

# Family Favourites

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## Pasta

- 600g Dried pasta (such as penne)
- 300g Dried lasagne sheets

## Produce and herbs

- 1 pumpkin
- 1 red capsicum
- 1 telegraph cucumber
- ½ cauliflower
- 2 carrots
- 6 potatoes
- 1 leek
- ¼ cabbage
- 1 bunch of fresh spinach
- 2 onions
- 1 bunch chives
- 1 garlic
- 1 lemon
- 1 lime
- Baby spinach 150g
- Frozen or fresh spinach (optional)
- Fresh parsley (optional)
- Italian parsley
- Fresh coriander leaves
- Crushed ginger
- Sliced chilli

## Butchery

- Skinless chicken breast fillet\*
- 200g Pams Streaky Bacon

## Canned and pantry

- Pams Tuna Chunks In Springwater –  
1x 425g and 2x 185g\*
- 400g Value Chopped Tomatoes\*
- 400ml tin coconut cream\*
- Tin bamboo shoots 225g
- Thai green curry paste 4 Tbsp
- 1 can Pams creamed corn\*
- Black olives 50g

## Dairy

- Feta
- Butter
- Milk 450ml
- Tasty cheese 250g
- Cream 500ml
- Parmesan

## Staples - make sure you have at home

- Salt and pepper
- Flour
- Rice
- Olive oil
- Pams classic mayonnaise\*
- Pams Balsamic Vinaigrette

## Frozen

- Mixed vegetables\*

## Extras

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