



## SHOPPING LIST

### **Patatas bravas with beef merguez sausages**

Olive oil | salt & pepper

### **Potato salad with smoked trout**

Extra-virgin olive oil | mustard | white balsamic vinegar | salt & pepper

### **Indian dahl with sweet potato and coconut milk**

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

### **Noodles with warm-smoked mackerel**

Sunflower oil | white wine vinegar | salt & pepper

### **Vegetable lasagne with home-made cream sauce**

Vegetable stock | olive oil | butter | flour | salt & pepper

### **Pumpkin-peanut soup with egg**

Olive oil | vegetable stock cube | salt & pepper

### **Tofu in soy-honey marinade**

Olive oil | honey | sunflower oil | salt & pepper

### **Chicken thigh stew with bacon**

Chicken stock | butter | black balsamic vinegar | brown sugar | mustard | salt & pepper

### **Haddock with braised leeks**

Olive oil | honey | mustard | butter | salt & pepper

### **🌱 Fried chicken fillet with garlic-string beans**

Olive oil | butter | salt & pepper

### **🌱 Creamy linguine with broccoli**

Vegetable stock | olive oil | salt & pepper

### **🌱 Japanese ramen with fried egg**

Vegetable stock | sunflower oil | salt & pepper

### **★ Greek shrimp with vegetable souvlaki**

Olive oil | butter | salt & pepper

### **★ Ragout of candied duck**

Black balsamic vinegar | sugar | chicken stock cube | butter | extra-virgin olive oil | white wine vinegar | salt & pepper

## **BREAKFASTBOX:**

### **Scrambled eggs with tomato**

Olive oil | salt & pepper

### **Greek yoghurt with passion fruit**

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### **Multi-grain rusks with ricotta**

Salt & pepper