



**PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021**

FRUIT & VEGETABLES

- Baby spinach leaves (240g)
- Broccoli (400g)
- Butternut squash (150g piece - you need 100g)
- Button mushrooms (chestnut or ordinary – 100g)
- Cherry tomatoes (200g)
- Fine green beans (400g)
- Fresh basil leaves (10g)
- Fresh coriander (10g)
- Garlic (5 cloves)
- Ginger root (2.5cm piece)
- Green pepper (1)
- Lemongrass stalk (1)
- Lime (1)
- Mild red chillies (3)
- Onions (2 small)
- Red onion (1 small)
- Scallions (3)
- Shallot (1)
- Sugar snap peas (100g)
- Yellow peppers (2)

FRESH PRODUCE

- Basil pesto (15g)
- Buffalo mozzarella (80g)
- Cheddar cheese (30g)
- Chicken fillets (skinless - 4)
- Chicken thighs (bone in & skinless) (250g - 2)
- Cooked salmon fillets (2 x 120g)
- Light cream cheese (30g)
- Minute steaks
(thinly sliced quick fry steaks – 250g)
- Salsa (60g)

DRIED GOODS

- Black beans (400g tin)
- Brown wholegrain rice (160g)
- Chicken stock cube (reduced sodium - 1)
- Coconut milk (160g tin)
- Dried herbs de Provence (2.5g)
- Dried wholewheat noodles (200g)
- Fajita seasoning (5g)
- Freshly ground black pepper
- Ground coriander (5g)
- Ground cumin (5g)
- Ground turmeric (5g)
- Italian chopped tomatoes (400g tin)
- Light coconut milk (200g tinned)
- Mild curry paste (30g)
- Natural skinned peanuts (10g)
- Panko breadcrumbs (16g)
- Peanut butter
(natural with no added sugar or salt – 27.5g)
- Rapeseed oil (95g)
- Reduced sodium soy sauce (50g)
- Salt (optional)
- Vinaigrette (15g or make your own)
- Wholemeal tortilla wraps (2 large)
- Wholewheat penne pasta (80g)
- Wholewheat spaghetti (80g)
- Worcestershire sauce (5g)

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