



Shopping List

Fabulous Curry Spread
Serves 4

VEGETABLES

1kg carrots
4 red onions
1 large cauliflower (600g)
200g English spinach
200g beetroot (about 3)
4 corn cobs
¼ red cabbage
radishes (opt)

DAIRY & EGGS

300g Greek yogurt
(garnish rice + raita)

SPICES

ground cumin + seeds
ground coriander
Spanish paprika (sweet)
2 cinnamon sticks
3 cloves + 5 cardamom pds
turmeric
kashmiri (opt/chilli flakes)
pinch nutmeg
black mustard seeds

BREAD

¼ loaf bread of choice for
croutons

HERBS & GARLIC

2 whole garlic bulbs
thyme leaves (garnish opt)
mild green chillies
good chunk ginger
plenty fresh coriander!
sprig bay leaves
curry leaves
spring onions (garnish)

NUTS & SEEDS

pumpkin seeds + sesame
(roast with croutons)
almond butter (opt)
¼ cup almond flakes opt
cashews (topping opt)
Indian chickpea cev
(Bombay mix)

TINS & JARS

1 litre veggie stock
2 x 400g tin tomatoes
2 x 400g coconut milks
1 x 400g chickpeas

FREEZER

FRUIT & GINGER

plenty limes
½ cup Cape gooseberries

GRAINS & PULSES

1 ½ cup jasmine rice

MEAT/FISH

THIS WEEK'S MENU

Spiced Carrot Soup
with Croutons

Cauliflower
Korma Curry

Coriander Rice

Beetroot Raita

Sweetcorn Chaat Salad
with Cape
Gooseberries