

# WEEK 5

## SHOPPING LIST

DAY	DATE	RECIPE
29	Thu 7th Feb	Chicken & Ginger Curry with Fragrant Rice
30	Fri 8th Feb	Spanish Haddock with Rice
31	Sat 9th Feb	Tuscan Pork Stew
32	Sun 10th Feb	South American Beef
33	Mon 11th Feb	5 Min Goats Cheese & Beetroot Salad
34	Tue 12th Feb	Spaghetti Bolognese
35	Wed 13th Feb	Pork & Carrot Stir Fry

PROUDLY SUPPORTING

**RTÉ**



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### FRUIT & VEGETABLES

	Qty
<input type="checkbox"/> Baby mixed leaves	100g
<input type="checkbox"/> Baby new potatoes	300g
<input type="checkbox"/> Beetroots	100g
<input type="checkbox"/> Carrots	6
<input type="checkbox"/> Cherry tomatoes	15
<input type="checkbox"/> Green peppers	2
<input type="checkbox"/> Cucumber	½
<input type="checkbox"/> Floury potatoes	300g
<input type="checkbox"/> Fresh chives	15g
<input type="checkbox"/> Fresh coriander	15g
<input type="checkbox"/> Fresh dill	15g
<input type="checkbox"/> Fresh flat-leaf parsley leaves (optional)	20g
<input type="checkbox"/> Fresh root ginger	25g
<input type="checkbox"/> Garlic (cloves)	8
<input type="checkbox"/> Mushrooms	150g
<input type="checkbox"/> Onions	5
<input type="checkbox"/> Red chillies (optional)	2 or 5g chilli powder
<input type="checkbox"/> Red onion (small)	1
<input type="checkbox"/> Red peppers	5
<input type="checkbox"/> Scallions	2
<input type="checkbox"/> Tomato (vine-ripened)	1
<input type="checkbox"/> Turnip ½	150g
<input type="checkbox"/> Yellow peppers	3

### FRESH PRODUCE

	Qty
<input type="checkbox"/> Buttermilk (if making ranch dressing)	75ml
<input type="checkbox"/> Chicken fillets (skinless)	2
<input type="checkbox"/> Goat's cheese	100g
<input type="checkbox"/> Haddock fillets	2 x150g
<input type="checkbox"/> Lean steak mince	200g
<input type="checkbox"/> Light cream cheese	20g
<input type="checkbox"/> Pork loin chops	2

<input type="checkbox"/> Pork tenderloin	200g
<input type="checkbox"/> Salsa (readymade)	200g
<input type="checkbox"/> Sirloin or fillet steak	250g
<b>DRIED GOODS</b>	
<input type="checkbox"/> Apple cider vinegar (if making ranch dressing)	15g
<input type="checkbox"/> Balsamic vinegar	15g
<input type="checkbox"/> Black mustard seeds (optional)	5g
<input type="checkbox"/> Chicken stock cube (reduced salt)	1
<input type="checkbox"/> Chopped tomatoes (tin)	2x400g
<input type="checkbox"/> Coriander seeds	5g
<input type="checkbox"/> Cumin seeds	5g
<input type="checkbox"/> Dried basil	2.5g
<input type="checkbox"/> Dried cumin	2.5g
<input type="checkbox"/> Dried mixed herbs	5g
<input type="checkbox"/> Dried oregano	5g
<input type="checkbox"/> Dried parsley	2.5g
<input type="checkbox"/> Ground cumin	7.5g
<input type="checkbox"/> Mayonnaise (if making ranch dressing)	30g
<input type="checkbox"/> Mild/Medium curry paste	15-30g
<input type="checkbox"/> Olive oil	40g
<input type="checkbox"/> Orange marmalade	15g
<input type="checkbox"/> Ranch dressing (Jar or homemade)	10g
<input type="checkbox"/> Rapeseed oil	30g
<input type="checkbox"/> Soy sauce (reduced sodium)	90g
<input type="checkbox"/> Tomato puree	30g
<input type="checkbox"/> Wholewheat spaghetti	100g
<input type="checkbox"/> Wholegrain rice	365g
<input type="checkbox"/> Worcestershire sauce	7.5g
<input type="checkbox"/> Freshly ground black pepper	
<input type="checkbox"/> 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.