

We've assumed you already have these storecupboard ingredients:

Olive oil (7tbsp)

Groundnut oil (1tbsp) - don't worry if you don't have this, you can miss it out

Chicken stock (125ml or 4 1/2fl oz)

Honey (1tbsp)

Worcestershire sauce (2tbsp)

Butter (knob)

Milk (3tbsp)

Herbs (you can use dry when it says fresh)

To buy:

Eggs and dairy

10 large eggs

Crème fraîche (200g)

Goat's cheese (100g/4oz)

Parmesan cheese (grated to serve)

Meat and fish

4 large pork chops

2 salmon fillets (350g)

Cod fillet (250g)

Chicken fillets (750g/1lb 11oz)

8 chicken thighs (1.2kg)

Vegetables

1 garlic bulb (you'll need 4 cloves)

Spinach leaves (375g)

4 onions

1 red pepper

4 plum tomatoes

Mushrooms (100g)

Potatoes (1.5kg)

Peas (100g)

Broccoli florets (250g)

Green beans (250g)

Carrots (300g)

2 large parsnips

Fruit

1 lemon

Tins/jars

Chickpeas (400g)

1 x 198g can of sweetcorn

Sunblush tomatoes (50g)

Pesto sauce (4tbsp)

Madras curry paste (75g)

Pasta and rice

Basmati rice (300g)

Fusilli pasta (225g)

Other

Pizza base - twin pack (290g)

Piri-piri seasoning (1tbsp)

Pine nuts (2tbsp)