



SHOPPING LIST

MENU 2 - 2ND APRIL 2018

CHICKEN, KUMARA & ORANGE SALADS | MEDITERRANEAN MEATLOAVES | MUSHROOM & FETA TART

FRESH PRODUCE

- Baby spinach (120g)
- Baby rocket (60g)
- Fresh basil (small handful)
- Fresh thyme¹ (5 sprigs)
- Oranges (2)
- Lemon (1)
- Celery (2 stalks)
- Avocado (1 large)
- Red capsicum (1)
- Green beans² (100g)
- Courgette (1 large)
- Portobello mushrooms (400g)
- Button mushrooms (200g)
- Red kumara (2 large; 500g)
- Brown onion (1)
- Red onion (1)
- Garlic (4 cloves)

MEAT / FISH

- Boneless, skinless chicken thighs (600g)
- Pork sausages (250g)
- Prime beef mince (250g)

CHILLED / FROZEN

- Butter (50g)
- Lite cream cheese (150g)
- Feta cheese (240g)
- Frozen puff pastry sheets (2 sheets; 300g)

GENERAL GROCERY

- Eggs (2)
- Tin chopped Italian tomatoes (400g)
- Sundried tomatoes (20g)
- Bulghur wheat (150g)
- Sundried tomato pesto (2 tsp)

PANTRY STAPLES

- * Milk (1 Tbsp)
- * Olive oil (4 Tbsp)
- * Balsamic vinegar (2 Tbsp)
- * Brown sugar (1 1/2 Tbsp)
- * Honey (2 tsp)
- * Dijon mustard (5 tsp)
- * Chicken stock powder (1 tsp)
- * Dried oregano (3 tsp)
- * Salt and pepper

NOTES

¹ You can use 1 tsp dried thyme as an alternative to fresh

² Frozen beans work well too