

Your shopping list for all the meals! If you're just shopping for two this will be enough for lunches too as all but one of the recipes (the Baked sweet potatoes) serves 4. The letters at the end indicate the recipe the ingredient relates to. That way, if you're only cooking 3 or 4 recipes you can easily cross out what you won't need to buy or amend quantities according to the recipe. The key is on page 2.

PANTRY ITEMS: it's recommended that you check your pantry before purchasing these ingredients, as they are staples that last a while so you may already have them!

Oil:

- 5 1/8 teaspoons Chilli oil [E]
- 1 tablespoon Coconut oil [A]
- 6 Drops sesame oil [E]
- 1/3 cup Olive oil [B,C]

Canned Goods:

- 2 x 400g can of black beans (BPA free) [B]
- 500 mL Vegetable stock [A]

Condiments:

- 2 teaspoons Miso paste [E]
- 4 1/2 teaspoons Soy sauce [A,B,E]
- 1 teaspoon Tamari [E] notes: or soy

Dry Goods:

- 270 gram Soba noodles [E]
- 12 Corn tortillas [B] notes: 12 cm)
- 1/2 cup Almonds [C]
- 150 gram Bucatini Pasta [C] notes: (or linguini)
- 2 teaspoons Chilli flakes [C]
- 1/4 cup Toasted coconut flakes [A]
- 2 teaspoons Coriander seeds [A]
- 1 teaspoon Ground cumin [B]
- 1 400 ml can coconut milk [A]
- 1 teaspoon Hot smoked paprika [B] notes: (sub for sweet if not into heat)
- 1/2 teaspoon Paprika (of choice) [D]
- 1 tablespoon Toasted sesame seeds [E]
- 2 teaspoons Turmeric powder [A]
- 1 cup Black urdul lentils [A] notes: or just use puy if you cant find these.

FRESH ITEMS

Dairy:

- 200 gram Buffalo mozzarella [C]
- 3 tablespoons Feta cheese [B]
- 3/4 cup Freshly grated Parmesan [C,D]
- 1 .5 cup Freshly grated sharp aged cheddar [B, D]
- 4 Eggs [E]
- 1/4 cup Greek Yoghurt [D]

Produce:

- 1 bunch of basil Basil [C]
- 2 bunches Chinese broccoli [E]
- 1 Carrot [B]
- 1 medium head Cauliflower [E]
- 250 gram Cherry tomatoes [C]
- 1 Chilli [A]
- 2 Cobs of corn [C]
- 1 bunch Coriander [A, B, E] notes: With roots attached
- 1 Lebanese cucumber [D] for green salad
- 2 Eggplant [A]
- 1 inch piece Galangal roughly chopped [A]
- 6 clove Garlic [A,B,D]
- 2 tablespoons Freshly grated ginger [A,B,E]
- 2 tablespoons Julienned radish [E] OPTIONAL, garnish
- 1/4 cup Finely chopped flat leaf parsley [D]
- 1 Lemon [C]
- 1/2 Stalk lemon grass [A]
- 2 cups Mixed lettuce [D] For green salad
- 3 Lime [A,B]
- 1 Bunch of spring onion [A,B,D,E]
- 4 Small-medium sweet potatoes [D]
- 2 medium Sweet potatoes [B]
- 1 cup Snow peas [A]
- 2 Zucchini [C]

RECIPES

[A] COCONUT AND GINGER EGGPLANT CURRY *Serves 4*

[B] SWEET POTATO AND BLACK BEAN ENCHILADAS *Serves 4*

[C] BASIL, CHARRED SWEET CORN, TOMATO AND BUFFALO MOZZARELLA PASTA *Serves 4*

[D] CHEESY TWICE BAKED SWEET POTATOES *Serves 2*

[E] MISO NOODLES WITH ROASTED CAULIFLOWER *Serves 4*