

annabel langbein  
a free range life

# MEAL PLANNER SHOPPING LIST

Week  
SIX

TRAVEL AROUND THE WORLD WITHOUT LEAVING HOME WITH THIS WEEK'S MENU. THE MACARONI CHEESE IS THE EASIEST YOU'LL EVER MAKE AND THE STEAK AND CURRY ARE BOTH ON THE TABLE IN LESS THAN HALF AN HOUR.

Monday

CHICKEN TAGINE WITH  
PUMPKIN Page 55



Tuesday

STEAK WITH TERRACOTTA  
TOMATO SAUCE Page 60



Wednesday

BENGALI FISH CURRY  
Page 157



Thursday

SPEEDY MAC CHEESE  
Page 138



Friday

FALAFEL PITA POCKETS  
Page 70



## Meat and fish

- 6-8 bone-in skinless chicken thighs
- 180g ham
- 500-600g boneless, skinless white fish fillets
- 8-12 large whole prawns or prawn tails
- 4 sirloin steaks

## Dairy and eggs

- 3 cups grated tasty cheese
- ¾ cup cream
- 4 cups milk

## Vegetables and fruit

- ½ head cauliflower
- 600g pumpkin
- 9 handfuls baby spinach leaves or other greens
- 4-6 handfuls of kale leaves
- 1 cup frozen peas
- 2 spring onions
- 4 cloves garlic
- 1 lemon
- your choice of fillings for pita pockets (see page 10), such as lettuce or tomato

## Herbs

- 3 tbsp chopped coriander or mint leaves
- ¼ cup chopped parsley leaves

## Pantry items

- 1 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 x 400g cans chopped or cherry tomatoes
- 3 cups chicken stock
- 2 cups dry macaroni
- 3 x 400g cans chickpeas
- ½ cup breadcrumbs
- 10 dried apricots
- pita breads
- your choice of fillings for pita pockets (see page 10), such as tabbouleh, hummus or tomato relish

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.