

## Operation Transformation Shopping List

### Week 6 – Main Meals

**Thursday 11<sup>th</sup> February - Curried Ginger Chicken Kebabs**

**Friday 12<sup>th</sup> February - Mairead's Pesto-Crusted Hake**

**Saturday 13<sup>th</sup> February - Craig's Coconut Chicken & Red Pepper Curry**

**Sunday 14<sup>th</sup> February - Aoife's Shepherd's Pie**

**Monday 15<sup>th</sup> February – Spicy Beanburger**

**Tuesday 16<sup>th</sup> February - Mary's Oven Baked Lemon Chicken with Rice**

**Wednesday 17<sup>th</sup> February - Ratatouille Rice Salad with Mozzarella**

### **FRUIT & VEGETABLES**

Aubergine (1 small)

Baby courgettes (250g or use 1 extra courgette instead)

Baby new potatoes (250g)

Broccoli (700g)

Carrots (7)

Celery sticks (2)

Courgettes (4)

Fresh coriander (35g)

Garlic (4 cloves)

Lemon (1 small)

Lemongrass stick (1)

Lime (1)

Mild red chilli (optional – 1)

Onions (1 small + 2 regular)

Plum tomatoes (2)

Potatoes (300g)

Red cabbage (25g piece)

Red onion (1 small)

Red peppers (2)

Rocket leaves (50g)

Root ginger (5cm piece)

Scallions (2)

Shallots (2)

Sugar snap peas (50g)

### **FRESH & FROZEN PRODUCE**

Basil pesto (15g)

Butter (45g)

Chicken fillets (skinless - 4 + 220g)

Egg (1)

Fresh breadcrumbs (25g)

Frozen peas (100g)

Hake fillets (skin on & boneless - 2 x 200g)

Lean steak mince (200g)  
Low fat milk (1.5% fat – 25ml)  
Mozzarella cheese (125g ball)  
Natural yoghurt (3% fat - 60g)

### **DRIED GOODS**

Chicken stock cubes (1 ½ – reduced sodium)  
Crunchy peanut butter (no added sugar or salt -15g)  
Freshly ground black pepper  
Ground turmeric (5g)  
Hot curry powder (10g)  
Kidney beans (225g tin)  
Light coconut milk (300g tinned)  
Mild curry paste or powder (5g)  
Olive oil (30g)  
Panko breadcrumbs (12g)  
Paprika (5g)  
Pine nuts (15g)  
Plain flour (15g)  
Rapeseed oil (55g)  
Red wine vinegar (15g)  
Salt (optional)  
Tomato puree (7g)  
Wholegrain brown rice (280g)  
Wholemeal cous cous (100g)  
Wholemeal round pitta breads (2)  
Worcestershire sauce (15g)