

# Week 3: Shopping List

## Items:

- Beef mince - 1kg
- Eggs x 3
- Sheets of ready-made puff pastry x 1
- Cheddar cheese - 90g
- Red lentils, rinsed - 200g
- Carrots x 2
- Carton passata - 500g
- Tin chopped tomatoes - 400g
- Tomato paste - 1 tbsp
- Dried spaghetti x 1 pack
- Breadcrumbs - 150g
- Bell peppers x 2
- Courgette x 1
- Pita breads x 1 pack
- Salad to serve (optional)
- Vegetable or beef stock cube

## Masterchef Cupboard Staple pack

- Tomato Ketchup
- American mustard
- Worcestershire Sauce
- Oregano
- Basil

## Cupboard Essentials

- Olive oil - 2 tbsp
- Salt and pepper - to taste

## Left over from previous weeks

- Onion x 3
- Garlic x 4 cloves