



SHOPPING LIST

MENU 6 - 30TH APRIL 2018

SPAGHETTI & VEGGIE BALLS | PORK WITH CREAMY MUSTARD SAUCE | CUMIN SPICED LAMB

FRESH PRODUCE

- Baby spinach (120g / 4.2oz)
- Kale (150g / 5.3oz)
- Fresh basil (1 handful)
optional
- Lemon (1)
- Spring onions (1 bunch)
- Broccoli (1 small)
- Carrots (2 large, 1 medium)
- Green beans (300g / 5.3oz)
- Beetroot (2)
- Potatoes, i.e. agria (500g / 1lb 2oz)
- Garlic (2 cloves)
- Brown onion (1)

MEAT / FISH

- Boneless pork rump, fillet or leg steaks (600g / 1lb 5oz)
- Lamb leg steaks (450g / 1lb)

CHILLED / FROZEN

- Pumpkin flavoured hummus (150g / 5.3oz)
- Plain, unsweetened yoghurt (80ml / 2.7 fl.oz)
- Parmesan (68g / 2.4oz)
- Feta cheese (50g / 1.8oz)

- Cream (265ml / 9 fl.oz)
- Frozen mixed veggies (150g / 5.3oz)

GENERAL GROCERY

- Wholemeal or regular spaghetti^{GF} (250g / 8.8oz)
- Pearl couscous^{GF} (150g / 5.3oz)
- Chicken stock^{1, GF} (570ml / 19.3 fl.oz)
- Vegetable stock^{1, GF} (125ml / 4.2 fl.oz)
- Pesto flavoured tinned tomatoes² (2 x 400g / 2 x 14oz cans)
- Chickpeas in spring water (400g / 14oz can)
- Roasted, salted cashews (50g / 1.8oz)

PANTRY STAPLES

- * Bread^{GF} (1 slice)
- * Egg (1)
- * Butter (1 Tbsp)
- * Vegetable oil (3 Tbsp)
- * Olive oil (7 tsp)
- * Wholegrain mustard (1 1/2 Tbsp)
- * Dried oregano (2 1/2 tsp)
- * Dried tarragon (1 tsp)
- * Smoked paprika (1/2 tsp)
- * Cumin seeds (1 tsp)
- * Salt and pepper

NOTES

¹ To optimise these ingredients, purchase 500ml chicken stock and 250ml vegetable stock. Replace some of the chicken stock with vegetable stock in the cumin spiced lamb recipe.

² If you can't find pesto flavoured tomatoes, use crushed tomatoes instead.

^{GF} **Gluten-free swaps:** Replace spaghetti with gluten-free pasta. Swap couscous for quinoa, pearl millet or sorghum. Make sure your stocks are gluten-free. Replace regular bread with your favourite gluten-free bread or breadcrumbs.