



SHOPPING LIST

MENU 9 - 21ST MAY 2018

PORK LETTUCE CUPS | STEAK WITH CREAMY MUSHROOM SAUCE | ULTIMATE FISH BURGERS

FRESH PRODUCE

- Baby spinach (60g / 2.1oz)
- Iceberg lettuce (1)
- Limes (2)
- Lemon (1)
- Mint leaves (1/4 cup)
- Red chilli (1)
- Tomatoes (2)
- Spring onions (1 bunch)
- Carrot (3 large)
- Green beans (500g / 1.1lb)
- Half cauliflower (500g / 1.1lb)
- Button mushrooms (250g / 8.8oz)
- Red kumara (1 large)
- Potatoes (2 large, 2 medium)
- Garlic (4 cloves)
- Red onion (1)

MEAT / FISH

- Pork mince¹ (400g / 14oz)
- Steak (rump, sirloin or eye fillet) (500g / 1.1lb)
- Frozen fish portions^{2, GF} (450g / 1lb)

CHILLED / FROZEN

- Plain, unsweetened yoghurt (80ml)
- Lite cream cheese (140g / 5oz)
- Cheddar cheese (4-8 slices)

GENERAL GROCERY

- Burger buns^{3, GF} (4)
- Singapore noodles^{GF} (350g / 12.3oz)
- Fish sauce^{GF} (2 Tbsp)
- Tomato relish (1/4 cup)
- Roasted salted peanuts^{GF} (70g / 2.5oz)
- White wine (1/4 cup)
optional

PANTRY STAPLES

- * Olive oil (2 Tbsp)
- * Butter (2 Tbsp)
- * Aioli (2 Tbsp)
- * White vinegar (1/2 Tbsp)
- * Soy sauce^{GF} (2 Tbsp)
- * Sweet chilli sauce (1 1/2 Tbsp)
- * Brown sugar (2 tsp)
- * Chicken stock powder^{GF} (2 tsp)
- * Garlic powder (1/2 tsp)
- * Dried thyme (1 tsp)
- * Dried tarragon (1 tsp)
- * Salt and pepper

NOTES

¹ You can replace the pork mince with chicken mince, if you like.

² You can use fresh white fish instead of frozen fish portions.

³ Choose your favourite burger buns - I like sesame seed ones!

^{GF} **Gluten-free swaps:** Choose gluten-free fish portions and burger buns. Use gluten-free rice noodles instead of Singapore noodles. Make sure fish sauce, peanuts and soy sauce are free from gluten. Use gluten-free chicken stock powder.