



## SHOPPING LIST

### **Creamy linguine with shrimps and lemon**

Olive oil | sunflower oil | salt & pepper

### **Gyros with Mediterranean bulgur**

Vegetable stock | olive oil | white balsamic vinegar | extra-virgin olive oil | salt & pepper

### **Tomato-sweet pepper soup with tarragon**

Olive oil | vegetable stock cubes | salt & pepper

### **Haddock fillet with bacon and lemon**

Olive oil | butter | mustard | salt & pepper

### **Sweet potato purée with aubergine gratin**

Olive oil | butter | milk | extra-virgin olive oil | salt & pepper

### **Creamy spinach gratin with fried egg**

Olive oil | butter | salt & pepper

### **Feta and garlic tomatoes from the oven**

Black balsamic vinegar | olive oil | brown sugar | salt & pepper

### **Chicken thigh in coconut sauce with bok choy**

Olive oil | salt & pepper

### **🥘 Pad thai with chicken thigh and scrambled eggs**

Sunflower oil | sambal | brown sugar | olive oil | salt & pepper

### **🥘 Pearl couscous salad with avocado and feta**

Vegetable stock cubes | extra-virgin olive oil | white balsamic vinegar | honey | salt & pepper

### **🥘 Rigatoni with broccoli and bacon**

Salt & pepper

### **★ Fried salmon fillet with samphire topping**

Olive oil | butter | salt & pepper

## **DESSERTS:**

### **Fried apple with raisins and 'stroopwafel' crumbs**

Butter | sugar

## **BREAKFASTBOX:**

### **Warm oatmeal crumble**

Butter

### **Rusks with avocado**

Pepper

### **Full-fat yoghurt with red berries**

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