

Your shopping list for all the meals! If you're just shopping for two this will be enough for some lunches too as most of the recipes serve 2-4. 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 ingredients 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 etc:

- 11 teaspoons Olive oil [A,B,F]

Condiments and Liquor:

- 4 1/2 teaspoons Massaman curry paste [D]
- 1 teaspoon Fish sauce [D]
- 1 tablespoon Sambal olek [C]
- 1 teaspoon Shrimp paste [C] (optional)
- 1/2 cup White wine [E]
- 1 teaspoon Maple syrup [C]
- 1 teaspoon Kejap Manis [E]
- 2 tablespoons Pomegranate syrup [E]
- 3 tablespoons Peanut butter [C]

Dairy/Deli:

- 1 tablespoon Freshly grated pecorino cheese [A]
- 1/2 cup Shaved pecorino cheese [A]
- 4 Eggs [C]
- 2 tablespoons Milk [E]
- 1 cup Very thick greek yoghurt [E]
- 1 cup Hummus [B]

Dry Goods:

- Pinch of All spice [B]
- 1/2 teaspoon Cayenne pepper [E]
- 1 tablespoon Coriander seeds [E]
- 2 1/2 teaspoons Cumin [E]
- 2 teaspoons Cumin seeds [B]
- 1/2 teaspoon Dried oregano [B]
- 300 gram Linguini [A]
- 1/2 cup Coconut milk [C]
- 400ml can of coconut cream [D]
- 2 tablespoons Nuts and seeds to garnish [B] (optional)
- 1 tablespoon Paprika [B,E]
- 1 cup Pearl barley [B]
- 2 cups Cooked quinoa [F]
- 2 cups Cooked brown rice [D] (or more if you're hungry)
- 1 1/2 teaspoons Salt [E]

- 1 tablespoon Tamarind puree [C]
- 1/2 cup Roasted peanuts [D]
- 1 teaspoon Cumin ground [F]
- 1 1/2 teaspoons Sumac [E]
- 1 can Organic tomatoes [A]

Meat:

- 400 gram Chicken breast [B]
- 500 gram Lamb mince [E]
- 400 gram Prawns [C]
- notes: (shells on)

Produce:

- 1/2 Avocado [C]
- 2.5 cups Beanshoots [C, D]
- 200 gram Green beans [C]
- 2 Birdseye chilli [C,D]
- 3 Capsicum [A]
- 2 Carrots [B]
- 2 sticks Celery [A] (or half a brown onion if not fructose sensitive)
- 300 gram Chat potatoes [C]
- 1/4 teaspoon Chilli [B]
- 1/2 cup coriander leaves [D]
- 1 Continental Cucumber [C, F] (replaces Lebanese cucumber in recipe C)
- 4 clove Garlic [A,B, E]
- 1 tablespoon Freshly grated ginger [C]
- 3 lemon [B, E, F]
- 3.5 cup Flat leaf parsley [B, E,F]
- 1.25 cup Mint tightly packed [E, F]
- 3 Lime [C, D]
- 1/4 Red onion [F]or 1/4 cup spring onion
- 1 bunch spring onion [C,D,E]
- 1/2 Pomegranate [E]
- 4 Small-medium sweet potatoes [D]
- 2 Sweet potato [B]
- 2 Radishes [C]
- 4 cups Rocket [A, B]
- 5 cups Spinach leaves [D, B]
- 2 Tomatoes [F]
- 1/4 Wombok cabbage [C]

Planned Recipes

- [A] ROAST CAPSICUM LINGUINI WITH PECORINO AND ROCKET (*serves 4*)
- [B] MIDDLE EASTERN CHICKEN AND BARLEY SALAD (*serves 4*)
- [C] PRAWN GADO GADO SALAD (*serves 4*)
- [D] SWEET POTATO AND SPINACH MASSAMAN CURRY (*serves 4*)
- [E] LAMB MEATBALLS WITH POMEGRANATE AND MINT ON HERBED YOGHURT SAUCE (*serves 4*)
- [F] QUINOA TABBOULEH SALAD (*serves 4*)