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Shopping List



Chicken Tikka Masala

Shepherd's Pie

Irish Lamb Stew

protein	☐ 2 lbs boneless & skinless chicken thighs / port tenderloin ☐ <u>Vegetarian optional</u> 2 packs extra firm tofu	☐ 2 lbs ground lamb OR ground beef ☐ <u>Vegetarian optional</u> 2 packs (2 lb) plant-based ground meat	☐ 2½ lbs lamb stew meat ☐ <u>Vegetarian optional</u> 1½ lb cremini / button mushrooms
vegetables	☐ 2 mini cucumbers ☐ 2 medium tomatoes ☐ 1 small red onion ☐ 1 lemon	☐ 1 onion ☐ 2 lbs potatoes ☐ 2 cups frozen vegetables	☐ 2 onions ☐ 2 carrots ☐ 2 potatoes ☐ 1 turnip
basic pantry	☐ ¾ cup plain yogurt ☐ 1 tablespoon tomato paste ☐ 4 naan bread ☐ 1 can tomato sauce (optional) ☐ ½ cup heavy cream (optional) ☐ olive oil, salt & pepper	☐ milk ☐ all-purpose flour ☐ butter ☐ olive oil, salt & pepper	☐ milk ☐ butter ☐ salt & pepper ☐ all-purpose flour ☐ ¼ cup pearl barley (optional)
inside our kit	☒ TikkaMas Spice ☒ Raita Herbie Mix	☒ Toto Wozter Sauce	☒ Stewie Herbie Mix ☒ Garlicky Herbie Mix