

Heart Foundation Christmas menu shopping list for 8 people

Dry goods	
200ml	olive oil (or alternative)
¼ cup	sugar
10g (1 sachet)	gelatine
100 g	dark chocolate
1 ½ cups (200g)	cashews
8 slices	wholegrain/wholemeal bread
1 tsp	ground coriander
1 tsp	paprika
¼ tsp	pepper
2 tbsp	miso paste
¼ c	raisins
1 tsp	soy sauce
1 can	black beans
1 can	lentils
1 tbsp	balsamic vinegar
1 tsp	wholegrain mustard
Fresh produce	
1 kg	new potatoes
2	carrots
3	brown onions
3	red onions
250g	mushrooms
4 cloves	garlic
9	courgettes
2 cups (1 bunch)	fresh parsley
500g (2 punnets)	strawberries
8 sprigs + 2 tbsp shredded mint (1 packet)	fresh mint
4	corn cobs
1 cup (1 bunch)	chopped coriander
1	fresh chilli
3 tbsp (1-2 limes depending on size)	lime juice
3	beetroot
2 cups	rocket
1 bunch (approx. 10 spears)	asparagus
2	radishes
2	lemons (2 tbsp lemon juice and 1 tbsp lemon zest)
Chilled	
3 cups (750ml)	milk
1 cup (250ml)	plain unsweetened yoghurt
100g	feta
¼ cup (65g)	pesto
Meat/Fish	
800g	salmon fillet