



SHOPPING LIST

MENU 13 - 18TH JUNE 2018

FISH TACOS | APRICOT CHICKEN | PORK & POTATO ROSTI STACKS

FRESH PRODUCE

- Baby spinach (150g / 5.3oz)
- Fresh coriander (1 handful)
- Fresh parsley (1/4 cup)
- Fresh thyme (2 tsp - or use 1 tsp dried)
- Fresh rosemary (2 tsp - or use 1 tsp dried)
- Limes (2)
- Lemon (1)
- Red capsicum (1)
- Small red cabbage (1/2)
- Carrots (4 large)
- Broccolini¹ (250g / 8.8oz)
- Green beans (fresh or frozen) (300g / 10.6oz)
- Potatoes (i.e. Agria) (700g / 1lb 9oz)
- Garlic (6 cloves)
- Small red onion (1)
- Brown onion (1)

MEAT / FISH

- White fish fillets (i.e. snapper, tarakihi) (400g / 14oz)
- Boneless, skinless chicken thighs (500g / 1lb 2oz)
- Sliced pork rump or pork leg steaks² (600g / 1lb 5oz)

CHILLED / FROZEN

- Plain, unsweetened yoghurt (185ml)
- Lite sour cream (80ml)
- Mascarpone (200g / 7oz)
- Frozen, shelled edamame beans (100g / 3.5oz)
- Frozen peas (50g / 1.8oz)

GENERAL GROCERY

- Wholegrain tortillas^{GF} (6 / 240g / 8.5oz)
- Wholemeal couscous^{GF} (190g / 6.7oz)
- Canned whole corn kernels (300g / 10.6oz)
- Canned crushed tomatoes (400g / 14oz)
- Canned apricot halves in syrup (400g / 14oz)
- Sliced almonds (3 Tbsp)

PANTRY STAPLES

- * Olive oil (3 Tbsp)
- * Butter (55g / 1.9oz)
- * Egg (1)
- * Sugar (1 tsp)
- * Plain flour^{GF} (1 Tbsp)
- * Cornflour^{GF} (1 Tbsp)
- * Chicken stock powder^{GF} (2 tsp)
- * Liquid chicken stock^{GF} (250ml)
- * Sweet chilli sauce (1 Tbsp)
- * Dijon mustard (4 tsp)
- * Ground cumin (1 1/2 tsp)
- * Chilli flakes (1/4 tsp)

NOTES

¹ Broccoli is a good, cheaper alternative to broccolini.

² I prefer to use boneless pork cuts. You can use chops but will need to increase the quantity to make up for the inedible bone.

^{GF} **Gluten-free swaps:** Use gluten-free corn tortillas. Replace couscous with rice or quinoa. Use gluten-free plain flour and make sure your cornflour isn't wheaten cornflour. Use gluten-free chicken stock powder and liquid chicken stock.