

WEEK 6

SHOPPING LIST

MACE

DAY	DATE	RECIPE
36	Thu 14th Feb	Garlic Chicken & Broccoli Stir Fry
37	Fri 15th Feb	Spicy Fisherman's Stew
38	Sat 16th Feb	One Pot Pork Tenderloin with Orange Marinade
39	Sun 17th Feb	Aoife's Shepherd's Pie
40	Mon 18th Feb	Sweet & Sour Veg & Cashew Nut Stir Fry
41	Tue 19th Feb	Granny Brid's Chicken
42	Wed 20th Feb	Smoky Pork Chops with Baby Potatoes & Green Beans

PROUDLY SUPPORTING

RTE



Sponsored by **safefood**

FRUIT & VEGETABLES

	Qty
<input type="checkbox"/> Baby new potatoes	600g
<input type="checkbox"/> Broccoli (small head)	1 ½
<input type="checkbox"/> Carrots	12
<input type="checkbox"/> Cauliflower (small)	1
<input type="checkbox"/> Celery (sticks)	2
<input type="checkbox"/> Courgette (small)	1
<input type="checkbox"/> Flourey potatoes	900g
<input type="checkbox"/> Fresh chives	5g
<input type="checkbox"/> Fresh coriander leaves (optional)	5g
<input type="checkbox"/> Garlic (cloves)	4
<input type="checkbox"/> Green beans	200g
<input type="checkbox"/> Mushrooms	200g
<input type="checkbox"/> Onions	2
<input type="checkbox"/> Orange juice (freshly squeezed)	120ml
<input type="checkbox"/> Spinach leaves (tender young)	200g
<input type="checkbox"/> Sugar snap peas	50g
<input type="checkbox"/> Turnip	1

FRESH PRODUCE

	Qty
<input type="checkbox"/> Butter	20g
<input type="checkbox"/> Chicken fillets (skinless)	4
<input type="checkbox"/> Chorizo (uncooked)	30g
<input type="checkbox"/> Cooking cream (such as Avonmore with 40% less fat.)	30g
<input type="checkbox"/> Frozen peas	100g
<input type="checkbox"/> Lean steak mince	200g
<input type="checkbox"/> Low fat milk (1.5% fat)	30ml
<input type="checkbox"/> Pork loin chops	2
<input type="checkbox"/> Pork tenderloin	250g
<input type="checkbox"/> White fish fillet (skinned)	150g
<input type="checkbox"/> OR Raw peeled tiger prawns	150g

DRIED GOODS

	QTY
<input type="checkbox"/> Balsamic vinegar	15g
<input type="checkbox"/> Chicken stock cube (reduced salt)	¾
<input type="checkbox"/> Chopped tomatoes (tin)	400g
<input type="checkbox"/> Cornflour	5g
<input type="checkbox"/> Dijon mustard	15-30g
<input type="checkbox"/> Ground cumin	5g
<input type="checkbox"/> Ground turmeric	2.5g
<input type="checkbox"/> Honey	15g
<input type="checkbox"/> Hot sauce (such as Tabasco)	dash
<input type="checkbox"/> Light soy sauce (low sodium)	30g
<input type="checkbox"/> Olive oil	25g
<input type="checkbox"/> Paprika	10g
<input type="checkbox"/> Pineapple chunks in natural juice (tin)	200g
<input type="checkbox"/> Plain flour	15g
<input type="checkbox"/> Rapeseed oil	25g
<input type="checkbox"/> Rice vinegar	25g
<input type="checkbox"/> Roasted red pepper (from a jar)	3
<input type="checkbox"/> Smoked paprika	10g
<input type="checkbox"/> Soy sauce (reduced sodium)	75g
<input type="checkbox"/> Tomato puree	7g
<input type="checkbox"/> Unsalted cashew nuts	50g
<input type="checkbox"/> Wholewheat noodles	100g
<input type="checkbox"/> Wholegrain rice	100g
<input type="checkbox"/> Worcestershire sauce	15g
<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.

FOR RECIPES AND SHOPPING LISTS VISIT MACE.IE