

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 2 for which recipes you'll need to double. The letters next to ingredient 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 (first page), as they are staples that last a while so you may already have them!

Oil:

- 2 tablespoons Neutral oil [A]
- 4 tablespoons Olive oil [B, E]
- 1 1/2 teaspoons Sesame oil [A,C]

Condiments:

- 1 teaspoon Miso paste [A]
- 2 teaspoons Soy sauce [C]
- 2 1/2 teaspoons Mirin [C]
- 2 tablespoon Rice wine [A, C] or cooking sake

Other Pantry Goods:

- 1/2 cup Almonds [E]
- Couscous [B]
- 1/4 tsp of chilli powder (optional) [B]
- 1 can crushed tomatoes (organic, BPA free) [B]
- 3 tablespoons Sesame seeds [A,C]
- 3 cups Panko crumbs [A]
- 150 gram Bucatini Pasta [E] (or linguini)
- 1.3l Chicken stock [A, B, D]
- 2 teaspoons Chilli flakes [E]
- 1 tablespoon Curry powder [A]
- 400 mL Coconut milk [D]
- 1 tablespoon Flour [A]
- 1 cup Brown rice [A]
- 1 Heaped tsp garam masala [A]
- 1 Level tsp turmeric [A]
- 1 can chickpeas [B] (reserve liquid for 1 cup Aquafaba [A] or 2 large egg whites)
- 2 tablespoons Prune juice (or Apple juice [A] or a tsp of honey or maple syrup in a pinch)

Dairy:

- 1 tablespoon Butter [A] or coconut oil
- 350 gram Buffalo mozzarella [B,E]
- 1/2 cup Freshly grated Parmesan [E]

Meat:

- 1 Chicken breast [D]
- 800 g chicken thighs on the bone (4) [B]
- 250g ocean trout [C] notes: skin on.

Produce:

- 1 bunch Asparagus [C] (approx 10 small spears)
- 1 clove garlic [B]
- 3 1/2 cups Basil [B, E]
- 3 Birds eye chillies [D]
- 1 X baby bok choy [D]
- 1 bunch Broccolini [C]
- 1 brown onion (or 2 sticks of celery) [B]
- 2 carrots [B]
- 250 gram Cherry tomatoes [E]
- 2 Full cobs of corn [E]
- 1/3 cup Coriander leaves [D]
- 2 X coriander root [D]
- 1/2 Cucumber [A]
- 2 Eggplant [A]
- 3 inch piece Galangal [D]
- 1/4 teaspoon Grated ginger [C]
- 1 cup Kale [D]
- 3 Lemons [B, C, E]
- 1/2 Stalk lemon grass [D]
- 4 cups Mixed lettuce [A]
- 4 cups spinach [B]
- 1 bunch Spring onions [C,D]
- 4 small Sweet potatoes [D]
- 1 cup Snow peas [D]
- 2 X zucchini [E]

PLANNED RECIPES

[A] VEGAN EGGPLANT KATSU CURRY *serves 4*

[B] ONE PAN CHICKEN THIGHS WITH MOZZARELLA, TOMATO, CHICKPEAS AND BASIL *serves 4*

[C] STEAMED OCEAN TROUT WITH SESAME, GINGER AND GREENS *serves 2*

[D] POACHED CHICKEN IN A SPICY COCONUT BROTH WITH SWEET POTATO NOODLES *serves 2*

[E] BASIL, CHARRED SWEET CORN, TOMATO AND BUFFALO MOZZARELLA PASTA *serves 4*