

Roast Lamb Bedrock & Recipes

Shopping List

- Oxo vegetable stock cubes
- 6 carrots
- 4 onions
- 1kg potatoes
- Barley
- 1.8-2.2kg lamb leg roast
- Beef stock, liquid
- Countdown pita pockets
- 1 bag slaw or salad mix -
cabbage, carrot, kale mix, etc
- 1 cucumber
- 500g gnocchi
- 1 block of Feta cheese
- 1 tin tomatoes, sieved and
crushed
- 1 large or two small red
onion
- 10 small soft tortillas
- Sour cream
- Jasmine rice
- Bag frozen vegetables (Or
fresh veg, whatever is
available and cheaper)

Pantry Staples

- Flour
- Milk
- Garlic
- Dried herbs and spices
- Olive or vegetable oil
- Sugar
- Salt
- Pepper
- Dressings of choice
- Condiments of choice
- Soy sauce
- Yeast