

# MEAL PLANNER SHOPPING LIST

## week four

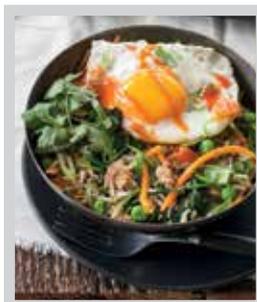
With a cheesy gratin, meaty pie and comforting chowder, this week's menu is perfect for the colder months of the year.



### MEAT-FREE MONDAY

Cheesy Winter Gratin  
page 96

with a green salad



### TUESDAY

Sriracha Sesame  
Fried Rice with Pork  
page 33



### WEDNESDAY

Steak and  
Mushroom Pie  
page 46

with mashed potato  
and a green salad



### THURSDAY

Smoky Chicken and  
Corn Chowder  
page 120

with crusty bread



### FRIDAY

Moroccan Meatball  
Subs  
page 31

#### Meat and fish

- 500g/1lb beef OR lamb mince/ground beef OR lamb
- 2 chicken leg quarters
- 400g/14oz pork mince/ground pork
- 1kg/2lb blade OR chuck steak

#### Dairy and eggs

- 1½ cups grated cheddar cheese OR ½ cup grated cheddar cheese and 1 cup tasty or gruyère cheese
- 1 cup cream
- 6 eggs

#### Vegetables and fruit

- 2 carrots
- 2 cups corn kernels
- 13 cloves garlic (1 large bulb)
- green salad ingredients of your choice to serve with Cheesy Winter Gratin and Steak and Mushroom Pie
- 2 cups finely shredded kale
- 2 large kumara/sweet potatoes OR 1 large kumara/sweet potato and 450g/15oz wedge pumpkin
- 2-3 leeks
- 1 lemon
- 1 lime
- 250g/8oz mushrooms
- 6 onions (2 large)
- 1 cup peas (optional)
- mashed potato to serve with Steak and Mushroom Pie
- 6 handfuls spinach leaves
- 4 spring onions/scallions

#### Herbs

- 3 bunches coriander/cilantro OR 2 bunches coriander/cilantro leaves and ½ cup chopped flat-leaf parsley leaves
- chopped flat-leaf parsley leaves to serve
- ¼ cup thyme leaves OR 2 tbsp thyme leaves and 2 tsp dried thyme

#### Pantry items

- 2 cups beef stock
- 400g/14oz can black beans OR kidney beans
- 400g/14oz can cannellini OR butter beans
- 4 cups chicken stock
- 2 tbsp chipotle peppers in adobo sauce
- crusty bread to serve with Smoky Chicken and Corn Chowder
- 1 french loaf OR 4 subs OR long bread rolls
- 400g/14oz can lentils
- 1 cup panko crumbs OR breadcrumbs
- 3-4 sheets puff pastry
- 4 cups cooked rice
- 1¼ cups Winter Tomato Relish (see page 124) OR storebought tomato relish

For recipes see my annual *Annabel Langbein A Free Range Life: Cheap Thrills*.

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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