

# Week 1: Shopping List

## Items:

- 3 medium potatoes (cut into fries) - approximately 600 grams skin on or off
- 1 Extra Large Whole chicken
- Oyster sauce - 5 tbsp
- Cheddar cheese - 160g
- Noodle nests x 3
- Bag of onions
- Spring onions x 5
- Red pepper x 1
- Beansprouts - 350g
- Greek yoghurt - 310g
- Coriander - 1 bunch
- 1/2 Lettuce
- Tortillas - Pack of 8
- Lime x 1

## Masterchef Cupboard Staple pack

- Garlic x 2 cloves
- BBQ sauce - 330g
- Soy sauce - 2 tbsp

## Cupboard Essentials

- Olive oil
- Salt and Pepper