



Shopping list

Menu of the Month - March 2015

Meat/Fish

- Finely sliced semi-dried beef biltong 200g
- Skinless chicken breast fillets 6 - 8

Vegetables/Fruit

- Rocket leaves 2 punnets
- Mushrooms 250g
- Fresh sage leaves ±20
- Small watermelon 1/4
- Fresh mint leaves - handful
- Butter lettuce 1 head
- Red apples 5

Store cupboard

- Canola or olive oil
- Cinnamon stick (one)
- Almond essence
- Sugar
- Ground cinnamon

Dairy

- Creamy blue cheese 1 x 125g wedge
- Butter 250g
- Cream 1 x 250ml
- Feta cheese 2 wheels
- Full cream milk 500ml
- Extra-large eggs 3
- Apple juice 125ml

Groceries

- Preserved whole green figs 1 jar (or fresh when in season)
- Tagliatelle 250g
- Black olives 1/2 cup

Ina Paarmann's products

Seasoning & Spices

- Green Onion Seasoning
- Lemon & Black Pepper Seasoning
- Meat Spice
- Fish Spice

Stocks

- 1 x 25g sachet Liquid Chicken Stock
- Dressings
- Blue Cheese Dressing
- Greek Vinaigrette

Sauces

- 1 x 200ml Lemon and Herb Coat & Cook Sauce
- 1 x 200ml Peri-Peri Coat & Cook Sauce

Other

- Vanilla Cake Mix
- White Sauce Powder
- Roast Onion and Gravy Powder