# annabel langbein

## MEAL PLANNER SHOPPING LIST

Week FIVE

ROAST CHICKEN MAKES AN EASY WEEKNIGHT MEAL AND ANY LEFTOVERS ARE PERFECT WITH A SALAD LATER IN THE WEEK. MAKE A BIG LAMB STEW IN THE SLOW-COOKER AND SAVE SOME FOR A NOURISHING SOUP ON THURSDAY NIGHT.

Monday ROAST CHICKEN + VEGES Page 98+100



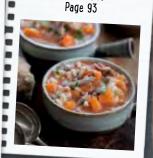
Tuesday LAMB NAVARIN Page 93



Wednesday JOY BOWL

+ COLD CHICKEN Page 38

Thursday HUNT SOUP



Friday

OVEN-BAKED FISH AND CHIPS Page 62



#### Meat and fish

- ☐ 1 whole chicken
- $\square$  4-6 skinless, boneless white fish fillets, such as tarakihi, gurnard or snapper
- 2 kg bone-in, shank-off lamb or merino oyster shoulder

#### Dairy and eggs

- 100g haloumi
- 1 egg

### Vegetables and fruit

- 500g pumpkin
- 1 small beetroot
- 9 carrots
- 2 cups frozen peas
- 4 stalks of celery
- a handful of rocket leaves
- 2 large onions
- ☐ 4 cloves garlic
- ☐ 3 lemons
- 6 large potatoes
- your choice of pumpkin, potatoes, beets, broccoli and carrots to go with roast chicken (see page 100)

- ☐ ¾ cup chopped parsley leaves
- ☐ 2 tsp thyme leaves

#### Pantry items

- ☐ ¾ cup Tarragon and Hazelnut Butter (see page 102) or other flavoured butter
- ☐ ¼ cup Green Goddess Dressing (see page 41) or your favourite vinaigrette
- ☐ 1 tsp Eight Secret Spices Mix or any other spice mix (optional)
- 400g can chopped tomatoes
- 1 cup barley
- 1 cup cooked barley or farro
- 8-10 cups chicken stock
- ☐ ½ cup fine quick-cook polenta
- 2 tbsp silvered almonds, toasted

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 21/2 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.