# 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

# **SHOPPING LIST**

#### **BUTCHERY**

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

#### **CHILLED**

bacon, middle – 200g cheese, Edam – 500g milk – 1 litre

#### **FROZEN**

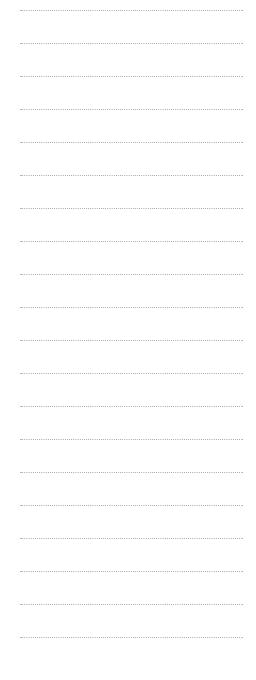
mixed vegetables - 1kg

### **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





vinegar, white

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 berbs dried

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



#### 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)

# **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



tomato sauce

#### 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

apricots, dried - 200g

# **GROCERY**

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 -1cabbage  $-\frac{1}{2}$ carrots -4cucumber -1lemon -1onions -7potatoes  $-\frac{4}{600}$ g



