

Week 6: Shopping List

Items:

- Pasta (such as rotini, penne, or fusilli) - 400g
- Chicken breasts x 2
- Cherry tomatoes - 150g
- Cucumber, diced - 120g
- Red pepper, diced - 90g
- Onion x3
- Mayonnaise - 55g
- Greek yogurt - 27g
- Lemon - 1
- Boneless, skinless chicken thighs x 6
- Sweet potato - 300g
- Tikka curry paste - 3tbsp
- Coconut milk - 200ml
- French stick bread x 1
- Tinned Chopped Tomatoes - 400g
- Grated cheese, (Whatever cheese is available) - 300g

Masterchef Cupboard Staple pack

- Dijon mustard - 1 Tbsp
- Honey - 1 Tbsp
- Mixed Herbs

Cupboard Essentials

- Salt
- Pepper

Left over from previous weeks

- Butter* softened or melted - 40g
- Garlic cloves x 4

