



## SHOPPING LIST

### **Fried salmon fillet with dill-mayonnaise**

Olive oil | sunflower oil | salt & pepper

### **Burger with spicy green chilli pepper and piccalilli**

Olive oil | honey | mustard | extra-virgin olive oil | butter | salt & pepper

### **Peruvian potato soup with feta**

Vegetable stock | olive oil | black balsamic vinegar | salt & pepper

### **Orzo with garlic-shrimp and courgette**

Vegetable stock | olive oil | extra-virgin olive oil | salt & pepper

### **Parsnip-sweet potato hotchpotch**

Olive oil | mustard | salt & pepper

### **Risotto of orzo with mushrooms**

Vegetable stock | butter | salt & pepper

### **Indonesian stir-fry with string beans**

Honey | white balsamic vinegar | sunflower oil | ketjap | salt & pepper

### **Roasted aubergine with chicken drumsticks**

Olive oil | sunflower oil | salt & pepper

### **Spaghetti with serrano ham and courgette ribbons**

Black balsamic vinegar | olive oil | extra-virgin olive oil | salt & pepper

### **🕸 Lahmacun with ground lamb and yoghurt sauce**

Sunflower oil | sambal | extra-virgin olive oil | salt & pepper

### **🕸 Pitas with falafel and labne dip**

Mustard | honey | white wine vinegar | extra-virgin olive oil | olive oil | salt & pepper

### **🕸 Chicken shawarma with tabouleh**

Vegetable stock | sunflower oil | extra-virgin olive oil | salt & pepper

### **★ Pollo tonnato with sourdough bread**

Butter | olive oil | black balsamic vinegar | chicken stock | extra-virgin olive oil | salt & pepper

### **★ Steak frites with tarragon mayonnaise**

Olive oil | extra-virgin olive oil | red wine vinegar | honey | mustard | salt & pepper

## **BREAKFASTBOX:**

### **Croissant with hard-boiled egg**

Butter | salt & pepper

### **Smoothie bowl**

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### **Multi-grain rusks**

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