

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>
Teriyaki Chicken	
1kg chicken thighs	£2.09
1 x 150ml bottle of soy sauce	£0.55
1 x 500ml bottle rice wine vinegar	£0.99
1 x 500g pack brown sugar	£0.69
1kg pack frozen sweetcorn	£1.05
1 x 432g can pineapple chunks	£0.75
Double up:	
1 x 150ml bottle of soy sauce	£0.55
1 x 432g can pineapple chunks	£0.75
1kg chicken thighs	£2.09
Homemade Burgers	
500g minced beef	£1.89
1 x bottle American mustard	£1.50
1 x bottle Worcestershire sauce	£0.80
Double up:	
500g minced beef	£1.89
Sweet Potato and Black Bean Quesadillas	
1 x 600g bag frozen sweet potato chunks	£1.50
1 x jar smoked paprika	£0.49
1 x jar coriander	£0.49
1 x jar cumin	£0.49
1 x lime	£0.20
1 x bunch spring onions	£0.49
1 x 400g tin black beans	£0.49
1 x 8 pack tortilla wraps	£0.55
1 x bunch fresh coriander	£0.50
1 x 200g block cheddar cheese	£1.39
Double up:	
1 x lime	£0.20

Coronation Chicken Pie	
1 x pack 3 chicken breasts	£3.99
1 x 290g tikka curry powder	£1.00
1 x 476g jar mayonnaise	£0.65
1 x 500g block puff pastry	£1.30
1 x 500g bag frozen diced onions	£0.75
1 x 300ml tub crème fraiche	£0.95
1 x jar mango chutney	£1.19
1 x 6 pack eggs	£0.89
Double up:	
1 x pack 3 chicken breasts	£3.99
1 x 500g block puff pastry	£1.30
BBQ Drumsticks	
8 chicken drumsticks	£2.09
1 x bottle bbq sauce	£0.89
1 x 150g pack frozen chopped garlic	£1.50
Double up:	
8 chicken drumsticks	£2.09
Total (without doubling up)	£32.10
Total (with doubling up)	£44.96

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 (16/8/22)