



SHOPPING LIST

Spanish rice dish with shrimp

Vegetable stock | olive oil | salt & pepper

Roll with meatballs in a mild barbecue sauce

Olive oil | sunflower oil | black balsamic vinegar | honey | white wine vinegar | sugar | salt & pepper

Indian dahl with sweet potato

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

Mild fish curry

Fish stock | sugar | sunflower oil | salt & pepper

Orzo with roasted mini-Roma tomatoes

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

Peruvian potato soup with feta

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

Bulgur-lentil salad with goats cheese

Vegetable stock | butter | black balsamic vinegar | sugar | extra-virgin olive oil | salt & pepper

Fresh conchiglie with tomato sauce and bacon

Red wine vinegar | sugar | salt & pepper

Burger with spicy green chilli pepper and piccalilli

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

🌀 Chicken satay with fragrant coconut rice

White wine- or rice vinegar | sugar | sunflower oil | salt & pepper

🌀 Nasi goreng with fried egg

White wine vinegar | sugar | sunflower oil | olive oil | ketjap manis | sambal | salt & pepper

🌀 Speedy chicken linguine

Butter | olive oil | salt & pepper

★ Pork tenderloin with orecchiette

Olive oil | mustard | honey | butter | black balsamic vinegar | vegetable stock cubes | salt & pepper

★ Vol-au-vent with chicken and mushroom ragout

Chicken stock | olive oil | butter | flour | extra virgin oil | white wine vinegar | salt & pepper

BREAKFASTBOX:

Ciabatta with scrambled eggs

Butter | salt & pepper

Bulgarian yoghurt

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Spelt waffles with turkey fillet and cottage cheese

Salt & pepper