

INDEPENDENT GROCERY STORE

ASIAN FISH CAKES

- chilli jam

MUSHROOM CURRY

- 2 x 400g can chopped tomatoes (also used shakshuka)
- mango chutney

- 400ml can coconut milk

WHITE BEAN SHAKSHUKA

- 400 g can of cannellini beans

SNACKS

- ryvitas

PANTRY STAPLES (IF NEEDED)

- olive oil

- vegetable stock powder
(can be bought in power form)

- sea salt

- black mustard seeds

- paprika (smoked or sweet)

- ground cumin

- dried oregano

- black pepper

- chilli flakes

- ground turmeric

SUSTAINABLE FISHMONGER

ASIAN FISH CAKES

- 2 x 150 fillets of tasmanian salmon

FARMER'S MARKETS, ORGANIC GREEN GROCER OR GREEN GROCER

ASIAN FISH CAKES

- 1 bunch of broccolini

- 100 g of snowpeas

- bunch of coriander

- stick of lemongrass

- 10 cm knob of ginger (also used for mushroom curry and soup)

WHITE BEAN SHAKSHUKA

- 2 brown onion (also used for mushroom curry)

- fresh garlic

- 1 head of kale (1/2 used for kale quinoa salad)

- 1/2 dozen organic eggs

INDEPENDENT DELICATESSAN

ROASTED PUMPKIN AND GINGER SOUP

- marscarpone cheese

WHITE BEAN SHAKSHUKA

- 100 g marinated feta

MUSHROOM CURRY

- 200g paneer

BULK FOOD STORE

PUMPKIN & GINGER SOUP

- 50 g of hazelnuts

MUSHROOM CURRY

- ground fenugreek seeds

SNACKS

- 200 g oven roasted almonds

KALE QUINOA SALAD

- 1/4 cup raw walnuts

- 1/4 cup raw pumpkin seeds

- 3 tablespoons dried

- cranberries

- 1 tablespoon hemp hearts

MUSHROOM CURRY

- 1/2 head of cauliflower

- 500 g mixed mushrooms (portobello, swiss brown, button)

- 1 long red chilli

KALE AND QUINOA SALAD

- 1 large seasonal apple

- 1 lemon (1/2 used for fish cakes)

ROASTED PUMPKIN AND GINGER SOUP

- 500g pumpkin (for two serves) or 1 kg (for four serves)

- bunch of dill (optional)