



# SHOPPING LIST

MENU 11 - 4<sup>TH</sup> JUNE 2018

CRISPY SKIN SALMON | SAUSAGE STIR FRY | MISO CHICKEN

## FRESH PRODUCE

- Baby spinach (120g / 4.2oz)
- Basil leaves (large handful)
- Lime (1)
- Apples (any variety) (2)
- Red capsicums (2)
- Broccoli (1 head)
- Green cabbage (small 1/2)
- Carrots (2 large)
- Red onion (1 small)
- Brown onion (1)
- Garlic (3 cloves)

## MEAT / FISH

- Fresh salmon<sup>1</sup> (4 fillets, skin on) (450g / 1lb)
- Breakfast sausages<sup>2, GF</sup> (500g / 1.1lb)
- Boneless, skinless chicken thighs (600g / 1.3lb)

## CHILLED / FROZEN

- Plain, unsweetened yoghurt (125ml)
- Feta cheese (100g / 3.5oz)
- Frozen, shelled edamame beans (120g)

## GENERAL GROCERY

- Tomato and basil flavoured brown rice and quinoa<sup>3</sup> (2 x 250g microwave pouches / 2 x 8.8oz)
- Singapore noodles<sup>GF</sup> (350g / 12.3oz)
- Sundried tomatoes (50g / 1.8oz)
- Kecap manis<sup>GF</sup> (3 Tbsp)
- Oyster sauce<sup>GF</sup> (3 Tbsp)
- Mirin (1 1/2 Tbsp)
- Miso paste<sup>4</sup> (2 Tbsp)
- Pickled ginger (sushi ginger) (2 Tbsp)
- Sesame seeds (2 Tbsp)

## PANTRY STAPLES

- \* Egg (1 large)
- \* Olive oil (2 tsp)
- \* Peanut oil (1/2 Tbsp)
- \* Mayonnaise<sup>GF</sup> (4 1/2 Tbsp)
- \* Dijon mustard (1 1/4 tsp)
- \* White vinegar (90ml)
- \* Soy sauce<sup>GF</sup> (2 1/2 Tbsp)
- \* Honey (2 1/2 Tbsp)

## NOTES

<sup>1</sup> If you don't like salmon, use chicken breast or thighs instead.

<sup>2</sup> You can use pork or beef sausages, depending on availability.

<sup>3</sup> If you can't find the tomato and basil flavoured brown rice and quinoa, use the regular variety and stir through a couple of tablespoons of sundried tomato pesto.

<sup>4</sup> Miso paste is sold in such large tubs but keeps well in the fridge for at least 9 months. More recipes to come!

<sup>GF</sup> **Gluten-free swaps:** Make sure the sausages are gluten-free. Use rice or rice noodles instead of Singapore noodles. If you can't find gluten-free kecap manis, replace with half brown sugar or honey and half soy sauce. Make sure your oyster sauce, mayonnaise and soy sauce are gluten-free.