

Together We Cook

August shopping list

To make:

- Brilliant Burger
- Chicken Fajita Wrap

	✓
250g lean minced beef turkey (3% fat or less)	
1-2 small onions	
salt and ground black pepper	
2 x 15 ml tablespoons cooking oil (eg sunflower or olive)	
100g cheese	
2 tomatoes	
4 lettuce leaves	
2 burger buns	
dried mixed herbs	
½ lime	
½ chilli	
1 clove garlic	
paprika	
1 x 15ml tablespoon fresh coriander	

1 chicken breast	✓
½ red pepper	
2 whole-wheat tortilla wraps	
30ml reduced fat natural yoghurt	

Approximate cost = £10