

Roast Beef Bedrock & Recipes

Shopping List

- Roast beef- topside roast
\$23/kg x 1.5kg
- 8 eggs
- 1 cup Milk (use oat or almond for dairy free)
- 1x red capsicum
- 6x onion
- 2x garlic heads
- 8 large potatoes
- 400g button mushrooms
- Cheese
- 1 fresh pineapple, very ripe
- Handful of cilantro (more or less depending on taste)
- Red chili
- 3x carrot
- 2x courgette
- 2x sheet puff pastry
- 6x long white rolls or 1 baguette
- 250g sour cream, light
- 2 cups jasmine rice

Pantry Staples

- Soy sauce
- Worcestershire sauce
- Sugar
- Salt
- Pepper
- Paprika
- Turmeric
- Garlic Salt
- Lime/Lemon juice
- Vegetable oil
- Flour
- Butter
- Sugar
- Vinegar
- Mustard