

grocery list

Produce

- Fresh garlic
- Red + white onion
- Lemons + limes
- Fresh thyme
- Fresh Rosemary
- Fresh dill
- Mushrooms
- Fresh parsley
- Spring onions

Protein

- Boneless chicken breasts
- Lamb Chops
- Salmon Fillets
- Steak - rump or sirloin

Pantry

- Salt and Black Pepper
- Olive oil + Oil for frying
- Garlic powder
- Dried oregano
- Chilli flakes/red pepper flakes
- Long Pasta
- Smoked paprika
- Soy sauce
- Flour
- Oil, for frying
- Honey
- Rice vinegar
- Hoisin sauce
- Noodles

Bakery

Dairy

- Butter
- Heavy/whipping cream

Pantry Continued

Other