

Your shopping list for all the meals! Most of the recipes this week serve 2, if you're cooking for more than that just double the ingredients for everything Excluding E, the Asian Meatballs (serves 4). The letters at the end 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 3.

PANTRY ITEMS: it's recommended that you check your pantry before purchasing these ingredients, as they are staples that last a while so you may already have them!

Oil:

- few Drops sesame oil [C]
- Few drops sesame oil [C, E]
- 1/2 cup Olive oil [A,B,D]
- 1 teaspoon Peanut oil [E]
- notes: (omit if you used chilli oil)

Canned Goods:

- 1 can Black beans [A]
- 1 cup Canned chickpeas [D,E]
- 3 tablespoons Pickled ginger [C]
- 2 cups Salt reduced stock [C] notes: or water

Condiments:

- 1 tablespoon Chilli bean paste [E] notes: or chilli oil
- Soy sauce [C,E]
- 1 tablespoon Vinegar [A] notes: (red wine or apple cider)
- 1 1/2 teaspoons Rice wine vinegar [C]
- 1 teaspoon White wine vinegar [B]
- 2 tablespoon Rice wine or Chinese Cooking Wine [E]

Dry Goods:

- 1 1/3 cups Almonds [D]
- 1.5 Tbs Tapioca Starch
- 1 1/2 cups Chicken stock [B] notes: or bone broth
- 1/2 Cinnamon stick [B]
- 1/4 teaspoon Cayenne pepper [D]
- 1/2 cup Chickpea flour + 2 Tbs [D]
- pinch All spice [B]
- 1/4 teaspoon Chilli powder [B]
- 1 teaspoon Cumin seeds [B]
- 1/4 cup Farro [B] (barley and spelt work well too)
- 1/4 cup French lentils [B]
- 1 teaspoon Matcha powder [C] notes: (if you don't have this you can just have normal brown rice!)

- 1 1/2 teaspoons Sweet paprika [B]
- 1 cup Black quinoa [A] measured cooked
- 400 grams Rice noodles [E] (I use thin but not vermicelli)
- 1 teaspoon Black sesame seeds (optional) untoasted [C]
- 1/4 cup Toasted sesame seeds [C,E]
- 1 cup uncooked short grain brown rice [C]

Fresh Items

Dairy:

- 2 tablespoons Feta [B]
- 2 tablespoons Freshly grated manchego cheese [A] (or parmesan will work)
- 1 1/4 cup Freshly grated Parmesan [D]
- 2 Eggs [D, E]

Meat:

- 400 gram Chicken pieces [B] notes: on the bone with skin on (Chicken Maryland works well)
- 1 Chicken breast [D]
- 200 gram Salmon [C]
- 500 grams Pork mince [E]

Fresh Produce:

- 3 Apricots [B]
- 2 avocado [A, D, E]
- 2 Birds eye chilli [A, E]
- 1 Bunch Baby bok choy [E]
- 1 bunch Broccolini [E]
- 1/4 Finely shredded red cabbage [A, B]
- 1 cup Quartered cherry tomatoes [D,E]
- 2 Baby cos lettuce [D,E]
- 1 bunch Coriander [A, E]
- 1 Corn cob [A] notes: husk on
- 1 Continental Cucumber [A, C, D, E]
- 2 clove sof Garlic [B, E]
- 2 tablespoons Ginger [E]
- 1 cup Finely shredded kale [A]
- 2 tablespoons Finely chopped flat leaf parsley [B]
- 1 Lemon [D]
- 3 Limes [A, C]
- 1 2/3 cups mint [A, B, C]
- 1 bunch spring onion [A, B, C,D,E]
- 2 pieces Orange peel [B]
- 1/4 cup Finely chopped parsley [D]
- 2 Radishes [A]
- 1 Tomato [A]

RECIPES

[A] MEXICAN RAINBOW SALAD Serves 2

[B] ONE PAN ROASTED CHICKEN WITH LENTILS AND FARRO Serves 2

[C] MATCHA RICE BOWLS WITH STEAMED SALMON AND PICKLED GINGER SALAD Serves 2

[D] CRISPY CRUNCHY CHICKEN SALAD WITH PARMESAN DRESSING Serves 2

[E] ASIAN MEATBALLS ON RICE NOODLES WITH A CHILLI GINGER AND SESAME SAUCE Serves 4