

Grocery list — Week 21

Boneless Braised Leg of Lamb, Thai Fish Curry, Cheesy White Bean Tomato Bake, and Mashed Sweet Potatoes with Parmesan and Sage Garlic Butter

Produce

- Sweet potatoes, 4 lb
- Garlic, 2 heads (1 halved for the lamb braise, plus 12 cloves minced)
- Onions, 2 medium
- Carrots, 2 (for the curry)
- Green beans, 1/2 lb (for the curry)
- Red bell pepper, 1 (for the curry)
- Baby spinach, 5 oz
- Fresh rosemary, 1 bunch
- Fresh sage, 1 bunch
- Fresh thyme, 1 bunch
- Fresh basil, 1 oz
- Cilantro, 1 bunch
- Fresh ginger, 1 small knob (2 tbsp minced)
- Lemon, 1
- Lime, 1

Meat & seafood

- Boneless leg of lamb, 3 lb
- White fish (lingcod, cod, or similar), 1 1/2 lb

Dairy & refrigerated

- Parmesan, grated, 1 1/4 cups (plus extra for serving)
- Mozzarella, grated, 2 cups (8 oz)
- Butter, 1/4 cup
- Whole milk, 1/3 cup

Bakery & dry goods

- Crusty bread or sourdough, 1 loaf
- Rice (to serve with the curry)

Canned & jarred

- Butter beans (or other white beans), 2 cans (14 oz each)
- Fire-roasted tomatoes, 1 can (15 oz)
- Coconut milk, 1 can (15 oz)
- Beef broth, 3 cups
- Red Thai curry paste, 3 tbsp
- Fish sauce, 1 tbsp

Pantry

- Olive oil, 6 tbsp
- Coconut oil, 2 tbsp
- All-purpose flour, 3 tbsp
- Coconut sugar (or brown sugar), 1 tbsp

Spices & seasonings

- Sea salt
- Black pepper
- Dried sage, 1 tbsp
- Italian seasoning, 1 tsp
- Chili flakes, 1 pinch