

Together We Cook

June shopping list

To make:

- Rainbow Salad
- Roasted Vegetable Bowl

	✓
250g pearl barley	
1 vegetable stock cube	
40g frozen peas	
3 tablespoons olive oil or salad dressing	
½ brown onion	
1 garlic clove	
330g sweet potato	
100g baby spinach	
300g cherry tomatoes	
fresh ground black pepper	
fresh basil leaves	
150g brown rice	
400g can chickpeas	
½ cucumber	

½ red pepper	✓
130g sweetcorn (canned or frozen)	
1 small avocado	
1 large carrot	
½ red onion	
50g red cabbage	
250g cooked beetroot or pickled in a jar	
optional: tuna, chicken or feta cheese	

Approximate cost = £10