



SHOPPING LIST

MENU 16 - 9TH JULY 2018

SMOKEY PORK PAPRIKA | GOLDEN STIR FRY TOFU | GREEK-STYLE NACHOS

FRESH PRODUCE

- Cos lettuce (120g / 4.2oz)
- Baby spinach (100g)
- Tomatoes (2 large)
- Red capsicum (1)
- Broccoli (1)
- Green beans¹
(300g / 10.6oz)
- Button mushrooms
(250g / 8.8oz)
- Ginger (small piece)
- Garlic (6 cloves)
- Red onion (1 small)
- Brown onion (1)
- Potatoes (700g)

MEAT / FISH

- Lamb mince
(500g / 1lb 2oz)
- Diced pork rump
(700g / 1lb 9oz)

CHILLED / FROZEN

- Plain, unsweetened
yoghurt (80ml)
- Lite sour cream (140ml)
- Cheddar cheese
(70g / 2.5oz)
- Feta cheese (50g / 1.8oz)
- Firm Tofu² (300g / 10.6oz)
- Frozen peas (150g / 5.3oz)

GENERAL GROCERY

- Salsa flavoured corn chips^{GF}
(250g / 8.8oz)
- Roasted, salted peanuts^{GF}
(100g / 3.5oz)
- Microwave pouches of
brown rice (2 x 250g
pouches / 2 x 8.8oz)
- Chicken stock^{GF} (375ml)
- Canned, flavoured
tomatoes³ (Moroccan, pesto
or savoury) (400g / 14oz)
- Canned mild chilli beans
(420g / 14.8oz)
- Tomato paste (1 Tbsp)
- Hoisin sauce^{GF} (60ml)
- Black olives (30g / 1.1oz)
- White wine (60ml) *optional*

PANTRY STAPLES

- * Milk (2 Tbsp)
- * Olive oil (1 tsp)
- * Peanut oil (2 tsp)
- * Butter (3 Tbsp)
- * Aioli^{GF} (1 Tbsp)
- * Soy sauce^{GF} (3 Tbsp)
- * White vinegar (1 Tbsp)
- * Plain flour^{GF} (2 Tbsp)
- * Beef stock cube^{GF} (1)
- * Dried oregano (1 tsp)
- * Ground cumin (1 tsp)
- * Smoked paprika (1 Tbsp)
- * Paprika⁴ (1/2 tsp)
- * Garlic powder (1/2 tsp)
- * Salt and pepper

NOTES

¹ If fresh beans are too expensive, choose frozen beans instead.

² Make sure you use a firm tofu. I used Bean Supreme brand.

³ If you can't find flavoured tomatoes, use plain crushed instead.

³ If you don't already have smoked and regular paprika in the pantry, you can just use all smoked paprika.

^{GF} **Gluten-free swaps:** Make sure you use gluten-free corn chips, peanuts and chicken stock. If you can't find gluten-free hoisin sauce, you can make your own (a quick google search will give a recipe). Use gluten-free aioli, soy sauce, flour and beef stock cube.