

# MEAL PLANNER SHOPPING LIST

## week three

Fritters and stir-fries, pasta and pies, this week's plan features lots of family favourites.



### MEAT-FREE MONDAY

Popeye Pappardelle  
page 94



### TUESDAY

Cowboy Lamb Chops  
page 46  
with Creamy Polenta  
page 93  
and green veges



### WEDNESDAY

Pumpkin and Feta  
Fritters  
page 104  
with fried  
egg toppers



### THURSDAY

Ginger Pork and  
Peanut Stir-Fry  
page 32



### FRIDAY

Hot 'n' Spicy  
Chicken Pies  
page 50  
with a green salad

#### Meat and fish

- 1 whole cooked chicken OR about 400g/14oz cooked chicken
- 6-8 lamb shoulder chops OR 8-10 lamb neck chops
- 450g/15oz pork mince/ground pork

#### Dairy and eggs

- ½ cup grated cheese
- 3 eggs plus eggs for fried eggs toppers to serve with Pumpkin and Feta Fritters
- 270g/9oz feta OR 150g/5oz feta and 120g/4oz goat chevre

#### Vegetables and fruit

- 2 apples
- 9 cloves garlic (1 bulb)
- 1½ tbsp finely grated fresh ginger
- green salad ingredients of your choice to serve with Hot 'n' Spicy Chicken Pies
- green veges of your choice to serve with Cowboy Lamb Chops and Creamy Polenta
- 2 lemons (1 large)
- 4 onions (2 large)
- 350g/12oz wedge pumpkin
- 4 packed cups finely shredded silverbeet/swiss chard leaves
- 4 spring onions/scallions, finely chopped
- 800g/1¾lb bite-sized chopped veges (such as broccoli, spring onion/scallion, carrot and mushroom) OR about 3 cups mixed frozen veges

#### Herbs

- 1 cup chopped flat-leaf parsley leaves, plus extra to garnish OR ½ cup chopped flat-leaf parsley leaves, plus extra to garnish and ½ cup chopped coriander/cilantro leaves

#### Pantry items

- 1 cup chicken stock
- cooked noodles OR rice to serve
- 400g/14oz dried pappardelle OR fettuccine OR linguine
- ¼ cup chopped roasted peanuts
- ½ cup toasted pine nuts OR almond slivers
- 1 cup instant polenta
- 4 sheets flaky puff pastry
- ¼ cup raisins
- 1 tbsp black sesame seeds
- 400g/14oz can tomatoes in juice
- 400g/14oz can chopped tomatoes
- 4 cups vegetable stock
- Winter Tomato Relish (see page 124) OR other relish to serve

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.