

Your shopping list for all the meals! If you're just shopping for two this will be enough for lunches too as most of the recipes serve 4. If you're shopping for more than 2 then check the list on page 3 for which recipes you'll need to double. 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 tablespoon Coconut oil [A]
- Few drops sesame oil [B]
- 1/2 teaspoon Neutral oil [D]
  - notes: (i used rice bran)
- 5 1/8 teaspoons Olive oil [C]
- 140 mL Peanut oil [E]
- 1/2 teaspoon Sesame oil [E]

### **Condiments:**

- 1 teaspoon Chinese cooking wine [B] Optional
- 2 tablespoons Good quality mayonnaise to serve [D]
  - notes: (or natural yoghurt)
- 1 teaspoon Miso paste [E]
- 1/2 cup Peanut butter [A]
- 1/8 teaspoon Belachan paste (optional [E] notes: if you can't find it replace with 1/2 tsp fish sauce)
- 2 tablespoons Oyster sauce [E]
- 1/3 cup Soy sauce [B,E] notes: or tamari

### **Dry Goods:**

- 1/2 teaspoon Cayenne pepper [A]
- 1/4 teaspoon Coconut sugar [D]
- 1 1/2 cups Cooked barley [C]
- 1 teaspoon Chilli flakes [B]
- 2 teaspoons Cumin seeds [A]
- 2 tablespoons Thai green curry paste [D]
  - notes: (I use this one)
- 1/2 teaspoon Garam masala [A]
- 200 gram Fresh noodles of choice [B] notes: or rice noodles, (must be something that takes 3 mins or less to cook)
- 2 teaspoons Paprika [A]
- 1 cup Peanuts [A] Roasted
- 1 1/2 cups Cooked quinoa [C]
- 1 cup Red lentils [A]

- 200 gram Rice noodles [E]
- notes: (I use the thick vermicelli)
- 1/2 teaspoon Rice wine vinegar [D]
- 1 1/4 litres Vegetable stock [A]
- 2 teaspoons Turmeric [A]
- Salt and pepper

### **Bakery:**

- 4 Bread rolls [D]

### **Dairy:**

- 1/2 cup Yoghurt [C]

### **Meat:**

- 3 Chicken breast [B,D]
- notes: (approx 200g) + or 4 Chicken Thighs
- 300 gram Prawns [E]
- notes: (weighed with heads and shells attached)
- 4 X 100-150g salmon fillets [C]

### **Fresh Produce:**

- 12 Dried birdseye chillies [E]
- 1 1/2 cups Broccoli florets [E]
- 1 bunch Broccolini [B]
- 1/8 Red cabbage [D]
- 2 Carrot [B,D]
- 1 cup Cauliflower florets [B]
- 1 cup Finely diced celery [A]
- 1 Chilli [D]
- 1 bunch Coriander leaves, stalks attached [A, ,B D,E]
- 6 clove Garlic [A, B,E]
- 4 tablespoons Fresh ginger [A, B, E]
- 2 Lemons [C]
- 3 Limes [A,D]
- 1/3 cup Vietnamese mint [D] notes: (or normal mint will be fine or a mix!)
- 2/3 cup Mushrooms [B]
- 1 cup (loosely packed) spring onion [E]
- 1 bunch spring onion [A, B, C, D, E]
- 1/3 cup Parsley [C]
- 6 medium Sweet potatoes [A, C]
- 1 cup Snow peas [E]
- 2 Tomatoes [A]
- 1/8 wombok cabbage [D]
- 2 Zucchini [C]

## Recipes

[A] SWEET POTATO, PEANUT AND RED LENTIL CURRY *Serves 6*

[B] ONE POT 15 MINUTE CHICKEN NOODLE SOUP *Serves 2*

[C] BAKED SALMON WITH CITRUS HERB YOGHURT SAUCE AND GRAIN SALAD *Serves 4*

[D] THAI CHICKEN BURGERS *Serves 4*

[E] CRISPY CHILLI PASTE PRAWNS WITH RICE NOODLES AND GREENS  
*Serves 2*