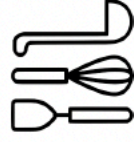




explore Brazil

Shopping List



cooking tool - mini pastéis mold

Place round-shaped pastry on the mold.
Trace it around the edges with water.
Place about 1 teaspoon of meat in center and gently fold the mold. Press to seal.

Feijoada

protein

- ☐ 1 1/2 lbs pork ribs / chicken thighs
- ☐ 3 links chorizo / sausage
- ☐ 4 oz bacon
- Vegetarian options:**
- ☐ 1 butternut squash/2 sweet potatoes
- ☐ 2 red bell pepper
- ☐ 6 oz okra

vegetables

- ☐ 1 onion
- ☐ 10 oz collard greens / kale
- ☐ 1 orange

basic pantry

- ☐ 2 cans black beans
- ☐ 1 1/2 cups rice
- ☐ hot sauce (optional)
- ☐ salt, pepper, olive oil

inside our kit

- ☒ Bayish Garlic Mix
- ☒ Farofa Mix

Shrimp moqueca

- ☐ 1 1/2 lbs shrimp

Vegetarian options:

- ☐ 2 cans chickpeas
- ☐ 1 pack firm tofu

Pastéis

- ☐ 1 lb ground beef / ground chicken

Vegetarian options:

- ☐ 1 lb mushrooms
- ☐ 4 kale leaves

- ☐ 1 onion

- ☐ 1 cup cherry tomatoes
- ☐ 8 oz watermelon (1/4 watermelon)
- ☐ 1 lime

- ☐ 1 large egg

- ☐ 1 tablespoons tomato paste
- ☐ 2 sheets puff pastry (gluten-free optional)
- ☐ flour, honey, salt, pepper, olive oil

- ☒ Sambando Moqueca Spices

- ☒ Creamy Coco Mix

- ☒ e2e Chili Mix

- ☒ Balsamic Glaze

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