

- [A] Tuna steaks with cucumber relish
- [B] Garlic Lemon Shrimp
- [C] Creamy Tuscan Chicken Creamy Tuscan Chicken
- [D] One Pan Balsamic Chicken and Veggies
- [E] Slow Cooker Short Rib Ragu over Pappardelle

Baking:

- 1 Bay leaf [E]
- 3/8 cup Balsamic vinegar [D]
- 1/2 teaspoon Red chili flakes [B]
- 1 tablespoon Flour [E]
- 90 ml Extra virgin olive oil
- 1 tablespoon Extra-virgin olive oil [C]
- 1/2 cup Olive oil [A,D]
- Salt & Pepper [B,C]

Canned Goods:

- 1/2 cup Beef broth [E]
- 28 oz. can Whole, peeled tomatoes [E]
- 1/2 cup Zesty Italian dressing [D]

Dairy:

- 3/8 cup Butter [B,C]
- 1/4 cup Freshly grated Parmesan [C]
- 1/2 cup Heavy cream [C]
- Good Parmigiano Reggiano [E]

Dry Goods:

- 1 teaspoon Anchovy paste [E]
- 2 tablespoons Freshly chopped basil [E]
- 1/2 teaspoon Garlic powder [D]
- 12 ounces Pappardelle pasta [E]
- Freshly ground black pepper [C]
- 1 teaspoon Italian seasoning [D]
- 1/2 teaspoon Dried thyme [E]
- 1 1/2 teaspoons Dried oregano [C,E]
- 1/4 teaspoon Crushed red pepper [E]

Liquor:

- 1/4 cup Red wine [E]

Meat:

- 2 pounds Bone in short ribs [E]
- 4 Boneless skinless chicken breasts [C]
- 1 1/4 pounds Chicken tenders/breasts [D]
- 1 pound Shrimp (deveined with tails removed) [B]
- 4 Tuna steaks [A]
- 1/4 pound Hunk of pancetta [E]

Produce:

- 2 heads Broccoli [D]
- Butternut Squash [C]
- 1 cup Baby carrots [D]
- 1/2 cup Finely diced carrot [E]
- 1/2 cup Finely diced celery [E]
- 2 pints Cherry tomatoes [C,D]
- 1/2 large Red chilli [A]
- 1/2 Cucumber [A]
- 8 cloves Garlic [B,C,E]
- 2 lemons [B,C]
- 3 tablespoons Lemon juice [B]
- 1 lime [A]
- 1/2 cup Finely diced yellow onion [E]
- 2 Spring onions [A]
- 2 tablespoons Freshly chopped parsley [E]
- Parsley [A,B,E]
- 3 cups Baby spinach [C]
- 1 medium Tomato [A]