



SHOPPING LIST

MENU 24 - 3RD SEPTEMBER 2018

STUFFED PASTA SHELLS | BEEF & BROCCOLI STIR FRY | APPLE & CHEDDAR SAUSAGE ROLLS

FRESH PRODUCE

- Baby rocket (120g / 4.2oz)
- Mung bean sprouts (200g / 7oz)
- Fresh basil (handful)
optional
- Green apple (1)
- Lemon (1)
- Avocado (1)
- Red capsicum (1)
- Broccoli (1)
- Wong bok¹ (1)
- Carrot (1 small)
- Button mushrooms (250g / 8.8oz)
- Brown onions (3)
- Ginger (1 small piece)
- Garlic (3 large cloves)

MEAT / FISH

- Rump steak (500g / 1lb 2oz)
- Pork mince (400g / 14oz)

CHILLED / FROZEN

- Plain, unsweetened yoghurt (160ml / 5.4 fl.oz)
- Cheddar cheese (250g / 8.8oz)
- Fecotta² (225g / 7.9oz)

- Frozen puff pastry^{GF} (2 sheets / 300g / 10.6oz)
- Frozen spinach (300g / 10.6oz)

GENERAL GROCERY

- Microwave pouches brown rice (2 x 250g / 2 x 8.8oz)
- Jumbo pasta shells^{GF, 3} (250g / 8.8oz)
- Panko breadcrumbs^{GF} (33g / 1.2oz)
- Black sesame seeds (1/4 cup)
- Pumpkin seeds (2 Tbsp)
- Sunflower seeds (2 Tbsp)
- Creamy tomato soup^{GF} (535g / 1lb 3oz)
- Canned pesto flavoured tomatoes (400g / 14oz)
- Chinese cooking wine^{GF} (1 Tbsp)

PANTRY STAPLES

- * Bread^{GF} (2 slices, any type)
- * Butter (1 Tbsp)
- * Egg (1)
- * Olive oil (3 Tbsp)
- * Peanut oil (1 Tbsp)
- * Sesame oil (1 tsp)
- * Balsamic vinegar (2 1/2 Tbsp)
- * Tomato sauce, relish or chutney (1/4 cup) *optional*
- * Aioli^{GF} (3 Tbsp)
- * Soy sauce^{GF} (3 Tbsp)
- * Dijon mustard (2 tsp)
- * Molasses (2 tsp)
- * Brown sugar (1 1/2 Tbsp)
- * Sugar (1 tsp)
- * Cornflour^{GF} (2 Tbsp)
- * Chicken stock powder^{GF} (1 tsp)
- * Dried oregano (2 tsp)
- * Dried rosemary (1 tsp)
- * Chinese five spice (1/8 tsp)
- * Ground nutmeg (1/8 tsp)
- * Salt and pepper

NOTES

¹ Green cabbage can be used in place of wong bok.

² If you can't find fecotta, use 200g ricotta instead.

³ Cannelloni tubes are a good substitute for jumbo pasta shells.

^{GF} **Gluten-free swaps:** Replace pastry with gluten-free pastry or wraps. Substitute pasta shells with gluten-free lasagne sheets. Choose gluten-free breadcrumbs and ensure soup is gluten-free. Replace cooking wine with sherry, gin, wine or apple juice. Choose gluten-free bread, aioli, soy sauce, cornflour and chicken stock.