THIS WEEK'S RECIPES
Shakshuka
Salmon potato bake
Asian chicken pasta salad
Moroccan mince pizzas
Creamy bacon pasta bake

STAPLES FOR THE WEEK
butter, margarine or vegetable spread
chilli — powder or flakes (optional)
coriander, ground
cumin, ground
fish, oyster or Worcestershire sauce
flour, plain
garlic — cloves or crushed
ginger — fresh or crushed
mustard (optional)
oil — vegetable, olive or canola
paprika
pepper
salt, iodised
soy sauce
stock — chicken or vegetable (liquid or cubes)
sugar
sweet chilli sauce
tomato sauce
turmeric
vinegar, white

SHOPPING LIST

BUTCHERY
beef mince — 500g
chicken breasts, boneless — 500g

CHILLED
bacon, middle — 200g
cheese, Edam — 500g
milk — 1 litre

FROZEN
mixed vegetables — 1kg

GROCERY
cannellini beans — 1 can
chickpeas — 2 cans
eggs — 12
pita breads, wholemeal — 10
salmon — 1 can (450g)
spiral pasta — 500g
tomatoes, chopped — 2 cans

PRODUCE
carrots — 4
cabbage — half
lemon — 1
onions — 6
potatoes — 10/1.5kg
silverbeet — 500g
spring onions — 1 bunch
Beans in bread shells
Mongolian beef stir-fry
Honey soy chicken
Potato frittata
Sausage jambayala

STAPLES FOR THE WEEK
- butter or margarine
- cheese
- chilli powder (optional)
- cornflour
- cumin, ground
- garlic — cloves or crushed
- ginger — fresh or crushed
- hoisin sauce (optional)
- honey
- milk
- mixed herbs, dried
- oil — vegetable, olive or canola
- paprika
- pepper
- rosemary — fresh or dried
- salt, iodised
- soy sauce
- stock — chicken or vegetable (liquid or cubes)
- sugar
- vinegar, white

SHOPPING LIST

BUTCHERY
- beef stir-fry — 500g
- chicken drumsticks — approx. 1kg/10 drumsticks
- pork sausages — 6

FROZEN
- mixed vegetables — 1kg

GROCERY
- bread, wholemeal sandwich — 1 loaf
- brown rice — 1 kg (long grain)
- cannellini beans — 2 cans
- eggs — 12
- red kidney beans — 2 cans
- tomatoes, chopped — 2 cans

PRODUCE
- beetroot — 4/600g
- broccoli — 1
- carrots — 8
- leek — 1
- onions — 8
- potatoes — 10/1.5kg
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THIS WEEK’S RECIPES
Fish cakes
Beef burgers with wedges
Donburi chicken bowl
Corn and bacon fritters
Egg fried rice

STAPLES FOR THE WEEK
baking powder
breadcrumbs
cheese
chilli — powder or flakes (optional)
fish sauce (optional)
flour, plain
garlic, fresh or crushed
ginger, fresh or crushed
honey
mayonnaise
mixed herbs, dried
oil — vegetable, olive or canola
paprika
pepper
raisins (optional)
rosemary — dried or fresh
salt, iodised
sesame seeds (optional)
soy sauce
sunflower seeds (optional)
tomato sauce

SHOPPING LIST

BUTCHERY
beef mince — 500g
chicken breast, boneless — 500g
fish fillets, uncrumbed — 500g

CHILLED
bacon, middle — 200g

FROZEN
mixed vegetables — 1kg

GROCERY
black beans — 1 can
brown rice, long grain — 1kg
chickpeas — 1 can
corn kernels — 2 cans
creamed corn — 1 can
eggs — 12
hamburger buns — 6
lentils — 1 can

PRODUCE
beetroot — 1
carrots — 9
iceberg lettuce — 1
lemon — 1
onions, brown — 5
onion, red — 1 small
potatoes — 10/1.5kg
spring onions — 2 bunches
THIS WEEK’S RECIPES
Chicken kebabs with pasta salad
Potato crusted quiche
Penne and meatballs
Beef stir-fry wraps
Mexican pancakes

STAPLES FOR THE WEEK
- breadcrumbs
- chilli — powder or flakes (optional)
- flour, plain
- garlic — cloves or crushed
- mayonnaise
- oil — vegetable, olive, or canola
- oyster sauce (optional)
- paprika
- pepper
- salt, iodised
- skewers — bamboo or metal
- soy sauce
- sugar
- sweet chilli sauce (optional)

SHOPPING LIST

BUTCHERY
- beef mince — 500g
- beef stir-fry — 500g
- chicken breast, boneless — 500g

CHILLED
- cheese — 250g
- milk, low fat — 1 litre

FROZEN
- green beans — 1kg
- mixed vegetables — 1kg

GROCERY
- apricots, dried — 200g
- corn kernels — 1 can
- eggs — 12
- kidney beans — 2 cans
- lentils — 1 can
- penne pasta — 500g
- tomatoes, chopped — 4 cans
- tortillas or wraps — 12

PRODUCE
- apple — 1
- cabbage — ½
- carrots — 4
- cucumber — 1
- lemon — 1
- onions — 7
- potatoes — 4/600g