



# SHOPPING LIST

## CREAMY COCONUT CHICKEN MEATBALL & NOODLE CURRY:

### Produce

- *Scallions - 2*
- *Butternut Squash or sweet potato - 1 cup cubed*
- *Shallots - 2 to 3 medium*
- *Ginger - 1 inch*
- *Garlic - 4 cloves*
- *Cilantro - ½ cup chopped*
- *Baby spinach - 2 cups*
- *Pomegranate arils - for serving - optional*

### Meat/Seafood

- *Ground chicken - 1 lb.*

### Canned Goods/Grains/Staples

- *Low sodium soy sauce - ¼ cup & 2 tsp.*
- *EVOO or avocado oil - 5 TBS.*
- *Thai red curry paste - ¼ cup*
- *Full fat coconut milk - 2 (14-oz) cans*
- *Low sodium chicken stock - 2 to 3 cups*
- *Creamy peanut butter - 2 TBS.*
- *Fish sauce - 1 TBS*
- *Egg or rice noodles - 8 oz.*
- *Black pepper*