

SHOPPING LIST

INGREDIENTS

TESCO

ALDI

12KG POTATOES	£0.19	£0.59
24 X BAKING POTATOES	£0.35	£0.57
2 X SPRING ONIONS	£0.49	£0.49
1KG ONIONS	£0.55	£0.55
65G MIXED CHILLIES	£0.70	£0.50
4 X GARLIC BULBS	£0.79	£0.79
1KG SWEET POTATO	£0.99	£0.99
250G BABY SPINACH	£0.90	£0.76
600G MIXED PEPPERS	£1.20	£1.20
250G CHERRY TOMATOES	£0.57	£0.57
1KG CARROTS	£0.19	£0.39
250G SWEET & CRUNCHY SALAD	£0.78	£0.75
30G CORIANDER	£0.52	£0.52
4 BREAD ROLLS	£0.49	£0.49
1.5KG FLOUR	£0.58	£0.58
500G RED LENTILS	£1.05	£1.05
1KG RICE	£0.48	£0.48
500G COUS COUS	£0.90	£0.90
200G TOMATO PUREE	£0.43	£0.43
2 X 400G TINNED TOMATOES	£0.64	£0.64
400G KIDNEY BEANS	£0.33	£0.33
400G CHICKPEAS	£0.70	£0.49
OREGANO	£0.70	£0.49
CUMIN	£0.95	£0.59
PAPRIKA	£1.10	£0.59
TURMERIC	£0.59	£0.49
BAY LEAVES	£1.85	£1.85
CHILLI POWDER	£0.90	£0.59
CURRY POWDER	£1.05	£0.79
10 VEGETABLE STOCK CUBES	£0.50	£0.52
1 LITRE VEGETABLE OIL	£1.75	£1.75
2 X 450G MEAT FREE MINCE	£3.90	£5.90
1KG CHICKEN BREASTS	£3.79	£3.79
900G FROZEN PEAS	£0.79	£0.85
210G MOZZARELLA	£0.65	£0.65
TOTAL	£32.68	£32.91

OR
£29.99
ACROSS
THE
TWO
STORES