

Meal Plan 109- Shopping List

Easy Chicken Nachos

- 500 g chicken mince
- 1 package fajita seasoning
- 1 red onion
- 200 g cheddar cheese
- 200 g Tortilla chips
- Cajun spice
- chilli powder
- smoked paprika
- 1 avocado
- 2 tomatoes
- 3 spring onions
- 1 jalapeño
- sour cream
- 1 bunch coriander
- salsa

Creamy Tomato Mascarpone Pasta

- 500g spaghetti
- 1 clove garlic
- 1 brown onion
- 3 cloves garlic
- 400g tin cherry tomatoes (or use chopped)
- 1 vegetable stock cube
- mascarpone cheese
- 300g spinach
- 1 lemon
- 25g parmesan cheese

15 Minute Turkey Stir Fry

- 500g turkey mince (ground)
- 1 red onion
- 220g Tenderstem broccoli
- 120g teriyaki sauce
- Sriracha sauce
- soy sauce (dark or light)
- 1 lime
- 3 cloves garlic
- fresh ginger
- basmati rice
- honey roasted peanuts
- fresh coriander
- spring onions
- 1 red chilli pepper

Crispy Chilli Beef

- 500 g sirloin
- 100 g cornstarch
- bicarb of soda
- soy sauce
- ketchup
- cider vinegar
- honey
- fresh ginger
- 3 cloves garlic
- 1 red chilli pepper

One Pot Broccoli Gnocchi

- 500g potato gnocchi
- 1 head of broccoli
- 1 vegetable stock cube
- 125g cream cheese
- grated mozzarella
- chilli flakes