



Week 2 shopping list

For 1 person

Vegetables

1 fennel
1 lemon
1 orange
1cucumber
Bunch of mint
3 onion
6 garlic clove
4 medium carrots
3 medium potatoes
Rosemary
1 red chili
Ginger
2 red onion
1 red pepper
1 green pepper
1 yellow pepper
1 orange pepper
50 g Mangetout (also known as snap peas)
1 spring onion
100 g of button mushrooms
Thyme
1 tomato
Basil
50g oyster mushrooms
1 shallot
1 leek
1 Celery stick
1 rosemary

Fish

1 sea bass, gutted and scaled

Dairy

eggs
150ml double cream

1pkt Glass Noodles (you can also find them as Mung Bean Thread Vermicelli)

Dry food

cooking red wine
1 tin chopped tomatoes
1 passata (tomatoes juice)
60g tomato puree (2 small tin)
bay leaves
oil for cooking
sesame oil
1 pkt cube chicken stock
fish sauce
soy sauce
oyster sauce
1 pkt sesame seeds
cooking brandy
English mustard
black and green olives
capers
1 Olive oil
Frangelico liqueur
pine nuts
peppercorns
1 small jar ground cinnamon
1 small jar cloves
cooking white wine

Meat

200g diced neck or shoulder of Lamb
1 chicken breast skin off
Stuffed pork loin (ask the butcher to stuff it for you)

frozen foods

1 bag frozen peas
1pkt ravioli (your own choice)
1 bag broccoli

Note:

- **Always check your cupboards before you go shopping!!!!**
- **The brandy (for non-alcoholic, substitute with white grape juice)**