

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. I have doubled quantities for the corn fritters as the recipe is single serve. 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 Coconut oil [B,D]
- Few drops sesame oil [E]
- 1 tablespoon Olive oil [C]

Condiments and Liquor

- 200 mL Dry white wine [C]
- 1 tablespoon Soy sauce [E]
- 1/2 cup Peanut butter [D] (smooth or crunchy, no additives other than salt!)
- 1 teaspoon Chinese cooking wine [E] (optional)

Dry Goods:

- 2 cups Arborio rice [C] uncooked
- 1 litre Chicken stock [C]
- 1 teaspoon Chilli flakes [E]
- 2 teaspoons Cumin seeds [D]
- 2 tablespoons Thai green curry paste [B]
- 1/2 teaspoon Garam masala [D]
- 200 gram Fresh noodles of choice [E] such as rice noodles (must be something that takes 3 mins or less to cook)
- 2 teaspoons Paprika [D]
- 1 cups Brown rice [B] uncooked
- 2 teaspoons Turmeric [D]
- 1/2 teaspoon Cayenne pepper [D]
- 1 cup Peanuts [D] dry roasted (can do this yourself)
- 1/4 cup Coconut cream [B] or milk, (can substitute with coconut water or stock too!)
- 1 cup Red lentils [D]
- 1 1/4 litres Vegetable stock [D]

Dairy:

- 1 cup Parmesan [C] freshly grated

Meat:

- 600 gram Banana prawns [C] in shells
- 600 gram Chicken breast [B, E]

Produce:

- 2 cups Green beans [B]
- 2 cups Broccoli florets [B] (1 small head approx.)
- 1 bunch Broccolini [E]
- 1 Red capsicum [B]
- 1 Carrot [E]
- 1 cup Cauliflower florets [E]
- 1 cup Finely diced celery [D]
- 1 bunch Coriander with stalks attached [B,E]
- 8 cloves Garlic [A,C, D, E]
- 2.5 Tbs fresh Ginger [E]
- 4 Kaffir lime leaves [B]
- 1 Lemon [C]
- 2 Lime [B,D] to serve
- 1 cup Lychees [B] (only if in season don't buy canned just leave them out)
- 2/3 cup Mushrooms [E]
- 1/2 bunch spring onion [A, C, D, E]
- 1/2 cup flat leaf Parsley [C]
- 5 medium Sweet potatoes [D]
- 500 gram Pumpkin cut into 6cm chunks [A] skin on
- 4 cups Rocket [A]
- 1/3 cup Sage leaves [A]
- 2 cups Snow peas [B]
- 2 cups Peas [C] frozen is fine
- 2 Tomatoes [D]
- 1 Zucchini [B]

Planned Recipes

[A] CREAMY PUMPKIN AND PARMESAN PASTA WITH CRISPY SAGE
serves 4

[B] GREEN THAI CURRY CHICKEN STIR FRY WITH LYCHEE AND KAFFIR
LIME *serves 4*

[C] PRAWN AND PEA RISOTTO *serves 4*

[D] SWEET POTATO, PEANUT AND RED LENTIL CURRY *serves 6-8*

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