

annabel langbein
a free range life

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
Page 93



Friday

OVEN-BAKED FISH
AND CHIPS Page 62



Meat and fish

- 1 whole chicken
- 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)

Herbs

- 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 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.