



SHOPPING LIST

Fried cod fillet with butter sauce

Vegetable stock | olive oil | butter | salt & pepper

Sweet hotchpotch with smoked sausage

Butter | olive oil | milk | extra virgin olive oil | pepper & salt

Orzo-based mushroom risotto

Vegetable stock | butter | olive oil | pepper & salt

Shrimp with ginger-lime dressing

Sunflower oil | white balsamic vinegar | honey | olive oil | pepper & salt

Oven-roasted aubergines with rigatoni

Olive oil | black balsamic vinegar | sugar | extra virgin olive oil | white balsamic vinegar | pepper & salt

Ras el hanout-quinoa with feta from the oven

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

Halloumi with Jerusalem artichoke-spinach Hotchpotch

Butter | olive oil | mustard | pepper & salt

Curry-noodle soup with pulled chicken

Sunflower oil | vegetable stock cube | pepper & salt

Cheeseburger with tomato and cheddar

Olive oil | black balsamic vinegar | extra virgin olive oil | butter | pepper & salt

🌱 Flatbread pizza with chicken gyros

Sunflower oil | black balsamic vinegar | honey | extra virgin olive oil | pepper & salt

🌱 Chili sin carne

Olive oil | white balsamic vinegar | pepper & salt

🌱 Spaghetti bolognese

Olive oil | extra virgin olive oil | black balsamic vinegar | pepper & salt

★ Pork tenderloin with pistachio-thyme crust

Butter | sugar | pepper & salt

★ Large shrimp with lemon-garlic marinade

Vegetable stock | olive oil | butter | salt & pepper

DESSERTS:

Rice pudding with blackberries and cardamom

Butter | brown sugar | salt

BREAKFASTBOX:

Apple crumble with muesli

Butter

Banana-mango-pineapple bowl

-

Spelt waffles with peanut butter

-