

Your shopping list for all the meals! 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 etc:

- 1 tablespoon Coconut oil [C]
- 1/3 cup Olive oil [A,B,D,E]
- 1 teaspoon Vinegar [B]

Dairy:

- 4 1/2 teaspoons Butter [A]
- 1/4 cup Parmesan cheese [A]
- 1/2 cup Sharp aged cheddar freshly grated [A]
- 2 Eggs [C]
- 2/3 cup Milk [A]
- 2/3 cup Thickest Greek yoghurt you can buy [B]

Dry Goods:

- 4 Dried apricots [E]
- 1 tablespoon Fresh bread crumbs [A]
- 2 Cardamon pods [B]
- 1 teaspoon Coriander seeds [B]
- 2 cups Couscous [E] to serve
- 2 teaspoons Ground cumin [D]
- 1 teaspoon Toasted cumin seeds [E]
- 2 teaspoons Garam masala [D]
- 1/2 teaspoon Paprika [B]
- 1 teaspoon Sweet paprika [E]
- 1 cup Quinoa [B]
- 90 gram Ramen noodles [C]
- 1 cup Brown rice [D]
- 4 litres Salt reduced chicken stock [A, B, C, D, E]
- 1 tablespoon Sesame seeds [B]
- pinch Saffron [E]
- 1/2 teaspoon Turmeric [E]
- 1 can Tomatoes (organic BPA free) [D]
- 180g large shell pasta
- 3 tablespoons Red curry paste [C]
- 1 teaspoon Miso paste [C]
- 2 cans Coconut cream [C, D] or milk

- 400 gram Red lentils [D]
- 1/3 cup Roasted almonds [E]
- 1/2 teaspoon Cayenne pepper [E, D]
- 1.5 Tbs Flour [A] (I used chickpea for extra nuttiness)

Meat:

- 250 gram Chicken mince [C]
- 1 kg Chicken drumsticks [E] or similar sized chicken pieces
- 2 X ocean trout fillets [B] (150-200g each)

Produce:

- 1 Birds eye chilli [C]
- 1 bunch Baby bok choy [C]
- 900 gram Butternut pumpkin [A,E]
- 1 cup Shredded red cabbage [B]
- 1 Red capsicum [C]
- 2 Carrots [B, D]
- notes: grated or spiralized
- 1 cup Cherry tomatoes [A]
- 1 teaspoon Chilli flakes [B]
- 1 Baby cos lettuce [A]
- 5 Sprigs thyme [A]
- 1 large bunch Coriander [B,C, D,E] stalks included
- 9 cloves Garlic [A, B, D,E]
- 2 teaspoons Freshly grated ginger [D]
- 1 Lemon [E]
- 2 Limes [C, B]
- 1 bunch Spring onion [C, D, E]
- 1 cup Finely chopped flat leaf parsley [A, B, E]
- 650 gram Sweet potato [B,E]
- 1 Radish [C]
- 1/3 A bunch of Tuscan kale [B]

Planned Recipes

[A] ROAST PUMPKIN, TOMATO AND THYME PASTA BAKE (serves 2)

[B] CRISPY SKIN OCEAN TROUT BOWLS WITH CORIANDER YOGHURT (serves 2)

[C] THAI RED CURRY NOODLE SOUP, RAMEN STYLE (serves 2)

[D] CREAMY SPICED LENTIL DAAL (Serves 4)

[E] AUTUMN CHICKEN TAGINE WITH ALMONDS AND APRICOTS (serves 4)