

WEEK 7

SHOPPING LIST

DAY	DATE	RECIPE
43	Thu 21st Feb	BBQ Chicken with Corn on the Cob & Green Beans
44	Fri 22nd Feb	Peggy's Soy Salmon with Rice
45	Sat 23rd Feb	Chicken & Vegetable Coconut Curry
46	Sun 24th Feb	Roast Pork with Ratatouille
47	Mon 25th Feb	Curried Chickpea & Sweet Potato Burger
48	Tue 26th Feb	Curried Chickpea & Sweet Potato Burger
49	Wed 27th Feb	Zesty Chicken Thighs with Pasta

PROUDLY SUPPORTING

RTE



Sponsored by safefood

FRUIT & VEGETABLES

<input type="checkbox"/>	Baby corn on the cob	120g
<input type="checkbox"/>	Baby new potatoes	550g
<input type="checkbox"/>	Baby spinach leaves	25g
<input type="checkbox"/>	Broccoli	1 head
<input type="checkbox"/>	Carrots	8
<input type="checkbox"/>	Celery sticks	2
<input type="checkbox"/>	Courgettes	2
<input type="checkbox"/>	Garlic cloves	3
<input type="checkbox"/>	Cherry tomatoes	100g
<input type="checkbox"/>	Floury potato	200g
<input type="checkbox"/>	Fresh or dried basil leaves (optional)	15g
<input type="checkbox"/>	Fresh coriander	15g
<input type="checkbox"/>	Fresh mint	15g
<input type="checkbox"/>	Green beans	450g
<input type="checkbox"/>	Lemon	1
<input type="checkbox"/>	Lime	1
<input type="checkbox"/>	Little Gem lettuce	50g
<input type="checkbox"/>	Mixed salad leaves	50g
<input type="checkbox"/>	Onions	2
<input type="checkbox"/>	Orange rind & juice	1
<input type="checkbox"/>	Red pepper	1
<input type="checkbox"/>	Scallions	8
<input type="checkbox"/>	Sweet potato	250g
<input type="checkbox"/>	Tomatoes vine-ripened	2

FRESH PRODUCE

<input type="checkbox"/>	Butter	17.5g
<input type="checkbox"/>	Chicken fillets skinned	4
<input type="checkbox"/>	Chicken thighs on the bone skinless	4
<input type="checkbox"/>	Eggs	5
<input type="checkbox"/>	Feta cheese	50g
<input type="checkbox"/>	Low fat milk (1.5% fat)	60g

<input type="checkbox"/>	Natural yoghurt (3% fat)	75g
<input type="checkbox"/>	Pork tenderloin	250g
<input type="checkbox"/>	Salmon fillets (skinned)	2x150g

DRIED GOODS

	QTY	
<input type="checkbox"/>	Apple cider vinegar (if making BBQ sauce)	50g
<input type="checkbox"/>	Barbecue sauce (from a jar or make your own)	60g
<input type="checkbox"/>	Chickpeas tin	400g
<input type="checkbox"/>	Chopped tomatoes tin	400g
<input type="checkbox"/>	Coconut milk tin	160g
<input type="checkbox"/>	Dried or fresh basil (optional)	15
<input type="checkbox"/>	Ground cayenne pepper (optional)	1.25g
<input type="checkbox"/>	Ground cumin	2.5g
<input type="checkbox"/>	Ground turmeric	1.25g
<input type="checkbox"/>	Honey	15g
<input type="checkbox"/>	Mild chilli powder	2.5g
<input type="checkbox"/>	Mild or medium curry paste	9.5g
<input type="checkbox"/>	Olive oil	30g
<input type="checkbox"/>	Plain flour	25g
<input type="checkbox"/>	Soy sauce (reduced sodium)	30g
<input type="checkbox"/>	Tomato ketchup (if making BBQ sauce no added sugar and salt)	100g
<input type="checkbox"/>	Tomato puree	60g
<input type="checkbox"/>	Wholegrain rice	160g
<input type="checkbox"/>	Wholemeal oval pitta bread	1
<input type="checkbox"/>	Wholewheat pasta	100g
<input type="checkbox"/>	Worcestershire sauce	7g
<input type="checkbox"/>	Dried oregano	
<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.