

MEAL PLANNER SHOPPING LISTS

week three

An easy oven bake, salad assemblies, burgers and a big bowl of noodles – there's lots to look forward to in this low-stress meal plan.



MONDAY

Tarragon and Garlic
Butterfly Chicken

page 74

with

Chargrilled Greens
with Feta and Freekeh

page 30

and mashed potatoes



TUESDAY

Good Luck
Sashimi Platter

page 56



WEDNESDAY

Greek Panzanella

page 86

with

Mediterranean
Home-Cut Chips

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THURSDAY

Soba Miso Bowl

page 40



FRIDAY

The Great Kiwi
Cheeseburger

page 48

Meat and fish

- 400g/14oz premium beef mince/ground beef
- 2 large (size 14 or 16) whole chickens
- 160g/5½oz sashimi-grade kingfish OR albacore tuna OR trevally

Dairy and eggs

- 8 slices cheese
- 4 eggs (optional)
- 310g/10½oz feta
- ¼ cup grated mozzarella

Vegetables and fruit

- 2 handfuls asparagus spears
- a handful of baby spinach leaves
- 2 handfuls bean sprouts
- 2 handfuls broccolini
- 1 carrot
- 2 cucumbers
- 5cm piece daikon
- a small handful of enoki mushrooms (optional)
- 1 head gai lan OR bok choy OR greens of your choice
- 1 head garlic (11 cloves)
- 1 gem OR baby cos/romaine lettuce
- 2cm piece fresh ginger
- 2 lemons
- 1 lime
- 6-8 large potatoes, plus mashed potatoes to serve
- 1 long red chilli
- 1 red onion
- 2 red peppers/bell peppers
- 2 large handfuls rocket/arugula
- 19-21 shallots
- 2 spring onions/scallions
- 4 tomatoes

Herbs

- ½ cup coriander/cilantro leaves
- ¼ cup coarsely chopped dill
- ¼ cup coarsely chopped mint leaves
- ¼ cup oregano leaves
- ½ cup picked tarragon leaves, plus 4 tarragon sprigs

Pantry items

- 100g/3½oz roasted almonds OR pumpkin seeds
- canned sliced beetroot, to serve (optional)
- ½ loaf ciabatta OR baguette
- 2 tbsp crispy shallots
- 1 cup cracked freekeh OR farro
- 2 tbsp pickled ginger
- 4 soft hamburger buns
- ¼ cup kalamata olives
- ¼ cup Roasted Nectarine Chutney (see page 96)
- 2 tsp sesame seeds
- ½ cup sliced dried shiitake mushrooms
- about 90g/3¼oz (1 bundle) dried soba noodles
- 100g/3½oz dried vermicelli noodles

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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