

annabel langbein  
a free range life

# MEAL PLANNER SHOPPING LIST

Week THREE

PUT THE SLOW-COOKER ON BEFORE YOU LEAVE THE HOUSE ON MONDAY AND YOU'LL COME HOME TO A HEARTY BEEF BOURGIGNON. MAKE A DOUBLE BATCH AND YOU'LL HAVE ENOUGH FOR PIES LATER IN THE WEEK.

Monday

TENDER BEEF  
BOURGIGNON Page 94



Tuesday

BAKED KUMARA WITH  
BLACK BEANS Page 59



Wednesday

BEEF AND BLUE CHEESE  
PIES Page 94



Thursday

CABBAGE AND SAUSAGE  
MINISTRONE Page 57



Friday

CRISPY SOUTHERN BAKED  
CHICKEN Page 65



## Meat and fish

- 1.3-1.5kg stewing beef such as shin or cross-cut
- 6 rashers streaky bacon
- 4 coarse pork and fennel sausages
- 12 chicken drumsticks or 8 bone-in chicken thighs

## Dairy and eggs

- 80g blue cheese
- ¼ cup finely grated parmesan
- sour cream (optional)
- 1 egg

## Vegetables and fruit

- 500g mushrooms
- 4 medium-large kumara
- 2 carrots
- 1 just-ripe avocado
- 4 packed cups shredded cabbage
- 2 onions
- 1 spring onion (optional)
- 6 cloves garlic
- 1 lemon or lime (optional)

## Herbs

- 2 tsp chopped rosemary leaves
- 6 tbsp chopped parsley leaves

## Pantry items

- ¾ cup Terracotta Tomato Sauce (see page 58) or storebought tomato pasta sauce
- 1 cup Sofrito Flavour Base (see page 54) or 1 diced onion and 2 cloves garlic
- 2 tbsp Eight Secret Spices Mix or any other spice mix (optional)
- 2 x 400g cans chopped tomatoes
- 2 x 400g cans chopped tomatoes or cherry tomatoes
- 400g can black beans or 1¼ cups cooked black beans
- 400g can cannellini beans or 1½ cups cooked beans
- 8 cups chicken stock
- 2 cups red wine
- 4 sheets flaky pastry
- a small handful of dried pasta shapes
- toasted sunflower seeds (optional)

For recipes see my winter annual *Annabel Langbein A Free Range Life: Winter Goodness*

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.