

MEAL PLANNER SHOPPING LIST

Week THREE

SLOW-COOK THE PORK BELLY AT THE WEEKEND SO YOU CAN JUST POP IT ON THE BARBECUE ON TUESDAY NIGHT. PUT THE LAMB IN TO MARINATE ON WEDNESDAY NIGHT.

Meat-Free Monday

Spicy Broccoli Salad with Bean Purée page 66
with Easy Irish Soda Bread page 23



Tuesday

Twice-Cooked Pork Belly Skewers page 89
with Thai Watermelon Salad page 90
and rice



Wednesday

Sicilian Summer Spaghetti page 74



Thursday

Butterflied Lamb Leg page 83
with Beet and Carrot Bulghur Salad page 84



Friday

Feel Good Bowl page 40



Meat and fish

- 1.2kg boneless butterflied lamb leg
- 2kg boneless pork belly

Dairy and eggs

- 2 cups buttermilk

Vegetables and fruit

- 1 beetroot
- 2 heads broccoli
- 1 carrot
- 1 long green chilli
- 1 long red chilli
- 2 cups edamame OR 1 cup edamame and 1 cup peas or broad beans
- 5 cloves garlic
- 1 tbsp grated fresh ginger
- 200g green beans
- iceberg lettuce
- 3 lemons
- 1 onion
- 2 radishes
- 1½-2 cups thinly shredded red cabbage
- 2 spring onions
- 900g fresh tomatoes or 2 x 400g cans chopped or cherry tomatoes
- ½ small watermelon

Herbs

- 1 bunch mint
- 1 bunch parsley

Pantry items

- ½ cup toasted almonds
- 1 small can anchovies
- 4 brazil nuts
- ½ cup bulghur wheat
- 2 tbsp capers
- 1 cup Greek Lemon and Rosemary Marinade (see page 104) or storebought marinade
- ¼ cup roasted salted peanuts
- 2-3 tbsp pine nuts or almonds
- rice, to serve
- 210g can salmon or 1 cup flaked cooked salmon
- 1½ cups cooked soba noodles
- 400g dried spaghetti
- ¼ cup Super Dressing (see page 106) or your favourite citrus salad dressing
- 2 x 400g cans white beans

For recipes see my summer annual *Annabel Langbein A Free Range Life: Endless Summer*.

Most main dishes serve four, but some serve six or more, leaving leftovers for lunch the next day or a second meal another night.

Please note quantities are sometimes rounded to allow for easy shopping – for example when 2½ lemons are required the shopping list will call for 3 lemons.

We assume you will have a stock of Storecupboard Basics, such as oils, vinegars, sauces, herbs and spices on hand. See separate checklist for this.

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