



# SHOPPING LIST

MENU 7 - 7<sup>TH</sup> MAY 2018

CREAMY BEEF STROGANOFF | CORN & PRAWN FRITTERS | THAI CHICKEN SALAD

## FRESH PRODUCE

- Baby spinach (190g / 6.7oz)
- Chives (2 Tbsp) *optional*
- Coriander (2 Tbsp) *optional*
- Lemon (1)
- Lime (1)
- Cherry tomatoes or 2 big tomatoes (125g / 4.4oz)
- Avocado (1) *optional*
- Red capsicum (1)
- Broccoli (1 head)
- Carrot (1)
- Red cabbage (1/4)
- Green beans (250g / 8.8oz)
- Courgettes (3)
- Button mushrooms (250g / 9oz)
- Ginger (small piece)
- Garlic (2 cloves)
- Red onion (1 small)
- Brown onion (1 large)

## MEAT / FISH

- Boneless, skinless chicken thighs (600g / 1.3lb)
- Beef stir fry (500g / 1.1lb)
- Uncooked peeled prawns<sup>1</sup>, fresh or frozen (150g / 5.3oz)

## CHILLED / FROZEN

- Plain, unsweetened yoghurt (60ml)
- Sour cream (90ml)
- Fresh fettuccine<sup>GF</sup> (400g / 14oz)
- Parmesan (60g / 2.1oz)

## GENERAL GROCERY

- Tomato paste (4 tsp)
- Beef stock<sup>GF</sup> (500ml)
- Microwave pouch of brown rice & quinoa (250g / 8.8oz)
- Canned corn kernels (400g / 14oz)
- Peanut butter, crunchy or smooth (65g / 2.3oz)
- Roasted, salted peanuts (150g / 5.3oz)

## PANTRY STAPLES

- \* Eggs (2)
- \* Vegetable oil (100ml)
- \* Olive oil (1 Tbsp)
- \* Sesame oil (1 tsp)
- \* Plain flour<sup>GF</sup> (2/3 cup)
- \* Baking powder<sup>GF</sup> (1/4 tsp)
- \* Honey (1 1/2 Tbsp)
- \* Soy sauce<sup>GF</sup> (2 Tbsp)
- \* White vinegar (1 Tbsp)
- \* Dijon mustard (1 tsp)
- \* Wholegrain mustard (2 tsp)
- \* Sweet paprika (2 Tbsp)
- \* Smoked paprika (1/2 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> You can substitute prawns with ham, bacon or chorizo.

<sup>GF</sup> **Gluten free swaps:** replace fettuccine with gluten free pasta; make sure your beef stock, baking powder and soy sauce are gluten free; use gluten free plain flour.