

MEAL PLANNER SHOPPING LISTS

week four

Spice up your week with a Korean sriracha marinade, a chilli prawn salad and Mexican fish tacos with a chipotle kick.



MONDAY

California Chicken Burgers
page 48



TUESDAY

Eggplant Parmigiana
page 94
with steamed broccoli
and beans and
creamy polenta



WEDNESDAY

Korean Barbecue Beef
page 74
with Kimchi
page 121
and Asian vegetables
on rice



THURSDAY

Mango, Prawn and Glass Noodle Salad
page 88
with
Aromatic Steamed Salmon Parcels
page 58



FRIDAY

Tulum Fish Tacos
page 57

Meat and fish

- 8 rashers streaky bacon
- 4 skinless chicken breasts (about 400g/14oz)
- 300g/10oz cooked prawns/shrimp
- 4 boneless salmon fillets (about 500g/1lb)
- 1kg/2lb hanger or skirt/flank steak
- 600g/1¼lb boneless, skinless white fish fillets, such as gurnard or monkfish

Dairy and eggs

- 100g/3½oz mozzarella
- 100g/3½oz parmesan

Vegetables and fruit

- 1 apple OR pear
- asian vegetables, to serve
- 2 avocados
- a large handful of baby spinach leaves
- beans, to serve
- 2 heads bok choy
- steamed broccoli, to serve
- 1 carrot OR 5cm piece Korean turnip (optional)
- 2 eggplants
- 2 heads garlic (20 cloves)
- 4cm piece fresh ginger
- 1 small green chilli
- 1 kaffir lime leaf
- leaves of a crispy lettuce, such as baby cos/romaine OR iceberg, to serve
- 6 limes
- 1 mango
- 1 whole napa/wong bok cabbage (about 2kg/4lb)
- perilla (shiso) leaves OR lettuce leaves, to serve
- 1 cup thinly sliced red cabbage
- 2 long red chillies
- 1 handful snow peas (optional)
- 8 spring onions/scallions
- 2 tomatoes

Herbs

- ¼ cup basil leaves, plus extra to serve
- ¼ cup coriander/cilantro leaves
- 3 packed cups herbs, such as thai basil and vietnamese mint
- vietnamese mint leaves to serve

Pantry items

- ½ cup clear apple juice
- 60g/2oz bean thread vermicelli noodles
- 2 tsp black sesame seeds
- brown rice, to serve
- 2 x 400g/14oz cans cherry tomatoes
- 4 ciabatta buns
- 8 fresh corn tortillas
- 2 tbsp Egg-Free Chipotle Aioli (see page 125)
- Kimchi (see page 121), to serve
- ¼ cup Korean chilli flakes
- ½ cup panko crumbs
- ¼ cup chopped roasted peanuts
- creamy polenta, to serve
- rice, to serve
- 2 tsp toasted sesame seeds
- about ¼ cup dry white wine

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

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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