



**PROUDLY SUPPORTING  
OPERATION TRANSFORMATION 2021**

**FRUIT & VEGETABLES**

- Avocado (1)
- Baby spinach leaves (150g)
- Beansprouts (50g)
- Carrots (2)
- Courgette (1)
- Garlic (6 cloves)
- Fresh coriander (40g)
- Fresh oregano (5g or use 1 teaspoon dried)
- Green beans (200g)
- Lemon (½)
- Lemongrass stalk (1)
- Limes (3)
- Mango (1 small)
- Mild red chillies (optional - 3)
- Onions (2 small)
- Pak choy (250g)
- Red onion (3 small)
- Red peppers (5)
- Rocket (25g)
- Root ginger (2.5cm piece)
- Scallions (2)
- Shallot (1)
- Sugar snap peas (200g)
- Sweet potato (1 small)
- Tenderstem broccoli (300g)
- Tomatoes (2)
- Yellow pepper (1)

**FRESH PRODUCE**

- Chicken fillets (skinless - 4)
- Chicken thighs (bone in & skinless - 2 x 125g)
- Cooked chicken pieces (100g)

- Eggs (7)
- Hake fillets (boneless and skinless - 300g)
- Parmesan (10g)
- Smoked bacon lardons (50g)

**DRIED GOODS**

- Black-eyed beans (400g tin)
- Chicken stock cube (reduced sodium - 1)
- Cherry tomatoes (400g tin)
- Chopped tomatoes (400g tin)
- Dried chilli flakes (5g)
- Dried wholewheat noodles (100g)
- Freshly ground black pepper
- Ground cumin (5g)
- Honey (5g)
- Jalapeños (from a jar- optional - 4-6)
- Light coconut milk (tinned 300g)
- Mixed seeds (5g)
- Rapeseed oil (85g)
- Reduced sodium soy sauce (45g)
- Rice vinegar (15g)
- Salt (optional)
- Sesame oil (5g)
- Smoked paprika (10g)
- Soba noodles (100g)
- Sweet chilli sauce (30g)
- Toasted sesame seeds (5g)
- Tomato ketchup (30g)
- White wine vinegar (5g)
- Wholegrain brown rice (80g)
- Wholemeal cous cous (60g)
- Wholemeal flatbreads (2 x 35g each)
- Wholewheat spaghetti (180g)

**FOR RECIPES AND SHOPPING LISTS VISIT MACE.IE**