

The Grocery List

One pantry staple. Five timeless classics

01

Check Your Pantry First

☐ Olive oil

☐ Salt & black pepper

☐ Garlic

02

Need to Buy

Follow the order — it maps how you walk the grocery.

FRUITS & VEGETABLES	6 ITEMS
☐ Yellow onions	x1
☐ Carrots	x2
☐ Celery stalks	x2
☐ Fresh basil	2 bunches
☐ Fresh parsley	x 1

PANTRY & DRY GOODS	10 ITEMS
☐ Rigatoni	x 1
☐ Spaghetti	x 1
☐ Canned crushed tomatoes	2 cans
☐ Tomato paste	1 small can
☐ Pine nuts	40g
☐ Vodka	60ml
☐ Chili flakes	1 jar
☐ Dried bay leaf	small pack
☐ Premium extra virgin olive oil	1 bottle
☐ Black peppercons, whole	1 jar

FRESH PROTEINS	3 ITEMS
☐ Chicken mince	250g
☐ Pork mince	250g
☐ Pancetta	150g

CHILLED & DAIRY	4 ITEMS
☐ Whole milk	100ml
☐ Heavy cream	100ml
☐ Parmesan, block	200g
☐ Eggs	x5

03

Where to Shop

End at the deli counter. Everything else is one walk through the supermarket.

01

Bottega KL / PJ

Deli

While you're there for the pancetta, it's worth picking up a few extra hams too. They carry a solid range, more than enough to put together a proper charcuterie board.

02

Kona Bakehouse

Pesto butter

49 Jalan SS2/30, SS2 PJ
Tue–Sun, 8am–5pm.

konabakehouse.com

03

Mauceri KL

Fresh pasta

Available at QRA Arcoris Mont Kiara (arcoris.qrafoods.com). For anyone who wants fresh rigatoni or spaghetti instead of dried. [instagram.com/mauceri_kl](https://www.instagram.com/mauceri_kl)

THIS WEEK'S MEALS

01

Ragù Rigatoni

2 HOURS | MEDIUM

02

Pesto Pasta

15 MIN | EASY

03

Classic Cabonara

20 MIN | EASY

04

Aglio e Olio

15 MIN | EASY

05

Spicy Rigatoni alla Vodka

25 MIN | MEDIUM