

Together We Cook

January shopping list

To make:

- Winter Vegetable Curry and Rice (for two people)
- Winter Pasta Bolognese with Salad Veggies (for two people)

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2 onions	
2 carrots	
1 large potato	
2 cloves garlic	
3 handfuls of fresh (or 3 cubes of frozen) spinach	
250g minced beef	
2 cans (400g each) chopped tomatoes	
1 can (400g) chickpeas or kidney beans	
tomato puree	
curry paste	
250g spaghetti or pasta (wheat)	
100g (brown) rice	
oil	
mixed herbs	

Approximate cost = £8