

# Together We Cook

## May shopping list

### To make:

- Stir-fired Rice
- Tuna and Broccoli Pasta Bake

	✓
300g broccoli	
½ onion	
1 carrot	
3-4 baby sweetcorn	
50g sugar snap peas or round green beans	
100g bean sprouts (optional)	
1 garlic clove	
1cm piece of fresh ginger	
150g long grain rice	
1 x 15ml spoon oil	
2 eggs ( <b>egg</b> )	
Black pepper	
3 x 15ml tbsp vegetable oil	
1 ½ x 15ml table spoons soy sauce ( <b>soya</b> )	

100g pasta shapes -spirals, small tubes ( <b>wheat</b> )	✓
60g Cheddar cheese	
100g canned tuna (in water) drained	
25g butter	
25g plain flour ( <b>wheat</b> )	
250ml semi-skimmed milk ( <b>dairy</b> )	
1x tsp (5ml) dried oregano	
50g sweetcorn (canned or frozen)	
4 cherry tomatoes	

**Approximate cost = £8**