

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:

- 1 tablespoon Coconut oil [E]
- 5/8 cup Olive oil [A,B,C]

Condiments and Liquor:

- 4 1/2 teaspoons Massaman curry paste [D]
- 2 teaspoons Miso paste [E]
- 1 cup White wine [B]
- 1 teaspoon White vinegar [A]
- 1 teaspoon Fish sauce [D]

Dairy and Deli:

- 320 gram Feta [B,C]
- 1.5 cups Freshly grated parmesan [A, B]
- 4 Eggs [A]
- 1 cup Semi dried tomatoes [B]

Dry Goods:

- 1/4 teaspoon Cayenne pepper [E]
- 1/2 cup Roughly chopped almonds [C]
- 1 teaspoon Chilli flakes [A]
- 2 cans Chickpeas [C]
- 400ml can of coconut cream [D]
- 400ml coconut milk [E]
- 250 gram Dry pasta [A]
- 3 cups Pearl barley [B]
- Pepper [C]
- 2 cups Cooked brown rice [D] (or more if you're hungry)
- 200 grams Rice stick noodles [E]
- Salt [C]
- 1/2 cup Roasted sunflower seeds [A]
- 1 tablespoon Fresh thyme [B]
- 1/2 teaspoon Turmeric powder [E]
- 1/2 cup Roasted peanuts [D]
- 3 L Vegetable stock [B, E]

Produce:

- 2 Avocados [C]
- 3 cups Basil [A, B]
- 1 cup Beanshoots [D]
- 2 1/2 cups baby Peas [A] frozen are fine
- 3 Birds eye chilli [D, E]
- 1 Cauliflower [C]
- 2 sticks Celery [B]
- 1 bunch coriander, roots attached [D,E]
- 3 Corn cobs [E] in husks
- 5 cloves Garlic [B,E]
- 1 tablespoon Fresh ginger [E]
- 1.5 cup Flat leaf parsley leaves [C]
- 3 Lemons [A,C]
- 1 Lime [D]
- 1 cup Mint leaves [C]
- 1 bunch spring onion [A, E, C, D]
- 400g Pumpkin [B]
- 4 Small-medium sweet potatoes [D]
- 4 cups Spinach leaves [D]

Planned Recipes

[A] PASTA WITH A CRUSHED PEA AND BASIL PESTO (*serves 4*)

[B] PEARL BARLEY 'RISOTTO' WITH ROAST PUMPKIN, SUN DRIED TOMATO, BASIL AND FETA (*serves 6*)

[C] CAULIFLOWER RICE CHICKPEA AND AVOCADO SALAD WITH LEMON FETA DRESSING (*serves 4*)

[D] SWEET POTATO AND SPINACH MASSAMAN CURRY (*serves 4*)

[E] SPICY SWEET CORN NOODLE SOUP (*serves 4*)