

# Roast Chicken Bedrock & Recipes

## Shopping List

- Cabbage
- Carrot
- Cucumber
- Onion
- Rice
- Chicken, whole x 2
- Coconut milk
- Chopped tomatoes
- Corn x 4
- Bok choy
- Cream cheese
- 10 x wholegrain tortillas
- Greek Yoghurt
- Broccoli/broccolini
- Fettuccine
- Cajun seasoning
- Garlic
- Milk
- Parsnips
- Courgettes
- Carrot
- Taco seasoning

## Pantry Staples

- Sweet chili sauce
- Soy sauce
- Curry powder
- Chicken Stock powder
- Salt
- Pepper
- Yeast
- Flour, self-raising
- Lemon juice
- White vinegar
- White sugar
- Rice