

Meal Plan 108- Shopping List

Thai Curry Meatballs

- 500g turkey mince (ground turkey)
- 1 bunch coriander (cilantro)
- 3 cloves garlic minced
- 2 tablespoons vegetable oil
- 1 small brown onion
- 100 g Thai red curry paste
- 400g tin coconut milk
- 1 lime
- 1 bunch basil,
- chilli flakes
- 3 spring onions

Curry Chicken

- 500g chicken boneless skinless breast
- 1 onion
- 3 cloves garlic
- thumb-size piece ginger
- tomato purée
- curry powder
- turmeric
- dark soy sauce
- demerara sugar
- 400g tin chopped tomatoes
- 1/2 bunch coriander
- 400g tin coconut milk
- lime juice from 1 lime

Baked Spinach Gnocchi

- 500g potato gnocchi
- 1 medium onion
- 2 cloves garlic
- 500g passata
- 250g ricotta cheese
- fresh or dried rosemary
- 200g spinach
- 140g ball fresh mozzarella
- 200g parmesan

Honey Garlic Pork Belly Slices

- 500g (1 lb) pork belly slices
- light soy sauce
- 1 orange
- honey
- brown sugar
- cider vinegar
- 1 clove garlic

Spinach and Ricotta Pasta

- 500g spaghetti
- 3 cloves garlic
- 225ml single cream (heavy)
- 250g full fat ricotta
- 50g parmesan cheese
- 175g spinach
- 1lemon
- 1 teaspoon pasta seasoning or your favourite mixed blend
- chilli flakes
- 1 bunch fresh parsely