

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 Ramen which is per serve) serves 4. Actually the Curry serves 6-8 and freezes well so you can have lunches in future weeks too!. 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:

- 1 teaspoon Dry chilli flakes in oil/chilli oil [E]
- 1 tablespoon Coconut oil [D]
- Few drops sesame oil [E]
- 3 tablespoons Olive oil [B,C]

Canned Goods:

- 2 cans Chickpeas [B]
- 1 cup Red lentils [D] notes: rinsed
- 1/2 teaspoon Pickled ginger [E] notes: finely sliced
- 2 litres Vegetable stock [D, B, C]
- 3 cups Vegetable stock [B,C] or chicken or bone broth if not vegetarian)

Condiments:

- 1 tablespoon Miso paste [E]
- 1 1/2 cups Vegetable stock [E] notes: or chicken stock or bone broth
- 1/4 teaspoon Rice wine vinegar [E]
- 1/2 cup Peanut butter (smooth [D] notes: or crunchy, additive free)
- 1 teaspoon Cooking sake [E] notes: (Japanese rice wine)
- 1/2 cup Dry white wine [C]

Dry Goods:

- 1 cup Uncooked barley [B]
- 2 teaspoons Cumin seeds [D]
- 1/2 teaspoon Cayenne pepper [D]
- 1 tablespoon Flour [C]
- 1/3 cup Roasted hazelnuts [C]
- 400 gram Fettucine [C]
- 1/2 teaspoon Garam masala [D]
- 2 teaspoons Paprika [D]
- 1 cup Pearl barley [B]
- 1 cup Peanuts [D] dry roasted
- 100 gram Rice noodles [E] (bun hue)
- 1 teaspoon Toasted sesame seeds [E]

- 2 teaspoons Turmeric [D]

FRESH ITEMS

Dairy:

- 1 tablespoon Butter [C]
- Extra parmesan for serving [C]
- 1/3 cup Freshly grated parmesan [C]
- 1 1/2 cups Parmesan [B] notes: freshly grated
- 1 Soft boiled egg [E]

Produce:

- 4 pieces Bok choy [E]
- 500 grams Brussel sprouts [C]
- 1/2 Carrot [E]
- 1 cup Finely diced celery [D]
- 1 Continental cucumber [B]
- Few Tbs coriander for Garnish (E)
- 4 clove Crushed garlic [B, C, D]
- 2 tablespoons Fresh ginger [D]
- 2 Lemons [B,C]
- 1 bunch spring onion [D, E]
- 1 bunch Parsley leaves [B, C]
- 5 medium Sweet potatoes [D]
- 1/2 teaspoon Fried shallots [E] notes: (optional)
- 3 cups Baby spinach [B]
- 2 Tomatoes [D]
- 1/2 Zucchini [E]

Recipes

[A] EASY SWEET POTATO BUDDHA BOWL WITH MAPLE TAHINI DRESSING Serves 4

[B] CHICKPEA AND BARLEY SALAD WITH PARMESAN DRESSING Serves 2-4

[C] FETTUCCINE WITH BRUSSEL SPROUTS AND HAZELNUTS IN A CREAMY SAUCE Serves 4

[D] SWEET POTATO, PEANUT AND RED LENTIL CURRY Serves 8

[E] QUICK VEGETARIAN MISO RAMEN Serves 1