

WEEK 3

SHOPPING LIST

DAY	DATE	RECIPE
15	Thu 24th Jan	Chicken Goujons with Potato Wedges
16	Fri 25th Jan	Creamy Prawn & Courgette Pasta
17	Sat 26th Jan	Easy Shepherd's Pie
18	Sun 27th Jan	Roast Pork with Ratatouille
19	Mon 28th Jan	Creamy Mushroom Pasta
20	Tue 29th Jan	Turkey & Butternut Squash
21	Wed 30th Jan	Spicy Chicken & Rice Bowl

PROUDLY SUPPORTING

RTE



Sponsored by safefood

FRUIT & VEGETABLES

<input type="checkbox"/>	Baby new potatoes	Qty	250g
<input type="checkbox"/>	Butternut squash		1
<input type="checkbox"/>	Carrots		2
<input type="checkbox"/>	Celery		4 sticks
<input type="checkbox"/>	Cherry tomatoes		500g
<input type="checkbox"/>	Courgettes		1 large + 2 regular
<input type="checkbox"/>	Floury potato, scrubbed		500g
<input type="checkbox"/>	Fresh basil		15g
<input type="checkbox"/>	Fresh oregano		2.5g
<input type="checkbox"/>	Garlic		7 cloves
<input type="checkbox"/>	Green beans		400g
<input type="checkbox"/>	Green peppers		2
<input type="checkbox"/>	Lemon		½
<input type="checkbox"/>	Lime		1
<input type="checkbox"/>	Mushrooms		150g
<input type="checkbox"/>	Onions		4
<input type="checkbox"/>	Red chilli (optional)		1
<input type="checkbox"/>	Spinach leaves		125g
<input type="checkbox"/>	Tomatoes		2

FRESH PRODUCE

<input type="checkbox"/>	Butter	Qty	20g
<input type="checkbox"/>	Cheddar cheese		30g
<input type="checkbox"/>	Chicken fillets (skinless)		4
<input type="checkbox"/>	Egg		1
<input type="checkbox"/>	Philadelphia Light cream cheese		185g
<input type="checkbox"/>	Low fat milk 1.5% fat		55ml
<input type="checkbox"/>	Raw peeled tiger prawns		300g
<input type="checkbox"/>	Sour cream (optional)		10g
<input type="checkbox"/>	Turkey breast steaks		300g

DRIED GOODS

<input type="checkbox"/>	Black beans tin	QTY	400g
<input type="checkbox"/>	Chicken stock cube (reduced salt)		½
<input type="checkbox"/>	Chopped tomatoes tin		400g
<input type="checkbox"/>	Coconut milk tin		160g
<input type="checkbox"/>	Dried white breadcrumbs		50g
<input type="checkbox"/>	Ground cumin		2.5g
<input type="checkbox"/>	Crushed red chillies (optional)		5g
<input type="checkbox"/>	Ground cumin		2.5g
<input type="checkbox"/>	Honey		7g
<input type="checkbox"/>	Mild chilli powder		2.5g
<input type="checkbox"/>	Olive oil		57g
<input type="checkbox"/>	Paprika		2.5g
<input type="checkbox"/>	Porridge oats		25g
<input type="checkbox"/>	Rapeseed oil		10g
<input type="checkbox"/>	Shepherd's pie mix		½ Packet
<input type="checkbox"/>	Soy sauce (reduced sodium)		15g
<input type="checkbox"/>	Thai fish sauce (optional)		10g
<input type="checkbox"/>	Thai red curry paste		15g
<input type="checkbox"/>	Tomato puree		10g
<input type="checkbox"/>	Vegetable stock cube (reduced salt)		½
<input type="checkbox"/>	Wholegrain rice		80g + 100g
<input type="checkbox"/>	Whole wheat fusilli or penne pasta		120g
<input type="checkbox"/>	Whole wheat fusilli pasta		100g
<input type="checkbox"/>	Sea salt (optional)		
<input type="checkbox"/>	Freshly ground black pepper		

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.