

MEAL PLANNER SHOPPING LIST

week six

Take your taste buds on tour this week with Italian, French, Sri Lankan, Spanish and Chinese dishes.



MEAT-FREE MONDAY

Pea, Spinach and Parmesan Risotto
page 42

with a green salad



TUESDAY

Savoury Galette with Bacon Jam
page 120

with a green salad



WEDNESDAY

Sri Lankan Braised Chicken
page 42

with rice and green veges



THURSDAY

Spanish Pasta Bake
page 34

with a green salad



FRIDAY

Dim sum dumpling night
page 54

Meat and fish

- 250g/8oz rindless bacon
- 400g/14oz beef mince/ground beef
- 350g/12oz chicken mince/ground chicken
- 6-8 bone-in skin-on chicken thighs OR 1 large chicken
- 120g/4oz chorizo sausage
- 750g/1½lb pork mince/ground pork
- 400g/14oz prawn/shrimp meat
- 400g/14oz boneless, skinless salmon

Dairy and eggs

- 75g/2½oz blue cheese
- 2 cups grated mozzarella
- 1 cup grated parmesan
- 1 cup ricotta

Vegetables and fruit

- 1 cabbage
- 1 carrot
- 1 long red chilli
- 12 cloves garlic (1 bulb)
- 3½ tbsp finely grated fresh ginger
- green salad ingredients of your choice to serve with Pea, Spinach and Parmesan Risotto and Savoury Galette with Bacon Jam and Spanish Pasta Bake
- green veges of your choice to serve with Sri Lankan Braised Chicken
- 1 lemon
- microgreens, pea tendrils AND/OR rocket/arugula OR chive flowers, to garnish (optional)
- 7 onions (5 large)
- 2 cups thawed frozen peas
- 3 large red onions
- 4 handfuls baby spinach leaves, plus optional extra to serve
- 2 cups finely chopped spinach leaves
- 9 spring onions/scallions

Herbs

- 24 whole chives (optional)
- 2 tbsp finely chopped chives OR spring onion/scallion greens
- 1 large bunch coriander/cilantro
- 2 tsp coarsely chopped rosemary leaves
- 8-10 thyme sprigs

Pantry items

- 2 x 400g/14oz cans cherry tomatoes
- chicken stock powder
- 36-40 round dumpling wrappers
- 20 square dumpling wrappers
- 500g/1lb dried pasta shapes
- rice to serve with Sri Lankan Braised Chicken
- 1½ cups risotto rice
- 2 sheets savoury shortcrust pastry
- 1 tbsp black sesame seeds OR nigella seeds
- 2½ cups dried sliced shiitake mushrooms
- Soy Vinegar Dipping Sauce (see page 68) OR Chilli Lime Dipping Sauce (see page 68) to serve
- 12 large square spring roll wrappers
- 6 cups vegetable stock, plus a little extra if necessary
- 100g/3½oz vermicelli noodles
- ¾ cup finely chopped water chestnuts
- ½ cup white wine
- a little Winter Herb Oil (see page 125) OR storebought pesto
- 24 large square wonton wrappers
- 16 round OR square wonton wrappers

For recipes see my summer 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.