



Cooking with Claire @TVInfants

Making a list and checking it twice!

www.mysupermarket.co.uk

Shopping List: *From Tesco this week...*

Carrots 1kg – 60p Value Onions 1kg – 60p

Fresh Coriander – 99p

Everyday Value Potato 2.5kg - £1.18

Ginger (loose) 70g – 19p Value Garlic (x3) – 49p

Value Low Fat Yogurt – 45p

Tesco Frozen Meat Free Pieces (Soya) 300g - £1.50 Tesco Frozen Cauliflower 900g - £1.00

Tesco tinned green beans – 80p Tesco tinned peas – 55p Tesco tinned spinach – 60p

Coconut Milk – 69p

Value Tomato Puree – 40p Value Tinned Tomatoes – 34p

Frozen Filo Pastry - £1.50

Rice – 99p

Brown Lentils - £1.15

Chana Dall - £1.15

Spices – These will last in the cupboard:

Ground Coriander 75p

Garam Masala 75p

Crushed Chilli 85p

Bay Leaves 85p

Fennel Seeds – 85p

Cinnamon Sticks – 85p

Turmeric Powder – 75p

Cumin Powder – 85p

Cardamom Pods – 85p