

annabel langbein
a free range life

MEAL PLANNER SHOPPING LIST

Week SEVEN

WITH SOFRITO FLAVOUR BASE (SEE PAGE 54) IN THE FREEZER, MONDAY'S PIE AND WEDNESDAY'S RISOTTO ARE A PIECE OF CAKE. MAKE THURSDAY'S CURRY IN ADVANCE IF YOU CAN TO ALLOW THE FLAVOURS TO DEVELOP.

Monday

SPINACH AND FETA
OPEN PIE Page 56



Tuesday

FLASH-IN-THE-PAN SWEET-
AND-SOUR PORK Page 141



Wednesday

NO-STIR HAM AND
MUSHROOM RISOTTO Page 56



Thursday

LAMB AND CHICKPEA
CURRY Page 155



Friday

CHUNKY SMOKED SEAFOOD
CHOWDER Page 19



Meat and fish

- 1kg lamb steaks
- 500g pork fillet
- about 200g ham
- 300g deboned smoked fish or hot-smoked salmon
- 10-12 smoked mussels (optional)

Dairy and eggs

- 200g feta
- 50g parmesan
- 1 cup greek yoghurt
- 3½ cups milk
- ½ cup cream (optional)
- 4 eggs

Vegetables and fruit

- 200g mushrooms
- 3 potatoes
- 2 cups diced pumpkin
- 4-5 handfuls baby spinach or chopped spinach leaves
- 300g silverbeet or spinach leaves
- 1 small head broccoli
- 1 large carrot
- 3 cups corn kernels
- ½ red pepper
- 5 stalks celery
- 1 large leek
- 2 spring onions
- 6 cloves garlic

- 5 tbsp finely grated ginger
- 3 lemons
- 2 persimmons or 2 cups diced pineapple

Herbs

- ½ cup soft herbs such as parsley, dill, mint or basil
- 1 tbsp rosemary leaves
- 2 tsp thyme leaves
- 3 tbsp chopped parsley leaves
- coriander leaves or sprigs

Pantry items

- 2 cups Sofrito Flavour Base (see page 54) or 2 diced onions and 4 cloves garlic
- 2 x 400g cans chopped tomatoes
- 2 x 400g cans chickpeas
- 2 cups risotto rice
- 8 cups chicken stock or vegetable stock
- ½ cup white wine
- 6 sheets filo pastry
- ½ cup chopped roasted cashews

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.