



A WEEK OF COOKING IN SOUTH KOREA SHOPPING LIST

Well-balanced meals
from **South Korea** for a
week of weeknight
dinners for a family of
four

Check your pantry items and items
you may already have, before
ordering these to save money. Feel
free to substitute items that are similar
and suitable for the selected meals.

The Menu

Meal 1

Bibimbap

Meal 2

Black-bean noodles with banchan

Meal 3

Tteokbokki with banchan

Meal 4

Hangover stew

Meal 5

Gimbap

Meat

500g of beef stir-fry
200g of short-cut bacon
500g of Rib-eye fillet steak

Eggs / Dairy / Cold

6 eggs

Vegetables

3 garlic bulbs (20 cloves)
1 onion
750g of baby spinach
1 x 250g bag of bean sprouts
2 red chillies
5 green onions (bunch)
1 continental cucumber
5 carrots (bag if cheaper)
Half a green cabbage
2 zucchinis
1 daikon radish
1 red capsicum
1 green capsicum
Small quantity of fresh ginger
1 large potato
1 red onion

Asian Supermarket

One large tub of kimchi
Gochujang (fermented red chili paste)
Gochugaru (Korean red pepper flakes)
Doenjang (fermented bean paste)
500g Korean rice cakes (frozen)
Chunjang (black-bean paste)
Danmuji (yellow pickled radish – cold)

Pantry Items

200ml sesame oil
6 tbs sesame seeds
4 tbs rice wine vinegar
350ml soy sauce
1 tbs mirin
2 tbs oyster sauce
10 nori sheets
1.5 cups of long grain white rice
Beef stock powder
500g udon noodles
2 cups of sushi rice

Items you may already have

White sugar
Ground black pepper
Vegetable or canola oil
Salt
Brown sugar
Honey

Approximate cost

(excludes Items you may already have)

\$159.50