

Shopping List for Batch #33

sesame seeds (optional)

9 X (Rustic Country Sourdough)

sourdough starter

9 X 65g (Rustic Country Sourdough)

bread flour

9 X 340g (Rustic Country Sourdough)

whole-wheat flour

9 X 60g (Rustic Country Sourdough)

beef strips

10 X 500 g (Beef Goulash)

rice

10 X 1 cup (Beef Goulash)

green beans

10 X 300 g (Beef Goulash)

carrots

10 X 300 g (Beef Goulash)

cream

10 X 250 ml (Beef Goulash)

beef stock

10 X 250 ml (Beef Goulash)

beef mince

4 X 500g (Beef Enchilada Rice)

lemon mint dressing, 15ml per person

14 X (Nutty chicken satay strips with sweet potato and corn salad)

100g cherry tomatoes, halved

14 X (Nutty chicken satay strips with sweet potato and corn salad)

2 X (Pork chops, sweet potato chunks with a tangy garlic sauce and baked balsamic green beans and cherry tomatoes)

1 red onion, diced

14 X (Nutty chicken satay strips with sweet potato and corn salad)

300g corn

14 X (Nutty chicken satay strips with sweet potato and corn salad)

350g sweet potato, cubed

14 X (Nutty chicken satay strips with sweet potato and corn salad)

2 tsp lime/lemon juice

14 X (Nutty chicken satay strips with sweet potato and corn salad)

2 tsp soya sauce

14 X (Nutty chicken satay strips with sweet potato and corn salad)

1 tsp chicken tikka masala powder

14 X (Nutty chicken satay strips with sweet potato and corn salad)

1 tsp crushed garlic

14 X (Nutty chicken satay strips with sweet potato and corn salad)

2 Tbsp crunchy peanut butter

14 X (Nutty chicken satay strips with sweet potato and corn salad)

500g chicken breast, cut into thin strips

14 X (Nutty chicken satay strips with sweet potato and corn salad)

125 ml tangy dressing

5 X (Pita Burgers with Tangy Coleslaw)

¼ of a cup of raisins

5 X (Pita Burgers with Tangy Coleslaw)

2 carrots, grated

5 X (Pita Burgers with Tangy Coleslaw)

500 g (1/4 of a full cabbage), shredded

5 X (Pita Burgers with Tangy Coleslaw)

Olive oil for brushing pitas

5 X (Pita Burgers with Tangy Coleslaw)

5 pita breads, sliced in half and gently prised open

5 X (Pita Burgers with Tangy Coleslaw)

10 ml olive oil for mince

5 X (Pita Burgers with Tangy Coleslaw)

1 onion chopped

5 X (Pita Burgers with Tangy Coleslaw)

80 ml red wine

5 X (Pita Burgers with Tangy Coleslaw)

125 ml marinara

5 X (Pita Burgers with Tangy Coleslaw)

500 g mince

5 X (Pita Burgers with Tangy Coleslaw)

2 Tbsp balsamic vinegar

2 X (Pork chops, sweet potato chunks with a tangy garlic sauce and baked balsamic green beans and cherry tomatoes)

3 Tbsp olive oil

2 X (Pork chops, sweet potato chunks with a tangy garlic sauce and baked balsamic green beans and cherry tomatoes)

300g green beans

2 X (Pork chops, sweet potato chunks with a tangy garlic sauce and baked balsamic green beans and cherry tomatoes)

pepper

2 X (Pork chops, sweet potato chunks with a tangy garlic sauce and baked balsamic green beans and cherry tomatoes)

salt

2 X (Pork chops, sweet potato chunks with a tangy garlic sauce and baked balsamic green beans and cherry tomatoes)

1 lemon

2 X (Pork chops, sweet potato chunks with a tangy garlic sauce and baked balsamic green beans and cherry tomatoes)

10 garlic cloves, peeled, top of clove cut off to expose the inside of the clove

2 X (Pork chops, sweet potato chunks with a tangy garlic sauce and baked balsamic green beans and cherry tomatoes)

3 tsp cajun spice

2 X (Pork chops, sweet potato chunks with a tangy garlic sauce and baked balsamic green beans and cherry tomatoes)

1 cup plain yoghurt

2 X (Pork chops, sweet potato chunks with a tangy garlic sauce and baked balsamic green beans and cherry tomatoes)

350g sweet potato, skin on, cut into rounds

2 X (Pork chops, sweet potato chunks with a tangy garlic sauce and baked balsamic green beans and cherry tomatoes)

2 cups brine (ready made by us)

2 X (Pork chops, sweet potato chunks with a tangy garlic sauce and baked balsamic green beans and cherry tomatoes)

6 pork chops

2 X (Pork chops, sweet potato chunks with a tangy garlic sauce and baked balsamic green beans and cherry tomatoes)