

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:**

- 3 tablespoons Coconut Oil [E]
- 7 teaspoons Olive oil [B,D]
- 2 tablespoons Peanut oil [C]
- 1 1/2 teaspoons Sesame oil [A,C,E]

**Bakery:**

- 4 Rolls [D] or burger buns, sliced in half

**Condiments:**

- 1 teaspoon Chilli paste [E]
- 1/2 teaspoons Curry paste [E]
- 1 1/4 teaspoons Maple syrup [A,C]
- 1 tablespoon Miso paste [A]
- Sirarcha sauce [D]
- 1/3 cup Soy sauce [A,C,E]
- 5 1/2 teaspoons Black vinegar [C,E]
- 4 1/2 teaspoons Chinese rice wine [C]
- 4 1/2 teaspoons Sake [A]

**Dry Goods:**

- 2/3 cup Roasted almonds [B]
- 1/2 cup Flour [E] plain, wholemeal or spelt flour would all work fine
- 2/3 cup buckwheat Flour [D] plain, wholemeal or spelt flour would all work fine
- 2 cups dry French puy/green lentils [B, E, D] (or 2 cans cooked)
- 1/4 teaspoon Garlic powder [B]
- 1 can Coconut milk [E]
- 2 teaspoons Paprika [D]
- 1 cup Dry roasted peanuts [C,E]
- 1 cup Brown rice [A]
- 600 gram Rice noodles [C,E] (I use the 'bun bo hue' round rice noodle)
- 1 teaspoon Black sesame seeds [A]
- 1.5 Tablespoons White sesame seeds [A, C]
- 1/2 teaspoon Sichuan pepper [C]

### **Dairy/Deli:**

- 1/2 cup Shaved pecorino [B]
- 1/4 cup Grated strong provolone [D] or preferred cheese
- 5 Eggs [B,D,E]
- 2/3 cup Greek yoghurt [B]
- 1/4 cup Hummus [D]

### **Fresh Produce:**

- 1 Avocado [D]
- 1 Finely sliced birds eye chilli [A]
- 10 Dry whole red chillies [C] see recipe for alternative if you can't find them
- 1 bunch Baby bok choy [C]
- 1 Red capsicum [C]
- 1 large Carrot [D] (or 2 small)
- 1 Baby cos lettuce [A]
- 1 bunch Coriander with roots attached [A,E]
- 2 medium Eggplants [A]
- 2 cloves Garlic [C]
- 3 teaspoon Grated ginger [E, C]
- 1 2/3 cup Flat leaf parsley leaves [B,D]
- 1 Lemon [B]
- 1 Lime [E]
- 500 gram Cup mushrooms [C] or button mushrooms
- 1 bunch Finely sliced spring onion [A,C,D, E]
- 2 cups Rocket [D]
- 160 gram Baby spinach [B] approx
- 1 Tomato [D]
- 2 cups Shredded wombok [C] or green cabbage, (about an 1/8 of a cabbage)
- 5 Zucchini [B, D]

### **Planned Recipes**

[A] MISO CARAMELISED EGGPLANT IN LETTUCE CUPS *serves 2*

[B] ZUCCHINI AND LENTIL SALAD WITH PECORINO AND SPINACH  
YOGHURT SAUCE *Serves 2*

[C] KUNG PAO MUSHROOM NOODLES *Serves 4*

[D] VEGGIE BURGER *Serves 4 (makes 8 patties, can freeze)*

[E] LENTIL 'MEATBALLS' WITH NOODLES AND COCONUT CURRY  
SAUCE *Serves 4*