



# SHOPPING LIST

MENU 4 - 16<sup>TH</sup> APRIL 2018

MASSAMAN BEEF CURRY | CAPRESE STUFFED CHICKEN | LEEK & FETA QUICHE

## FRESH PRODUCE

- Baby spinach (100g)
- Mesclun lettuce (60g)
- Basil leaves (1/3 cup)
- Coriander leaves (handful), optional
- Lemons (2 small)
- Avocado (1 large)
- Tomatoes (2)
- Red capsicum (1)
- Red chilli (1), optional
- Cucumber (1 small)
- Carrots (3)
- Green beans (350g)
- Zucchini (1)
- Leek (1)
- Potatoes (400g)
- Fresh ginger (2cm piece, approximately)
- Garlic (3 cloves)
- Brown onion (1)

## MEAT / FISH

- Beef rump steak (400g)
- Skinless, boneless chicken breasts (4 small; approximately 600g)

## CHILLED / FROZEN

- Plain unsweetened yoghurt (140ml)
- Feta cheese (200g)
- Bocconcini<sup>1</sup> (125g)
- Parmesan cheese (small block)
- Semi-dried tomatoes (200g)
- Puff pastry (1 sheet; approximately 150g)

## GENERAL GROCERY

- Eggs (5)
- Microwave pouches of brown basmati rice<sup>2</sup> (2 x 250g pouches)
- Dried fettuccine (250g)
- Massaman curry paste<sup>3</sup> (1/3 cup; 80g)

- Lite coconut cream (400ml)
- Beef stock (250ml)
- Roasted, salted peanuts (2/3 cup, 140g)
- Slivered almonds (2 Tbsp)
- Pumpkin seeds (2 Tbsp)

## PANTRY STAPLES

- \* Milk (1/3 cup; 80ml)
- \* Olive oil (2 Tbsp)
- \* Peanut oil (2 Tbsp)
- \* Aioli (1 Tbsp)
- \* Dijon mustard (2 tsp)
- \* Fish sauce (1 Tbsp)
- \* Brown sugar (1 Tbsp)
- \* White sugar (1/2 tsp)
- \* Cinnamon sticks (1)
- \* Garlic powder (1 tsp)
- \* Dried oregano (1 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> Choose mozzarella or edam cheese as budget alternatives

<sup>2</sup> You can use uncooked brown basmati rice instead (you will need around 200g uncooked)

<sup>3</sup> If you can't find the curry paste at your local supermarket, try an Asian grocery store