



SHOPPING LIST

MENU 17 - 16TH JULY 2018

GARLIC PRAWNS | COUNTRY-STYLE PIZZAS | ORANGE CHICKEN

FRESH PRODUCE

- Baby spinach (120g)
- Shanghai bok choy (200g / 7oz)
- Oranges (2)
- Lemon (1)
- Tomatoes (2)
- Celery (1/2)
- Spring onions (1 bunch)
- Green beans (250g / 8.8oz)
- Carrots (2)
- Broccolini¹ (250g / 8.8oz)
- Button mushrooms (200g / 7oz)
- Potatoes (2 medium / 300g / 10.6oz)
- Ginger (small 2cm piece)
- Garlic (7 cloves)
- Brown onions (2)

MEAT / FISH

- Chicken tenderloins² (500g / 1lb 2oz)
- Bacon^{GF} (200g / 7oz)
- Raw prawns³ (fresh or frozen, heads and tails removed) (500g / 1lb 2oz)

CHILLED / FROZEN

- Pizza bases^{GF} (2 large)
- Lite sour cream (80ml)
- Colby or cheddar cheese (100g / 3.5oz)
- Parmesan (30g / 1oz)

GENERAL GROCERY

- Jasmine rice (300g / 10.6oz)
- Hokkien noodles^{GF} (400g / 14oz)
- Chicken stock^{GF} (1L)
- Pizza sauce^{GF} (75g / 2.6oz)
- Roasted, salted cashew nuts^{GF} (70g / 2.5oz)

PANTRY STAPLES

- * Olive oil (2 1/2 Tbsp)
- * Butter (6 Tbsp / 90g)
- * Cornflour^{GF} (1 1/2 Tbsp)
- * Brown sugar (1 1/2 Tbsp)
- * Honey (1 1/2 Tbsp)
- * Barbecue sauce^{GF} (3 Tbsp)
- optional*
- * Soy sauce^{GF} (3 Tbsp)
- * Balsamic vinegar (2 1/2 Tbsp)
- * Mustard (1 tsp)
- * Dried rosemary (1/2 Tbsp)
- * Turmeric (1/2 tsp)

NOTES

¹ Broccoli is a good substitute for broccolini.

² Chicken breast can be used instead of tenderloins.

³ If you don't like prawns, you can replace with boneless, skinless chicken thighs.

^{GF} **Gluten-free swaps:** Make sure your bacon is gluten-free. Choose gluten-free pizza bases. Use rice noodles (you'll only need about 200g) or gluten-free soba noodles. Make sure your chicken stock, pizza sauce, cashews, cornflour and barbecue sauce are gluten-free. Use gluten-free soy sauce.