Jan	BBQ Chicken
14	Wed 23rd Jan	Smoky Pork Chops with Potatoes and Green Beans

PROUDLY SUPPORTING

RTÉ



Sponsored by



FRUIT & VEGETABLES

Qty

- Baby corn on the cob 120g
- Baby new potatoes 800g
- Baby spinach leaves 200g
- Cauliflower 1/2 head
- Carrots 8
- Curly kale 150g
- Floury potatoes 200g
- Fresh rosemary sprigs 2
- Garlic 5 cloves
- Green beans 400g
- Lemon 1
- Onion 1
- Red chilli 1
- Red onion 1
- Red peppers 2
- Turnip 1

FRESH PRODUCE

Qty

- Butter 15g
- Cheddar cheese 70g
- Chicken fillets - boneless 4
- Cooking cream (eg Avonmore - 40% less fat) 100g
- Hake fillets boneless and skinless 2x200g
- Lean steak mince 200g
- Low fat milk (1.5% fat) 230ml
- Pork loin chops 2
- Whole chicken 1

DRIED GOODS

QTY

- Apple cider vinegar for BBQ Sauce 50g
- Barbecue sauce jar or use recipe 1
- Bolognese sauce jar (no more than 5g sugar and 3g fat) 430g
- Coconut milk tin 160g
- Honey (if making barbecue sauce) 7g
- Macaroni 100g
- Mild or medium curry paste 45g
- Olive oil 25g
- Orange juice (if making barbecue sauce) 15g
- Plain flour 10g
- Rapeseed oil 10g
- Smoked paprika 2.5g
- Thai fish sauce 15g
- Tomato ketchup (if making barbecue sauce) 100g
- Unsalted peanuts 5g
- Worcestershire sauce (if making barbecue sauce) 7g
- Wholewheat spaghetti 200g
- Freshly ground black pepper
- Sea salt (Optional)

Note: Herbs can be used dried or fresh. Vegetables can be fresh or frozen.

Many of these ingredients will become cupboard staples and used in future recipes.