

# Together We Cook

## March shopping list

### To make:

- Thai Chicken Curry
- Sunshine Vegetable Tray Bake

	✓
4 teaspoons (5ml) olive oil	
1 tablespoon (15ml) dried oregano	
2 red peppers	
2 cloves garlic	
1 courgette	
1 red onion	
handful olives (optional)	
1 sweet potato	
8 chery tomatoes	
2 tablespoons pesto sauce ( <b>nuts, milk</b> )	
200g feta cheese ( <b>milk</b> )	
black pepper	
100g drid couscous	
½ red chilli	

	✓
3 spring onions	
80g sugar snap peas OR green beans	
1 chicken breast	
2 tablespoons (15ml) green curry paste	
200ml canned coconut milk	
½ lime	
2 handfuls spinach OR 2 cubes frozen spinach	
100g brown rice	

**Approximate cost = £10**