**EASY CHOICE FAMILY KAI | AUTUMN WEEK 1**

**THIS WEEK’S RECIPES**
Mexican meatballs  
Easy udon noodles  
Burmese chicken curry  
German subs  
Sri Lankan dhal

**STAPLES FOR THE WEEK**
breadcrumbs  
cayenne pepper (optional)  
chilli powder (optional)  
cinnamon, ground  
cumin  
curry powder  
garlic — cloves or crushed  
ginger — fresh or crushed mayonnaise  
mustard  
oil — vegetable, olive or canola  
oregano, dried (optional)  
oyster sauce (optional)  
paprika  
pepper  
salt, iodised  
sesame oil (optional)  
soy sauce, low sodium  
stock — chicken or vegetable (liquid or cubes)  
sugar  
tomato sauce  
turmeric  
vinegar — balsamic, white or lemon juice

**SHOPPING LIST**

**BUTCHERY**
beef mince — 500g  
chicken drumsticks, skinless — 1kg or 10 drumsticks  
pork sausages — 6

**CHILLED**
cheese — 250g block

**PRODUCE**
apple — 1  
beetroot — 1 medium  
carrots — 10  
onions — 8  
potatoes — 6  
spring onions — 1 bunch

**FROZEN**
green peas — 1kg  
spinach — 500g

**GROCERY**
bread rolls — 6 long  
brown rice — 1kg (long grain)  
coconut milk, light — 1 can (400ml)  
eggs — 6  
lentils — 1 can  
red split lentils — 1 packet (375g)  
tomatoes, chopped — 2 cans  
udon noodles — 3 packets (200g per packet)
Chicken and vegetable pie
Thai vegetable curry
Bacon and corn baked potatoes
Green bean, beef and egg stir-fry
Mexican bean empanadas

STAPLES FOR THE WEEK

cayenne pepper (optional)
cheese
chicken stock (liquid or cubes)
chilli powder (optional)
cornflour
cumin, ground
garlic – cloves or crushed
ginger – fresh or crushed
honey
mayonnaise
milk
mixed herbs, dried
oil – vegetable, olive or canola
oregano, dried
oyster sauce (optional)
paprika
parsley, fresh (optional)
pepper
salt, iodised
soy sauce, reduced salt

SHOPPING LIST

BUTCHERY
beef stir-fry – 500g
chicken breast, skinless & boneless – 500g

CHILLED
middle bacon – 200g

PRODUCE
cabbage – half head
carrots – 10
leeks – 1
onions – 9
potatoes – 9 medium

FROZEN
green beans – 1kg
mixed vegetables – 1kg
puff pastry – 1kg (6 sheets)

GROCERY
brown rice – 1kg (long grain)
chickpeas – 1 can
chopped tomatoes – 2 cans
coconut milk – 1 can (400ml)
creamed corn – 1 can
eggs – 6
red kidney beans – 2 cans
Thai red curry paste – 1 sachet or jar (at least 50g)
THIS WEEK'S RECIPES
Bobotie (South African curried mince)
Warm lentil salad
Bean quesadillas
Fried rice
Bacon bread cases with raw energy slaw

STAPLES FOR THE WEEK
- cayenne pepper (optional)
- chilli powder or flakes (optional)
- cloves – whole or ground (optional)
- curry powder
- fish sauce
- garlic – cloves or crushed
- ginger – fresh or crushed
- milk
- mixed herbs, dried
- oil – vegetable, olive or canola
- paprika
- pepper
- salt, iodised
- soy sauce
- sugar
- sunflower seeds (optional)
- turmeric
- vinegar – balsamic, white or lemon

SHOPPING LIST

BUTCHERY
- beef mince — 500g
- chicken breast or thigh, boneless — 500g

CHILLED
- cheese — 250g block
- middle bacon — 200g

Produce
- beetroot — 3 medium
- carrots — 4
- onions — 8
- pumpkin — 1/4

FROZEN
- mixed vegetables — 1kg
- spinach — 500g

GROCERY
- bread, wholemeal thin sliced — 1 loaf
- brown rice — 1kg (long grain)
- chickpeas — 1 can
- creamed corn — 1 can
- eggs — 12
- kidney beans — 2 cans
- lentils — 1 can
- raisins — 400g
- tomatoes, chopped — 2 cans
- tortillas — 12
THIS WEEK'S RECIPES
Tuna pasta bake
Golden shepherd's pie
Hearty vegetable bolognese
Moroccan chicken stew
Egg & black bean pita pockets

STAPLES FOR THE WEEK
chilli powder (optional)
cinnamon, ground
cumin, ground
flour, plain
garlic — fresh or crushed
margarine — vegetable spread or butter
marmite (optional)
mayonnaise
mixed herbs, dried
mustard
nutmeg (optional)
oil — vegetable, olive or canola
oregano, dried (optional)
paprika
pepper
raisins
salt, iodised
stock — beef, vegetable or chicken (liquid or cubes)
tomato sauce
yoghurt, plain (optional)

SHOPPING LIST

BUTCHERY
beef mince — 500g
chicken breast — skinless & boneless — 500g

PRODUCE
apple — 1
carrots — 5
celery — ½ bunch
dill — 1
onions — 7
potatoes — 8
pumpkin — half

CHILLED
chicken — 250g block
milk (low-fat) — 1 litre

FROZEN
mixed vegetables — 1kg

GROCERY
black beans — 1 can
chickpeas — 1 can
dried apricots — 100g
eggs — 12
lentils — 2 cans
penne pasta — 500g
pita pockets — 8
tomatoes, chopped — 3 cans
tuna chunks in spring water — 425g can