

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>
Grab and cook sundried tomato pasta bake	
1 x 500g passata	£0.39
1 x pack frozen chopped garlic	£1.50
1 x jar sundried tomato	£1.19
200g pack cream cheese	£0.85
1 x red pepper	£0.42
1 x jar pesto	£0.79
350g penne pasta	£0.32
1 x 250g pack grated mozzarella cheese	£1.99
Double up	
1 x 500g passata	£0.39
200g pack cream cheese	£0.85
1 x red pepper	£0.42
Sweet potato dahl	
1 x 500g pack red lentils	£0.99
1 x 500g pack frozen sweet potato chunks	£1.50
1 x jar mild curry powder	£0.79
1 teaspoon cumin	£0.55
1 cup (220g) frozen diced onions	£0.75
1 teaspoon frozen chopped ginger	£1.00
1 400g can of coconut milk	£0.69
Double up	
1x 400g tin coconut milk	£0.69
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	£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

Tarragon chicken	
4 x chicken breasts	£3.99
1 x jar dijon mustard	£0.39
1 x pack fresh tarragon	£0.60
1 x jar bay leaves	£0.70
1 x 500g pack leeks	£1.29
1 x pack veg stock cubes	£0.47
(you will need to buy a small pot of double cream for when you come to cook it)	
Double up	
4 x chicken breasts	£3.99
Bhuna Lamb Burgers	
1x jar bhuna spice (or tandoori curry powder if you can't 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)	£31.52
Total (with doubling up)	£44.13

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 (26/8/22)