



Shopping list

Menu of the Month - June 2015

Meat/Fish

- Skinless chicken breast fillets, 4
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Vegetables/Fruit

- Onions, 3
- Carrots, 1 bunch
- Fresh ginger, ±6cm
- Lemons, 2
- Celery stalks, 1
- Leeks, 2
- Garlic cloves, 3
- Red bell pepper, 1
- Green bell pepper, 1
- English cucumber, 1/2
- Red chilli, 1
- Spring onions, 6

Store cupboard

- Flour
- Curry powder
- Cornflour
- Icing sugar for dusting
- Cider vinegar or rice wine vinegar
- Brown sugar, 2T (30ml)
- Red food colour

Dairy

- Butter 60g
- Eggs, 1
- 250g fresh Cream, 1
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Groceries

- Coconut milk, 250g
- Soda water, 1 small tin
- Tinned pineapple pieces, 440g
- Soy sauce
- rice, 1 cup
- canola oil, 1 bottle
- Tennis biscuits, 1 packet
- Rosewater
- Turkish delight pink 150g
- Green Tea
- White Chocolate - small slab

Ina Paarmann's products

Seasoning & Spices

- Masala Spice
- Vegetable Spice
- Chicken Spice
- Chilli & Garlic Seasoning
- Lemon & Black Pepper Seasoning

Stocks

- Chicken Stock Powder

Pesto's

- Coriander Pesto
- Tomato Pesto

Sauces

- Honey & Soy Coat & Cook Sauce

Bake Mixes

- Lemon Cheesecake, 1