



SHOPPING LIST

MENU 10 - 28TH MAY 2018

CHICKEN, PEAR & HALOUMI SALAD | SHEPHERD'S PIE | MARGARITA PIZZAS

FRESH PRODUCE

- Baby rocket (120g / 4.2oz)
- Baby spinach¹ (60g / 2.1oz)
- Fresh basil (large handful)
- Packham pear (1 large)
- Lemon (1)
- Tomatoes (2)
- Green beans (300g / 10.6oz)
- Carrots (2 large)
- Courgettes (2)
- Kumara (sweet potato) (250g / 8.8oz)
- Potatoes (750g / 1.7lb)
- Garlic (2 cloves)
- Brown onion (1)

MEAT / FISH

- Chicken tenderloins (500g / 1.1lb)
- Lamb mince (500g / 1.1lb)

CHILLED / FROZEN

- Plain, unsweetened yoghurt (125ml)
- Basil pesto (4 Tbsp)
- Cheddar cheese (120g / 4.2oz)

- Fresh mozzarella or bocconcini (125g / 4.4oz)
- Haloumi cheese (200g / 7oz)
- Parmesan cheese² (50g / 1.8oz)
- Frozen peas (110g / 3.5oz)

GENERAL GROCERY

- Bulghur wheat^{3, GF} (200g / 7oz)
- Plain flour^{GF} (300g / 10.6oz)
- Pinenuts (4 Tbsp)
- Canned sweetcorn kernels (300g / 10.6oz)
- Tomato paste (3 Tbsp)
- Pizza paste (4 Tbsp)

PANTRY STAPLES

- * Milk (265ml)
- * Butter (80g / 2.8oz)
- * Olive oil (2 Tbsp)
- * Aioli (1 Tbsp)
- * White vinegar (60ml)
- * Sugar (3 tsp)
- * Chicken stock powder^{GF} (1 tsp)
- * Beef stock cubes^{GF} (2)
- * Dried thyme (1 tsp)
- * Dried oregano (1 tsp)
- * Salt and pepper

NOTES

¹ You can replace spinach with any green leaf / lettuce variation.

² There are a lot of different cheeses on this week's menu! You can skip the parmesan and replace with cheddar cheese instead.

³ Quinoa or a 250g / 8.8oz microwave pouch of brown rice and quinoa is a good replacement, if you can't find bulghur wheat.

^{GF} **Gluten-free swaps:** Choose quinoa or brown rice/quinoa blend (see note 3 above) instead of bulghur wheat. Replace plain flour with gluten-free self-raising flour. Use 250ml gluten-free liquid chicken stock and gluten-free beef stock cubes.