

Shopping lists

Chicken fajitas

Ingredient	Tesco	Asda
Bell pepper	Nightingale Peppers 600G - Tesco Groceries	ASDA Red Pepper - ASDA Groceries
Red onion	Tesco Red Onions Pack 1Kg - Tesco Groceries	ASDA Sweet & Crunchy Red Onions - ASDA Groceries
Chicken breast	Tesco Chicken Breast Mini Fillets 650g - Tesco Groceries	ASDA Tender Chicken Breast Fillets - ASDA Groceries
Smoked paprika	Tesco Smoked Paprika 48G - Tesco Groceries	COOK by ASDA Smoked Paprika - ASDA Groceries
Ground coriander	Tesco Ground Coriander 36G - Tesco Groceries	COOK by ASDA Ground Coriander - ASDA Groceries
Olive oil	Tesco Olive Oil 500ML - Tesco Groceries	ASDA Olive Oil 500ml - ASDA Groceries
Lime	Tesco Lemon and Limes 6 Pack - Tesco Groceries	ASDA Zingy & Zesty Limes - ASDA Groceries
Wholemeal tortillas	H.W. Nevills Wholemeal Tortilla Wraps 8 Pack - Tesco Groceries	Dina Paninette Wholemeal Bread Wraps - ASDA Groceries
Low fat yogurt	Creamfields Low Fat Natural Yogurt 500G - Tesco Groceries	Henna Low Fat Natural Set Yogurts - ASDA Groceries
Cheddar cheese	Cathedral City Mature Cheddar Cheese 350 G - Tesco Groceries	Cathedral City Mature Cheddar Cheese - ASDA Groceries

Veggie fajitas

Ingredient	Tesco	Asda
Bell pepper	Nightingale Peppers 600G - Tesco Groceries	ASDA Red Pepper - ASDA Groceries
Red onion	Tesco Red Onions Pack 1Kg - Tesco Groceries	ASDA Sweet & Crunchy Red Onions - ASDA Groceries
Courgette	Tesco Courgettes Loose - Tesco Groceries	ASDA Courgettes - ASDA Groceries
Smoked paprika	Tesco Smoked Paprika 48G - Tesco Groceries	COOK by ASDA Smoked Paprika - ASDA Groceries
Ground coriander	Tesco Ground Coriander 36G - Tesco Groceries	COOK by ASDA Ground Coriander - ASDA Groceries
Olive oil	Tesco Olive Oil 500ML - Tesco Groceries	ASDA Olive Oil 500ml - ASDA Groceries
Lime	Tesco Lemon and Limes 6 Pack - Tesco Groceries	ASDA Zingy & Zesty Limes - ASDA Groceries
Wholemeal tortillas	H.W. Nevills Wholemeal Tortilla Wraps 8 Pack - Tesco Groceries	Dina Paninette Wholemeal Bread Wraps - ASDA Groceries
Low fat yogurt	Creamfields Low Fat Natural Yogurt 500G - Tesco Groceries	Henna Low Fat Natural Set Yogurts - ASDA Groceries
Cheddar cheese	Cathedral City Mature Cheddar Cheese 350 G - Tesco Groceries	Cathedral City Mature Cheddar Cheese - ASDA Groceries

Beany quesadilla

Ingredient	Tesco	Asda
Cumin powder	Tesco Ground Cumin 43G - Tesco Groceries	Indus Ground Cumin Jeera - ASDA Groceries
Brown onion	Tesco Brown Onions 1Kg - Tesco Groceries	ASDA 3 Crunchy & Fragrant Brown Onions - ASDA Groceries
Courgette	Tesco Courgettes Loose - Tesco Groceries	ASDA Courgettes - ASDA Groceries
Smoked paprika	Tesco Smoked Paprika 48G - Tesco Groceries	COOK by ASDA Smoked Paprika - ASDA Groceries
Fresh coriander	Tesco Fresh Cut Coriander 30G - Tesco Groceries	ASDA Aromatic & Zesty Coriander - ASDA Groceries
Olive oil	Tesco Olive Oil 500Ml - Tesco Groceries	ASDA Olive Oil 500ml - ASDA Groceries
Kidney beans	Growers Harvest Red Kidney Beans In Water 400G - Tesco Groceries	KTC Red Kidney Beans in Water - ASDA Groceries
Wholemeal tortillas	H.W. Nevills Wholemeal Tortilla Wraps 8 Pack - Tesco Groceries	Dina Paninette Wholemeal Bread Wraps - ASDA Groceries
Cheddar cheese	Cathedral City Mature Cheddar Cheese 350 G - Tesco Groceries	Cathedral City Mature Cheddar Cheese - ASDA Groceries
Garlic	Tesco Large Garlic - Tesco Groceries	ASDA Fragrant & Bold Garlic (Typically 45-60mm) - ASDA Groceries
Green chilli	Gran Luchito Roasted Serrano Green Chillies 215G - Tesco Groceries	ASDA Hot & Fragrant Thin Chillies - ASDA Groceries