

Meal Plan 110- Shopping List

Red Lentil Dhal Curry

- thumb size piece ginger
- 1 yellow onion
- 4 cloves garlic
- Thai red curry paste
- curry powder (medium)
- turmeric
- cumin
- 200g red lentils
- 250g sweet potatoes (in place of butternut squash)
- 1 bag baby spinach
- 1 punnet baby plum tomatoes
- vegetable stock cube

Tomato Pasta Sauce

- 1 red onion
- 4 cloves garlic
- garlic granules
- 1 tablespoon oregano
- 2 x 400g chopped tomatoes
- 1 vegetable stock cube
- tomato purée
- chilli flakes
- ground cinnamon
- fresh basil

Easy Pork Curry

- 500g pork fillet tenderloin
- 1 yellow onion
- 1 inch fresh ginger
- ground turmeric
- curry powder
- chilli powder
- 1 courgette
- 250g sweet corn (fresh or frozen)
- smooth peanut butter
- soy sauce
- 400ml tin coconut milk
- chilli flakes
- basil & coriander (fresh)
- 1 lime

Salmon Stir Fry

- 500 g salmon fillets
- 2 bell peppers (any colour)
- 1 red onion
- soy sauce
- corn starch
- cider vinegar
- honey
- 2 cloves garlic
- onion powder
- chilli powder
- fresh ginger
- basmati rice
- cashews
- basil & spring onions

Sausage Tray Bake

- 6 Lincolnshire sausages
- 1 red onion
- 2-4 cloves garlic
- 8-10 cherry tomatoes
- 2 bell peppers
- 1 teaspoon dried basil
- dried oregano
- chicken or steak seasoning
- 200g mini potatoes
- chicken stock cubes