

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:

- 2 tablespoons Rice bran [B] (or sub in coconut or olive)
- 1 tablespoon Coconut oil [C]
- 3 tablespoons Olive oil [A,D]
- 1 teaspoon Sesame oil [B, E]

Dry Goods:

- 150 gram Fettucini (use gluten free if needed)[D]
- 2 teaspoons Paprika [C]
- 1 teaspoon Sweet paprika [A]
- 2 1/2 teaspoons Turmeric [A,C] ground
- 1.5 teaspoon Chilli flakes [B, E]
- 3 teaspoons Cumin seeds [A, C]
- 1/2 teaspoon Garam masala [C]
- 1 teaspoon Cayenne pepper [A, C]
- 1/4 teaspoon White pepper [A]
- 1 Heaped Tbs chickpea flour [D] (other flours could work this just gives a really creamy result)
- 1 cup Peanuts [C] roasted
- 1/2 teaspoon Sesame seeds [B]
- 1 cup Red lentils [C]
- 1 1/4 litres Vegetable stock [C]
- 220 gram Water chestnuts finely chopped [B]
- 1/2 cup Peanut butter [C] (smooth or crunchy, no additives other than salt!)

Condiments:

- 3 tablespoon Soy sauce [B,E]
- 3 tablespoons Black vinegar [B]
- 1 teaspoon Fish sauce [B]
- 1 teaspoon Chinese cooking wine [E] (optional)
- 1 tablespoon Rice wine vinegar [B]

Deli:

- Dumpling wrappers approx 70 I prefer the white round ones [B]
- 200 gram Fresh noodles of choice [E] or rice noodles, (must be something that takes 3 mins or less to cook)

Meat:

- 1 Chicken breast [E] (approx 200g)
- 500 gram Pork mince [B]
- 500 gram Turkey mince [A]
- 200 gram Prawn meat chopped into 5mm chunks [B]

Produce:

- 2 bunch Bok choy [B] for serving
- 1 bunch Broccolini [E]
- 2 Carrots [B,E]
- 1.5 large Cauliflower [A, E] If they're expensive just buy 1 and reserve 1 cup for the One pot noodles
- 1 cup Finely diced celery [C]
- 1 red Chilli [B]
- 1 bunch Coriander [A, B C, E] notes: stalks included
- 1 bunch flat Leaf parsley [A, D]
- 7 cloves Crushed garlic [A, B, C, D, E]
- 3 Tbs Freshly grated ginger [B, C, E]
- 1 Lemon [A]
- 1 Lime [C] optional
- 500 gram Mushrooms [D, E]
- 1 bunch spring onion [A, B,C, E]
- 5 medium Sweet potatoes [C]
- 2 Tomatoes [C]
- 1-2 Zucchini [A] (approx. 250-300g)

Planned Recipes

[A] TURKEY MEATBALLS WITH CHERMOULA AND CAULIFLOWER PUREE (*serves 4*)

[B] POTSTICKERS WITH PICKLED CARROTS AND BLACK VINEGAR. (*serves 4*)

[C] SWEET POTATO, PEANUT AND RED LENTIL CURRY (*serves 4+*)

[D] SIMPLE VEGAN CREAMY MUSHROOM FETTUCINI (*serves 2*)

[E] ONE POT 15 MINUTE CHICKEN NOODLE SOUP (*serves 2*)