

EXPLORE INDIA

SHOPPING LIST



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Kofta Meatballs

PROTEIN

- ☐ 1½ lbs ground beef OR ground chicken
- Vegetarian option**
- ☐ 3 medium zucchinis
- ☐ ½ cup chickpea / garbanzo flour

VEGETABLES

- ☐ 1 medium onion
- ☐ ½ medium cabbage head
- ☐ chopped cilantro (optional garnish)

PANTRY

- ☐ 115 oz can crushed tomatoes
- ☐ 1 cup plain yogurt/coconut milk yogurt
- ☐ 4 naan OR gluten-free naan / pita bread
- ☐ 1 egg/egg alternative
- ☐ ¼ cup breadcrumbs (optional)
- ☐ salt, pepper, olive oil

INCLUDED

- ☒ Ka' Kofta Curry Mix
- ☒ Bandh Gobi Mix

Cilantro Coconut Chicken

PROTEIN

- ☐ 2 lbs boneless skinless chicken thighs
- OR chicken breasts
- Vegetarian option**
- ☐ 2 packs extra firm tofu
- ☐ 2 cups frozen mixed vegetables

VEGETABLES

- ☐ 1 medium onion
- ☐ 1 medium head cauliflower
- ☐ 1 lime

PANTRY

- ☐ 4 naan OR gluten-free naan / pita bread
- ☐ salt, pepper, olive oil

INCLUDED

- ☒ Nilgiri Curry Spice (2 packs)
- ☒ Creamy Coco Mix

Vegetable Korma

PROTEIN

- ☐ 1 medium yellow onion
- ☐ 1 medium potato
- ☐ 2 carrots
- ☐ 1 cup frozen peas
- ☐ 3 oz green beans
- ☐ ¼ head cauliflower
- ☐ chopped cilantro (optional)

VEGETABLES

PANTRY

- ☐ 1 teaspoon tomato paste
- ☐ ¼ cup plain yogurt/coconut milk yogurt
- ☐ 2 cups rice (preferably basmati)
- ☐ 3 tablespoons creamy cashew butter / peanut butter
- ☐ salt, sugar, olive oil

INCLUDED

- ☒ Korma Spice Mix
- ☒ Creamy Coco Mix