

Week 5: Shopping List

Items:

- Pork Joint - 1kg
- Orange juice - 200ml
- Lime - 3
- Bread rolls - 4
- Red bell pepper, diced - 30g
- Fresh coriander, chopped - 25g
- Small corn or flour tortillas or taco shells - 8
- Sour cream - 50g
- Salad
- Gnocchi - 500g
- Passata - 500g
- Chopped tomatoes - 400g
- Handful of basil
- Garlic and herb soft cream cheese - 75g
- Chicken Stock

Masterchef Cupboard Staple pack

- Ground Cumin
- Dried oregano
- Chilli Powder
- Paprika Garlic Powder
- Onion Powder

Cupboard Essentials

- Sugar - 2tsp
- Salt
- Pepper
- Cooking Oil

Left over from previous weeks

- Fresh/tinned pineapple, diced
- Garlic cloves
- Onion