

Operation Transformation Shopping List

Week 4 – Vegetarian Main Meals

Thursday 26th January - Hoisin Noodles with Tofu

Friday 27th January - Veggie Pizza with Goat's Cheese

Saturday 28th January - Vegetarian Lasagne

Sunday 29th January – Vegetarian Pad Thai

Monday 30th January - Niamh's Roasted Gnocchi, Cherry Tomatoes & Veggie Sausages

Tuesday 31st January - Cauliflower & Caper Pasta

Wednesday 1st February - Veggie Rice Hot Pot

***note: check items marked in blue as you may already have in your storecupboard**

FRUIT & VEGETABLES

Baby corn (100g)
Baby spinach leaves (250g)
Basil (5)
Beansprouts (250g)
Carrots (2)
Cauliflower (1 small)
Celery (2 sticks)
Cherry tomatoes (400g + 20)
Chives (5g)
Courgettes (3)
Cucumber ($\frac{3}{4}$)
Garlic (8 cloves)
Lime (1)
Long sweet red pepper (1)
Mushrooms (240g)
Pak choi (270g)
Red onions (1 + 2 small)
Red peppers (2)
Root ginger (2cm piece)
Scallions (7)
Thyme (10g)
Tomatoes (6)

FRESH & FROZEN PRODUCE

Baby mozzarella balls (bocconcini – 250g carton or use regular mozzarella ball)
Eggs (5 large)
Firm tofu (150g cubes)
Fresh gnocchi (250g packet)
Goat's cheese (150g fresh)
Gran Moravia cheese (vegetarian style Parmesan – 60g)

Mozzarella cheese (80g grated)
Peas (50g frozen)
Pizza base (such as Pizza da Piero – 140g)
Ricotta cheese (250g tub)
Vegetarian sausages (2 x Thanks Plants sundried tomato & herb – about 150g)

DRIED GOODS

Balsamic vinegar (30g)
Black olives (25g pitted)
Capers (35g)
Chinese five-spice powder (5g)
Dried chilli flakes (2.5g)
Dried wholewheat noodles (300g)
Freshly ground black pepper
Hoisin sauce (60g - from a bottle or jar)
Honey (5g)
Lasagne sheets (250g)
Mustard (15g)
Natural skinned peanuts (10)
Pizza sauce (100g from a tin or jar such as Mutti)
Rapeseed oil (200g)
Reduced sodium soy sauce (30g)
Reduced sodium vegetable stock cube (1)
Salt (optional)
Sesame oil (5g)
Sesame seeds (5g)
Wholegrain rice (125g)
Wholewheat spaghetti (125g)
Vinaigrette salad dressing (45g - shop-bought or see separate recipe)