

annabel langbein
a free range life

MEAL PLANNER SHOPPING LIST

Week
FOUR

MAKE THE FILLING FOR MONDAY'S PIE IN ADVANCE SO YOU CAN JUST ADD THE PASTRY AND HEAT TO EAT. TUESDAY'S STIR-FRY AND THURSDAY'S PASTA ARE 30-MINUTE MEALS AND PULLED PORK DOES DOUBLE DUTY AS ENCHILADAS.

Monday

CHICKEN AND MUSHROOM
FILO PIE Page 15



Tuesday

CHILLI BEEF AND BROCCOLI
STIR-FRY Page 69



Wednesday

SLOW-COOKED TEX-MEX
PULLED PORK Page 90



Thursday

PRAWN PUTTANESCA
Page 59



Friday

PORK AND BLACK BEAN
ENCHILADAS Page 90



Meat and fish

- 400-500g beef schnitzel
- 800g-1kg boneless chicken thighs
- 1.8 kg bone-in pork leg or shoulder
- 400g prawn tails

Dairy and eggs

- 1 cup grated cheese
- 1 cup sour cream

Vegetables and fruit

- 600g mushrooms
- 1 large head broccoli
- 2 large leeks
- 2 spring onions
- 4 handfuls bean sprouts or finely shredded cabbage
- 2 cloves garlic
- 1 long red chilli
- 3 lemons or 1 lemon and 2 limes

Herbs

- 6 tbsp chopped parsley leaves
- ¼ cup chopped coriander leaves
- 3 tbsp minced lemongrass or 1 stalk fresh lemongrass

Pantry items

- 2 cups Terracotta Tomato Sauce (see page 58) or storebought tomato pasta sauce
- 1 cup Terracotta Tomato Sauce (see page 58) or storebought tomato salsa or taco sauce
- 2 x 400g cans chopped tomatoes
- 390g can black beans in chilli sauce
- 100g can chipotle peppers in adobo sauce
- 2 cups chicken stock
- 400g dried spaghetti or fettucine
- 10-12 sheets filo pastry
- 8 flour tortillas or mountain breads
- ½ cup pitted kalamata olives
- 2 tbsp capers
- 3-4 anchovies
- 40g dried sliced mushrooms or 2 tsp mushroom or porcini powder or 2 tsp miso paste

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.