

MEAL PLANNER SHOPPING LISTS

week two

This family-friendly meal plan features all the favourites, from a meat-free Monday to a mid-week roast and Friday night fish.



MONDAY

Summer Pasta with Zucchini and Broccoli
page 30

TUESDAY

Black Bean Burrito Bowl
page 36

WEDNESDAY

Rolled Lamb Shoulder with Caponata
page 74
with Pistachio and Mint Potato Salad
page 92

THURSDAY

Shiitake Soba Noodles
page 26

FRIDAY

Crispy Fish Sliders
page 52
with Miso Lime Slaw
page 89

Meat and fish

- 1¾-2kg/3¾-4lb boneless lamb shoulder
- 4 boneless, skinless white fish fillets (about 400g/14oz), such as blue cod, tarakihi, john dory, gurnard or butterfish

Dairy and eggs

- 1 egg
- 1 cup greek yoghurt, to serve (optional)
- ½ cup ricotta

Vegetables and fruit

- 3-5 avocados
- 20 baby potatoes
- a small handful of baby spinach leaves
- 2 cups fresh or frozen broad/fava beans OR shelled edamame OR peas
- 2 heads broccoli
- 4½ cups thinly sliced white AND/OR red cabbage
- 3 carrots
- 1 cup diced cucumber
- 2 eggplants
- 1 head garlic (13 cloves)
- 3cm piece fresh ginger
- 1 long green chilli (optional)
- 1 kumara/sweet potato
- 6 lemons
- 4 limes
- 1 pomegranate
- 2 long red chillies
- 2 red onions (1 large)
- 4 red peppers/bell peppers
- 6 spring onions/scallions
- 6-7 tomatoes OR 1 tomato and 400g/14oz can cherry tomatoes
- 4 zucchini
- 4 zucchini flowers (optional)

Herbs

- 1 big bunch coriander/cilantro
- 3 cups mint leaves
- ¼ cup coarsely chopped oregano leaves, plus extra to serve
- ¼ cup coarsely chopped flat-leaf parsley leaves

Pantry items

- 400g/14oz can black beans
- 3 tbsp black sesame seeds
- 2 tbsp capers
- 1 tsp finely chopped chipotle chillies in adobo sauce
- ¼ cup crispy shallots
- 1½ tbsp honey
- 1 cup panko crumbs
- 250g/8oz dried pasta
- ¼ cup roasted shelled pistachios
- 1 cup cooked quinoa
- 6 tbsp sake
- 8-10 green sicilian olives
- 2 cups dried sliced shiitake mushrooms
- 8 slider buns
- 270g/9½oz soba 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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