



SHOPPING LIST

MENU 8 - 14TH MAY 2018

CHEESY PUMPKIN QUESADILLAS | TERIYAKI CHICKEN | BACON & EGG PIE

FRESH PRODUCE

- Baby spinach (140g / 5oz)
- Silverbeet or spinach (150g / 5.3oz)
- Coriander (handful)
- Lime (1)
- Cherry tomatoes (125g / 4.4oz)
- Lebanese cucumber (1)
- Capsicum (1)
- Broccoli (1)
- Carrots (2)
- Green beans (300g / 10.6oz)
- Portobello mushrooms (150g / 5.3oz)
- Pumpkin (800g / 1.8lb)
- Potato (1 large)
- Garlic (2 cloves)
- Red onion (1)

MEAT / FISH

- Boneless, skinless chicken thighs (600g / 1.3lb)
- Streaky bacon^{GF} (200g / 7.1oz)

CHILLED / FROZEN

- Lite sour cream (125ml)
- Cheddar cheese (180g / 6.3oz)
- Feta cheese (60g / 2.1oz)
- Frozen, shelled edamame beans (155g / 5.5oz)
- Savoury pastry^{GF} (2 sheets / 300g / 10.6oz)
- Puff pastry^{GF} (1 sheet / 150g / 5.3oz)

GENERAL GROCERY

- Eggs (10)
- Wholegrain tortillas^{1, GF} (6)
- Microwave pouches brown rice (2 x 250g / 2 x 8.8oz)
- Canned black beans (400g / 14oz)

PANTRY STAPLES

- * Milk (80ml)
- * Rice bran oil (2 Tbsp)
- * Olive oil (2 Tbsp)
- * White sugar (2 tsp)
- * Brown sugar (4 Tbsp)
- * Cornflour^{GF} (1 Tbsp)
- * Tomato paste (1 Tbsp)
- * Aioli (2 Tbsp)
- * Dijon mustard (1 tsp)
- * Soy sauce^{GF} (80ml)
- * White vinegar (85ml)
- * Balsamic vinegar (1 Tbsp)
- * Slivered almonds (2 Tbsp)
- * Sesame seeds (1 Tbsp)
- * Ground cumin (1 tsp)
- * Smoked paprika (1 tsp)
- * Salt and pepper

NOTES

¹ You can use regular white tortillas instead of wholegrain.

^{GF} **Gluten-free swaps:** ensure bacon is gluten-free. Replace savoury pastry with 2-3 potatoes or sweet potatoes and puff pastry with gluten-free pastry (or leave it out). Use gluten-free corn tortillas and ensure your cornflour and soy sauce are gluten free.