

WEEK 4

SHOPPING LIST

MACE

DAY	DATE	RECIPE
22	Thu 31st Jan	Porkchop Stir Fried Veg & Tomato Sauce
23	Fri 1st Feb	Tuna Pasta Bake
24	Sat 2nd Feb	Crispy Chicken & Ham Roll Ups
25	Sun 3rd Feb	Roast Beef with Mash & Gravy
26	Mon 4th Feb	Nuty Fried Rice
27	Tue 5th Feb	Hoisin Chicken
28	Wed 6th Feb	Fab Fajitas

PROUDLY SUPPORTING

RTÉ



Sponsored by safefood

FRUIT & VEGETABLES

	Qty
<input type="checkbox"/> Avocado	50g
<input type="checkbox"/> Baby new potatoes	200g
<input type="checkbox"/> Broccoli	2 small heads
<input type="checkbox"/> Carrots	2
<input type="checkbox"/> Courgette	1
<input type="checkbox"/> Fresh beansprouts	250g
<input type="checkbox"/> Fresh coriander	5g
<input type="checkbox"/> Fresh rosemary sprigs	7g
<input type="checkbox"/> Garlic	3 Cloves
<input type="checkbox"/> Green peppers	2
<input type="checkbox"/> Lemon	½
<input type="checkbox"/> Onions	3
<input type="checkbox"/> Floury potatoes	500g
<input type="checkbox"/> Fresh chives (optional)	15g
<input type="checkbox"/> Mushrooms	500g
<input type="checkbox"/> Red onion	1
<input type="checkbox"/> Scallions	2
<input type="checkbox"/> Yellow pepper	1

FRESH PRODUCE

	Qty
<input type="checkbox"/> Butter	35g
<input type="checkbox"/> Cheddar cheese	55g
<input type="checkbox"/> Chicken fillets (skinless)	4
<input type="checkbox"/> Egg	1
<input type="checkbox"/> Fresh white breadcrumbs	25g
<input type="checkbox"/> Frozen peas	200g
<input type="checkbox"/> Low fat milk (1.5% fat)	215ml
<input type="checkbox"/> Parma or cooked ham	2 slices
<input type="checkbox"/> Pork loin chops	2
<input type="checkbox"/> Sirloin or fillet steak	200g
<input type="checkbox"/> Topside of beef	250g

DRIED GOODS

	QTY
<input type="checkbox"/> Apple cider vinegar	2.5g
<input type="checkbox"/> Beefstock cube (reduced Salt)	¼
<input type="checkbox"/> Chilli powder	1.25g
<input type="checkbox"/> Chopped tomatoes	200g
<input type="checkbox"/> Dijon mustard or tomato puree	10g
<input type="checkbox"/> Dried wholewheat noodles	100g
<input type="checkbox"/> Ground cumin	1.25g
<input type="checkbox"/> Hoisin sauce	60g
<input type="checkbox"/> Natural peanut butter (crunchy with no added sugar & salt)	15g
<input type="checkbox"/> Olive oil	25g
<input type="checkbox"/> Plain flour	30g
<input type="checkbox"/> Rapeseed oil	30g
<input type="checkbox"/> Rice vinegar	5g
<input type="checkbox"/> Soy sauce (reduced sodium)	15g
<input type="checkbox"/> Sweetcorn tin (salt free)	200g
<input type="checkbox"/> Toasted sesame seeds (optional)	5g
<input type="checkbox"/> Tomato puree	15g
<input type="checkbox"/> Tuna tin in spring water	130g
<input type="checkbox"/> Unsalted cashew nuts	25g
<input type="checkbox"/> Wholegrain rice	80g
<input type="checkbox"/> Wholewheat penne pasta	80g
<input type="checkbox"/> Wholewheat wraps	2
<input type="checkbox"/> Worcestershire sauce	5g
<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.

FOR RECIPES AND SHOPPING LISTS VISIT MACE.IE