

Week 4: Shopping List

Items:

- Small onion, finely chopped - bag of 6+
- Breadcrumbs - 230g
- Bell peppers x 2
- Courgette x 1
- Pita breads - 1 pack
- Chicken breasts or thighs x 4
- Potatoes - 600g
- Chicken mince - 500g
- Spring onions x 4
- Tin of pineapple x 1
- Carrot x 2
- Ham - 125g
- Rice
- Mushrooms - 250g
- Garlic Cloves - 3 pack

Masterchef Cupboard Staple pack

- Parsley fresh or dried - 2 tbsp
- Ginger - 1 tsp
- Soy sauce - 1 tbsp
- Corn flour - 95ml
- Cider vinegar - 1 tbsp
- Honey - 3 tbsp

Cupboard Essentials

- Olive oil

Left over from previous weeks

- Eggs - 3
- Butter - 75G
- Potatoes - 600g