

## 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>
<b>Veggie Pasta sauce</b>	
1 x 100g pack frozen garlic	£1.00
1 x 400g tray Mediterranean vegetable	£1.39
1 x 200g pack mushrooms	£0.89
2 x 500g cartons passata	£0.78
1 x tube tomato puree	£0.34
1 x pack vegetable stock cubes	£0.47
<b>Double up:</b>	
1 x 400g tray Mediterranean vegetables	£1.39
2 x 500g cartons passata	£0.78
<b>Tarragon Chicken</b>	
4x 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 chicken stock cubes	£0.47
(you will need to buy double cream when you are cooking it)	
<b>Double up:</b>	
4 x chicken breasts	£3.99
<b>Sweetcorn and Chickpea Burgers</b>	
1 x 400g can chickpeas	£0.39
1 x 200g tin sweetcorn	£0.39
1 x jar cumin	£0.55
1 x jar smoked paprika	£0.55
(plain flour not included)	
<b>Double up:</b>	
1 x 400g can chickpeas	£0.39
1 x 200g tin sweetcorn	£0.39
<b>Currywurst</b>	
6 Bratwurst sausages	£1.69
1 x 500g bag frozen chopped onions	£0.75
1 x bottle tomato ketchup	£0.62

1 x 350ml bottle apple cider vinegar	£0.85
1 x jar mild curry powder	£0.79
1 x bottle Worcestershire sauce	£0.80
1 x pack beef stock cubes	£0.47
<b>Double up:</b>	
6 Bratwurst sausages	£1.69
<b>Salmon En croute</b>	
1 x 500g pack frozen peas	£0.55
1 x fresh dill	£0.60
1 x lemon	£0.30
2 x salmon fillets	£3.29
1 x 240g bag spinach	£0.80
1 x 150ml pot crème fraiche	£0.75
1 x pre rolled puff pastry	£0.85
1 x 6 pack eggs	£0.69
<b>Double up:</b>	
2 x salmon fillets	£3.29
1 x pre rolled puff pastry	£0.85
1 x 240g bag spinach	£0.80
1 x 150ml pot crème fraiche	£0.75
1 x lemon	£0.30
<b>Total (without doubling up)</b>	<b>£27.99</b>
<b>Total (with doubling up)</b>	<b>£14.97</b>

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 (20/6/22)