

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,D]
- 10 teaspoons Olive oil [B,E,F]

Condiments:

- 2 teaspoons Chipotle sauce [E]
- 1 teaspoon Fish sauce [C]
- 2 tablespoons Red curry paste [C]
- 2 tablespoons Malt vinegar [F] (or apple cider vinegar)
- 1 tablespoon Soy sauce [A,C,D]
- 1 tablespoon Mayonnaise [E]

Deli/ Dairy:

- 2 tablespoons Feta [E]
- 1/2 cup Greek yoghurt [E]
- 1 cup Hummus [B]

Dry Goods:

- 1 tablespoon Dried chilli flakes [F]
- Cinnamon stick [A]
- 2 teaspoons Cumin seeds [B]
- 1 teaspoon Garam masala [D]
- 1 cup Split red lentils [C, D]
- 2 X 400ml can coconut milk [D, C]
- 1 tablespoon Paprika [B,F]
- 1/2 teaspoon Chilli powder [D]
- 1 cup Pearl barley [B]
- tablespoon Black peppercorns [A]
- 1/2 cup Brown rice [A]
- Star anise [A]
- 2 teaspoon Turmeric ground [D, F]
- 2 tablespoons Crispy shallots [C] optional
- 1 teaspoon Vegetable stock powder [E]
- 1/2 litre Chicken/vegetable stock [D]
- 2 litres Vegetable stock [C]
- 1/2 teaspoon Dried oregano [B]

- 1/4 teaspoon Cayenne pepper [F]
- 3 tablespoons Potato flour [F] or cornflour
- 1 teaspoon Rapadura sugar [F]
- All spice [B] a pinch of

Meat:

- 1.3 kg Chicken [F] cut into 8-10 pieces on the bone
- 400 gram Chicken breast [B]
- 300 gram Salmon (2 small fillets) skin off [D]

Fresh Produce:

- 1 Avocado [E]
- 1 Birds eye chilli - optional [D]
- 1 head Broccoli [F]
- 1 bunch Broccolini [A]
- 400 gram Butternut pumpkin [C]
- 2 Carrots [B]
- 1/4 teaspoon Chilli [B]
- 1 teaspoon Finely chopped red chilli [E]
 - notes: seeds and membrane removed if you don't want it too hot
- 1 Tbs slice Red chilli [C]
- 1 bunch Coriander root attached [A,C, D, E]
- 6 clove Garlic [A, B,D, F]
- 2.5 inch piece Ginger [A, D]
- 1.5 kg Jarrahdale grey pumpkin [C]
- 1 lemon [B]
- 2 Lime [C, D, E]
- 400 gram Shiitake mushrooms, fresh [A]
- 1 bunch spring onion [D,E]
- 1 cup Parsley leaves [B]
- 4 cups Spinach [B, D] (or either)
- 5 medium/large Sweet potatoes [B, D,E]
- 2 Radishes [E]

Planned Recipes

[A] SOY BRAISED SHIITAKE MUSHROOMS WITH GREENS AND BROWN RICE *serves 2*

[B] MIDDLE EASTERN CHICKEN AND BARLEY SALAD *serves 2*

[C] RED CURRY PUMPKIN SOUP *serves 4*

[D] FRAGRANT COCONUT POACHED SALMON WITH RED LENTILS *serves 4*

[E] LOADED SWEET POTATO FRIES *serves 4*

[F] CRISPY BAKED CHICKEN AKA FINGER-LICKIN-CHICKEN *serves 4*