

MIDWEEK GUESTS ON THE RUN SHOPPING LIST

MENU

Japanese Broccoli Salad

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Thai Prawn Curry

Winter Slaw
and rice

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Chocolate Fudge Slice



58



107



47

Meat and fish

- 400g large prawn tails

Dairy and eggs

- 6 eggs

Vegetables and fruit

- 2 cups beansprouts, plus extra to serve
- 1 head broccoli (about 500g)
- 4 heads bok choy or 5 handfuls baby spinach leaves
- ¼ cabbage
- 1 long red chilli
- 1 clove garlic
- 1 lemon
- 1 lime
- 3 radishes
- 2 spring onions

Herbs

- coriander leaves

Pantry items

- 2 x 250g packets plain sweet biscuits eg super wine biscuits
- ½ cup (50g) pickled ginger
- cooked noodles
- rice
- 2 tbsp black sesame seeds, plus 1 tsp extra to garnish
OR 2 tbsp toasted sesame seeds plus 1 tsp black sesame seeds
- 2 cups Thai Sunday Sauce (see page 53)
- ½ cup chopped walnuts and/or sultanas (optional)

For recipes see my winter annual *Annabel Langbein A Free Range Life: Share the Love*.

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.

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