

Your shopping list for all the meals! If you're just shopping for two this will be enough for lunches too as all of the recipes serve 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:

- 2 tablespoons Coconut oil [E]
- 1 tablespoon Rice bran oil [A] notes: or coconut oil
- 2 tsps sesame oil [A, D]
- 2 tablespoons Olive oil [C]

Condiments, Sauces Canned Goods:

- 4 1/2 teaspoons Massaman curry paste [B]
- 400ml can of coconut cream [B]
- 1/2 cup Coconut cream [E]
- 4 tablespoons Finely sliced pickled ginger [A, D]
- 1 cup Stock [E] notes: (vegetable or chicken)
- 1 teaspoon Fish sauce [B]
- 2 tablespoons Kewpie mayo [A]
- 2 teaspoons Maple syrup [A] notes: rice malt syrup or honey
- 3 tablespoons Rice wine vinegar [A,D]
- 3 tablespoons Sake [A] notes: or Chinese cooking wine
- 2 tablespoons Soy sauce [D]
- 1/3 cup Tamari [A,D] notes: or soy
- 1 tablespoon Tomato paste [E]
- 2 teaspoons White wine vinegar [C]

Dry Goods:

- 1/4 cup Roasted almonds [C]
- 6 Dried apricots [C] notes: finely chopped
- 2 teaspoons Chilli flakes [D]
- 1/2 teaspoon Cayenne pepper [E]
- 2 tablespoons Toasted chickpea flour [E]
- 1 teaspoon Curry powder [E]
- 2 cups Freekah [C] notes: cooked
- 2 cups French (puy) lentils [C] notes: cooked
- 250 gram Noodles (thin rice stick [E] (notes: or egg noodles, angel hair pasta)
- 2 teaspoons Paprika [E]
- 1/2 cup Roasted peanuts [B]
- 1/4 cup Pumpkin seeds [C]
- 8 cups Cooked brown rice [A,B, D]

- 1/4 cup Sunflower seeds [C]
- 1/4 cup Toasted sesame seed [A,D]
- 2 teaspoons Turmeric [E]
- 20 gram Dried Wakame seaweed [D] See notes for D if can't find)
- Salt

Dairy:

- 100 gram Feta [C] notes: (feel free to use more!)
- 4 Boiled eggs [E] (Plus extra if you want some in Freekah salad)

Produce:

- 1 Avocado [D]
- 1 cup Bean shoots [B,E]
- 4 small medium Beetroot [D]
- 1 Birdseye chilli [B]
- 1/4 Green cabbage [A]
- 1/4 Red cabbage [C]
- 5 Carrots [A,D]
- 1 small head Cauliflower [A] notes: cut into bite sized florets
- 1 large bunch Coriander [A, B E]
- 4 cups Edamame beans [D] notes: (in pods)
- 3 clove Garlic [A,E]
- 5 teaspoons Freshly grated ginger [A,D]
- 1/2 cup Flat leaf parsley [C]
- 1 Lemon [C]
- 2 Limes [B, D]
- 1/2 cup Mint [C]
- 600 gram Mushrooms
- 1 bunch spring onion [A, B, C,D,E]
- 4 Small-medium sweet potatoes [B]
- 4 Radishes [D]
- 100 gram Snow peas [E]
- 4 cups Spinach leaves [B]
- 1 Tomato roughly chopped [E]

Recipes ALL SERVE 4

[A] TERIYAKI CAULIFLOWER BOWL

[B] SWEET POTATO AND SPINACH MASSAMAN CURRY

[C] LENTIL AND FREEKAH SALAD WITH APRICOTS FETA AND RED CABBAGE

[D] SOY AND CHILLI BEETROOT VEGAN 'POKE' BOWL

[E] BURMESE STYLE NOODLES WITH MUSHROOM CURRY SAUCE