

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 teaspoons Coconut oil [C]
- 8 1/8 teaspoons Olive oil [A,D]

Bakery:

- 1 slices Crusty sourdough [D]

Condiments:

- 2 tablespoons Red curry paste [C]
- 1 tablespoon Red wine vinegar [D]
- 2 teaspoons Soy sauce [B,C,E]
- 1 1/4 teaspoons Fish sauce [C,E] (if vego, can replace with soy)
- 1 teaspoon Dijon mustard [A]
- 3 tablespoons Crunchy peanut butter [E]

Dairy:

- 1/2 cup Grated aged cheddar [A]
- 1/3 cup Finely chopped parmesan rind [A]
- 1 cup Frshly grated parmesan cheese [A]

Dry Goods:

- 500 mL vegetable stock [A]
- Cinnamon stick [B]
- 1 can (400ml) coconut cream [E, C]
- 1 tablespoon Oregano [D]
- 500 gram Pasta [A] short tubes, macaroni or elbows.
- tablespoon Black peppercorns [B]
- 1/2 cup Brown rice [B]
- Star anise [B]
- 1 tablespoon Thyme [D]
- 270 gram Udon noodles [E]
- 1/2 cup Red lentils [C]
- 1/4 cup Roasted peanuts [E]

- 2 litres Vegetable stock [C]
- 1/2 cup Roasted almonds [D]

Produce:

- 1 cup Bean shoots [E]
- bunch Broccolini [B]
- 400 gram Butternut pumpkin [C]
- 1 Green capsicum [E]
- 1 Red capsicums [D]
- 2 Carrot [D,E]
- 2kg Cauliflower separated into florets [A, D] (approx 2 smallish cauliflowers)
- 2 Red chilli [C,E]
- 1/ bunch Coriander, roots attached [B, C, E]
- 6 cloves Garlic [A, B, D]
- 2 inch piece Ginger finely sliced [B, E]
- 1.5 kg Jarrahdale grey pumpkin [C]
- 4 cups Kale [D, E]
- 400 gram Kipfler potatoes [D]
- 2 Limes [C,E]
- 400 gram Shiitake mushrooms [B]
- 1 bunch Spring onion [B, E]
- 2 cups Parsley leaves [D]
- 1 Sweet potato [E]
- 2 Radishes [E]
- 1 handful Rocket [D]
- 1 Tomatoes [D]

Planned Recipes

[A] CAULIFLOWER MAC 'N' CHEESE WITH ROASTED CAULIFLOWER
serves 4

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

[C] RED CURRY PUMPKIN SOUP serves 4

[D] ROAST KIPFLER AND CAULIFLOWER SALAD WITH ROMESCO
DRESSING serves 4

[E] SATAY NOODLES WITH SWEET POTATO serves 4