

SHOPPING List

sweetpeasandsaffron.com



PRODUCE

- 4 cloves garlic (1, 2)
- 1 bunch kale (1)
- 1 onion (2)
- 1 inch ginger (2)
- 6-7 carrots (2, 3)
- 10 baby potatoes (2)
- 1 lemon (to serve; 2)
- green beans (to serve; 2)
- 6 ribs celery (3)
- 1 red onion (3)
- 2 cups grapes (3)



PANTRY

- 1 lb dry chickpeas (C)
- arrowroot starch (or all purpose flour) (1)
- lemon juice (1)
- 1 can coconut milk (2)
- 15 oz can diced tomatoes (2)
- rice (to serve; 2)
- mini flatbreads (3)
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REFRIGERATED

- greek yogurt (1)
- mayonnaise (1, 3)
- anchovy paste (1)
- parmesan cheese (1)
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SPICES & BAKING

- salt (C, 1, 2, 3)
- bay leaves (C)
- garlic powder (1)
- olive oil (1)
- cumin (2)
- curry powder (2)
- garam masala (2)
- ground coriander (2)
- dill (3)
- pepper (3)
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to skip any recipe, cross ingredients with the number corresponding to that recipe off the shopping list

- (C) Instant Pot Chickpeas (or swap for 3 cans)
- (1) Kale Caesar Salad
- (2) Instant Pot Chickpea Curry
- (3) Chickpea Salad Bento Boxes