



# Shopping list

Menu of the Month - March 2019

## Vegetables/Fruit

- Onions, 4
- Garlic, 1 head
- Lemons, 2
- Fresh coriander (optional)
- Red cabbage, baby
- Broccoli, 200 g
- Micro herbs
- Carrots, medium 1 1/2 kg
- Red chillies, 2
- Orange, 1

## Store cupboard

- Cumin
- Paprika
- Honey
- Canola oil
- Salt
- Sugar
- Cornflour
- Cider vinegar
- Worcester Sauce
- Mustard powder

## Groceries

- Chickpeas, 2 x 400 g tins
- Tahini, 1/3 cup (60 ml)
- Mini Pita breads, ± 8
- Tofu, 350 g pack
- Bulgar wheat, 1 cup (250 ml)
- All butter puff pastry (frozen), 500 g
- Orange food colour

## Ina Paarman's products

### Bake Mixes

- Carrot Cake Mix
- Vanilla Icing Kit

### Salad Dressings

- Creamy Herb

### Antipasti

- Char-grilled Peppers
- Roasted beetroot
- Char-grilled Shallots (optional)

### Pestos

- Coriander Pesto
- Sun-dried Tomato Pesto

### Spices & Seasonings

- Garlic & Herb
- Green Onion
- Cajun Spice
- Vegetable Spice

### Stocks

- Vegetable Stock Powder

### Sauces

- Creamy Curry Ready o Serve Sauce

## Dairy

- Extra large eggs, 3
- Goat's milk cheese with honey. 100 g
- Butter, 250 g
- Buttermilk, 250 ml
- Medium fat cream cheese, 250 g