



Indian Inspired Dinner Class Shopping List

Produce	Pantry (cont.)
Cilantro - 1 large bunch or 2 smaller (about 3 cups)	<ul style="list-style-type: none"> Xanthan gum only if your GF flour blend does not have it in it already
Mint - 2 bunches (about 2 cups)	Cassava flour (½ cup)
1-3 jalapenos	Baking soda
Garlic - 1 head	Table Salt
Yellow onion, 1	Sugar (1 tsp)
Lemons - 2 large (3 smaller)	Egg - 1
Parsley (optional to sprinkle on naan)	Olive oil - ¼ cup
Refrigerator	Turmeric
2-3 lbs. Boneless, skinless chicken thighs	Cinnamon
Dairy free plain yogurt (½ cup - cashew, almond or coconut milk unsweetened, with live cultures)	Cardamom
Pantry	Ground Cloves
1 can unsweetened coconut milk	Basmati Rice (optional for serving)
Avocado oil	Kosher Salt & pepper
GF flour blend (if no xanthan gum see next)	

- All of the above ingredients should be available at Whole Foods. If you wish to buy on Amazon, I have included links. As an Amazon Associate, I may earn a small commission when you purchase through these links.
- When purchasing produce, I always suggest organic when possible. Based on the EWG's dirty dozen, none of these ingredients are on the dirty dozen list.
- Anytime we use animal protein, I always suggest you choose organic, free range or grass fed. For fish I suggest wild caught small fish whenever possible.
- I used [King Arthur Measure for Measure flour](#) when making the naan. Any blend should work.