

Shopping List

Below is your shopping list for the week ahead. If you are doubling up remember to buy the 'double up' ingredients on top of normal ingredients list for each recipe.

<u>Recipe</u>	<u>Cost</u>
Turkish Kebabs	
4 chicken breasts	£3.99
1 x jar paprika	£0.55
1 x tube tomato puree	£0.34
1 x 100g pack frozen garlic	£1.00
1 x jar cumin	£0.55
1 x 500g pot natural yoghurt	£0.45
1 x jar oregano	£0.55
Double up:	
4 chicken breasts	£3.99
Balmoral Pie	
8 pork sausages	£1.39
2 x 400g can baked beans	£0.44
1 x 425g pack premade mash potatoes	£0.75
1 x 500g pack pre grated cheddar- size?	£2.49
Double up:	
8 pork sausages	£1.39
2 x 400g can baked beans	£0.44
1 x 425g pack premade mash potatoes	£0.75
Creamy Cajun Pasta	
4 chicken breasts	£3.99
1 x 500g bag frozen diced onions	£0.75
1 x jar Cajun seasoning	£0.65
1 x 500g pack frozen sliced peppers	£0.75
1 x 300ml tub crème fraiche	£0.95
Double up:	
2 chicken breasts	£2.09
1 x 300ml tub crème fraiche	£0.95
Herby Goats Cheese Potatoes	
4 baking potatoes	£0.64
1 x 150g log of goats cheese	£1.69
1 x 280g jar sundried tomatoes	£1.09
1 x pack parley	£0.60
1 x pack coriander	£0.60

Double up:	
4 baking potatoes	£0.64
1 x 150g log goat's cheese	£1.69
Bhuna Lamb burgers	
1 x 100g pack frozen chopped ginger	£1.00
1 x jar bhuna spice (or tandoori curry powder if you cant find bhuna)	£1.00
500g minced lamb	£3.69
1 x pack fresh mint or coriander	£0.60
Double up:	
500g minced lamb	£3.69
Total (without doubling up)	£27.90
Total (with doubling up)	£43.53

NB- the ingredients list above is for the main meal only. You will need to choose what sides you would like and add them to your list.

All prices are based on Aldi and Tesco cheapest products (16/6/22)