



Shopping List

STORE CUPBOARD

- tomato puree
- 2 tins chopped tomatoes (with herbs or with out)
- vegetable stock cubes
- 250g pack tortellini (any variety) I've used spinach and ricotta
- Soy Sauce
- Honey
- Sriracha
- rice (basmati or brown)
- roasted peanuts
- oyster sauce or some stir fry sauce
- 500g potato gnocchi
- 500g passata
- 250g pasta shells (or similar short pasta)
- chicken stock cubes
- olive oil
- garlic granules
- *some recipes call for fresh rosemary. If it's unavailable then use double the amount of dried (or to taste).

MEAT, DAIRY & FROZEN

- single cream
- parmesan
- 600g rump steak (skirt steak, stir fry steak)
- double cream
- ¼ chicken breasts, boneless skinless
- butter
- 120ml milk
- 155g cheddar cheese
- 3 eggs
- 250g tub ricotta
- 1 fresh mozzarella
- 1 pack smoked bacon lardons

PRODUCE

- 2 onions
- 1 head garlic
- 1 large bag spinach
- 1 bunch basil
- fresh ginger
- 3 bell peppers
- 1 courgette
- 1 bunch rosemary
- spring onions
- 3 carrots
- 300g mushrooms
- 1 head broccoli
- bean sprouts
- 1 bunch parsley
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