



Adventurous Shopping List

1lb stewing steak
1lb lean minced beef
4 chicken breasts on the bone
1lb pork steak
1lb of fresh chicken fillets
600g salmon
1 box of eggs
Mixed herbs
Box of cherry tomatoes
2 small red chillies
1 red pepper
1 yellow pepper
Bulb of garlic
1 piece of fresh ginger
4 limes
5 medium onions
Frozen stir fry vegetables or a mixture of fresh vegetables to stir fry
Pack of frozen peas
Ground nutmeg
Paprika
Salt
Olive oil
Black pepper
Granulated sugar
Plain flour
1 carton of natural yoghurt
1 tin of plum tomatoes
1 tin tomato puree
Ground cumin
1 tin kidney beans
Vegetable stock cubes
1 bottle of Teriyaki sauce
Green curry paste
1 tin coconut milk
1 tube tomato puree
1 bottle of fish sauce
Brown rice
1 jar green pesto
1 packet of noodles
1 pack baby potatoes