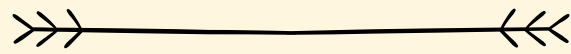
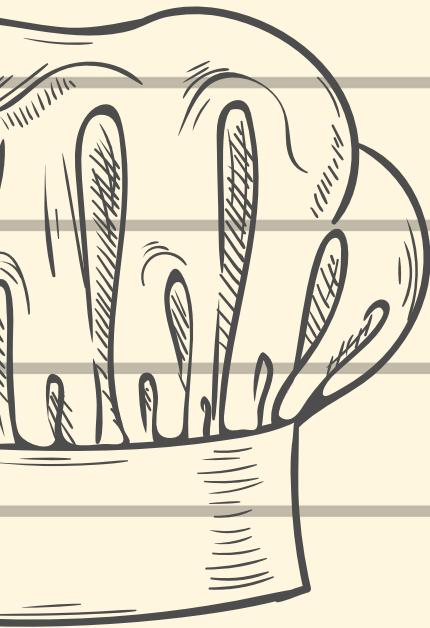


Shopping List



For your curry sauce:

2 medium carrots

1 leek (white only)

3 shallots

3 garlic cloves

2 celery sticks

Juice of one lime

300g cream

2 tbsp curry powder

Pinch of salt



For your haddock:

500ml milk

1 fillet of haddock

For your boiled eggs:

4 eggs

For your wild rice:

1 cup of rice

Knob of butter

Chopped coriander to garnish your rice

