

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. One this week makes more than that but freezes well! If you're shopping for more than 2 then check the list on page 2 for which recipes you'll need to double. I have doubled quantities for the corn fritters as the recipe is single serve. 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:**

- 1/2 tablespoon Coconut oil [A]
- 1 tablespoon Oil [D] (rice bran works well as does olive)
- 11 teaspoons Olive oil [B,E]
- 1/4 teaspoon Sesame oil [C]

**Condiments and Liquor:**

- 1 tablespoon Red miso paste [C]
- 1/4 cup Peanut butter (smooth [A])
- 1/2 cup Dry white wine [E]
- 1 teaspoon Dijon mustard [E]
- Pickled ginger [D]
- 1 teaspoon Chilli and garlic paste/sauce [C] (sirarcha or sambal olek work)
- Kewpie mayo [D]
- Okonomiyaki sauce/ kecap manis/ mushroom soy [D]

**Dairy:**

- 200 gram Parmesan cheese [B,E] with rind
- 4 tablespoons Ricotta [B, E]
- 3 Eggs [C,D]

**Dry Goods:**

- 1 tablespoon Dried chilli flakes [E]
- 1 teaspoons Cumin seeds [A]
- 1/2 teaspoon Garam masala [A]
- 4 Lasange sheets [E]
- 150 gram Dried noodles [C] (egg white rice noodles etc anything that cooks quickly)
- 1 teaspoon Paprika [A]
- 500 gram Pasta of choice [B] (I used casarece)
- 1 tablespoon Black pepper corns [B]
- 1 teaspoon Rice wine vinegar [C]
- 1 teaspoons Turmeric [A]
- 1/2 cup Red lentils [A]

- 2 X 400g cans chopped tomatoes [E]
- 2 cups Tomato passata [E]
- 1.5 litres Vegetable stock [A, D, E]
- 1/2 cup Peanuts [A]
- 1 Bay leaf [B]
- 1/4 teaspoon Cayenne pepper [A]
- 1 cup Flour [D] chickpea, wholemeal, spelt or buckwheat all work
- 1 tablespoon Dried oregano [E]

### **Produce:**

- 1 cup Fresh basil leaves [E]
- 1 cup Bean shoots [C] if you have leftovers top your okonomiyaki with them
- 1/2 green Cabbage [C, D] 1/4 if it's a wombok
- 3 Carrot [C, D,E]
- 1 kg Cauliflower [E]
- 3 sticks Celery [A, E]
- 1 Red chilli [D]
- 1 bunch coriander [C,D]
- 4 medium Eggplants [E]
- 7 cloves Garlic [A, B, E]
- 2 Tbs fresh Ginger [ A, C, D]
- 1 cup Shredded kale [E]
- 1 Lime [A]optional
- 1/2 cup Peas [C] frozen are fine
- 1 bunch spring onion [A, B, D]
- 2 medium Sweet potatoes [A]
- 1 kg Pumpkin cut into 6cm chunks [B, E] skin on
- 1 Radish [C]
- 4 cups Rocket [B]
- 1/3 cup Sage leaves [B]
- 1 Tomato [A]
- 4 Zuchinnis [E]

### **Planned Recipes**

[A] SWEET POTATO, PEANUT AND RED LENTIL CURRY *serves 4 – I halved the recipe*

[B] CREAMY PUMPKIN AND PARMESAN PASTA WITH CRISPY SAGE *serves 4*

[C] QUICK SPICY VEGETARIAN RAMEN *serves 4*

[D] VEGETARIAN OKONOMIYAKI *serves 2*

[E] VEGETARIAN LASAGNE WITH EGGPLANT RAGU AND CAULIFLOWER SAUCE *serves 8*