

# MEAL PLANNER SHOPPING LIST

## Week FOUR

GET A HEAD START ON THE WEEK BY MAKING THE CARMELISED ONIONS AND TURKISH OLIVE OIL PASTRY FOR MONDAY'S VEGETARIAN TART ON SUNDAY.

### Meat-Free Monday

Caramelised Onion and Goat Cheese Tart  
page 62  
with a green salad



### Tuesday

Chipotle Pork Sticks  
page 155  
with Black Bean, Corn and Avocado Salad  
page 154



### Wednesday

Powerhouse Vegetable Platter  
page 62  
with optional oven-baked or barbecued chicken breast



### Thursday

Thai-Style Barbecue Fish Cakes  
page 88  
with Broccoli Salad with Vietnamese Dressing  
page 90



### Friday

Sausage Sang Choy Bow  
page 71



### Meat and fish

- chicken breasts (optional)
- 400g boneless, skinless firm white fresh fish fillets
- 600g pork mince
- 3 cooked pork sausages

### Dairy and eggs

- 200g goat cheese
- ¼ cup natural yoghurt, plus extra to serve

### Vegetables and fruit

- 1 large avocado
- 4 cups bean sprouts
- 1kg beetroot
- 1 large head broccoli
- 5 large carrots
- 1 long red chilli (optional)
- 1 cup corn kernels
- 5 cloves garlic
- 1 tbsp coarsely grated fresh ginger
- green salad items (optional)
- iceberg or cos lettuce
- 1 lemon
- 4 limes
- 1 onion
- 1 red pepper
- 1 large red onion
- 3 spring onions

### Herbs

- 1 bunch coriander
- 1 bunch mint
- ¼ cup chopped parsley leaves
- 2 tsp thyme leaves, plus sprigs for garnish

### Pantry items

- 2 tsp apple glaze or pomegranate molasses
- 400g can black beans
- about 3 cups Caramelised Onions (see page 109) or storebought caramelised onions
- ½ roasted salted cashew nuts
- 400g can chickpeas
- 1 tsp chipotle chillis in adobo sauce
- 2 tbsp coconut milk powder (optional)
- ½ cup roasted hazelnuts
- ½ cup kalamata olives
- ¼ cup Mexican Dressing (see page 154) or storebought Mexican dressing
- 125g mung bean or rice vermicelli noodles
- Tomatillo Salsa Verde, to serve
- ¼ cup Vietnamese Caramel Chilli Dressing (see page 106) or storebought Asian dressing

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.

annabel langbein™  
a free range life