

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

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

EASY CHOICE FAMILY KAI | SPRING **WEEK 2**

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

EASY CHOICE FAMILY KAI | SPRING **WEEK 3**

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

EASY CHOICE FAMILY KAI | SPRING **WEEK 4**

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