

# MONTHLY SHOP CURATED BY IAN HASTE

1 BIG SHOP. 1 MONTH. 28 MEALS.



## MENU FOR THE WEEK AHEAD

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### MONDAY

King prawn risotto

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### TUESDAY

Sesame tofu noodles

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### WEDNESDAY

Pappardelle with a tomato & basil sauce

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### THURSDAY

Speedy chilli con carne

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### FRIDAY

Chicken saag curry & rice

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### SATURDAY

Steak, red onion & pepper kebabs with a feta & tomato salad

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### SUNDAY

Veggie toad in the hole

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## SHOPPING LIST FOR THE WEEK AHEAD

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*Everything else you need for the week ahead can be found in your Bidfood at home Monthly Shop.*

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### VEGETABLES

- 3 x pack of mixed bell peppers
- 4 x tomatoes
- 1 x red onion
- 90g mixed leaf salad
- 160g spring greens

### HERBS

- 60g fresh mint
- 30g coriander
- 30g basil

### FRUIT

- 2 x lemons

