



SHOPPING LIST

MENU 27 - 23RD SEPTEMBER 2018

CHICKEN FAJITA BOWLS | CURRIED SAUSAGES | SAVOURY SALMON TART

FRESH PRODUCE

- Cos lettuce (120g / 4.2oz)
- Fresh coriander (1/4 cup / 15g)
- Sugar snap peas (100g / 3.5oz)
- Shanghai bok choy (500g / 1lb 2oz)
- Lemon (1)
- Avocados (2)
- Lebanese cucumber (1)
- Green capsicum (1 large)
- Red capsicum (1)
- Broccoli (1)
- Orange kumara¹ (750g / 1lb 10oz)
- Red onion² (1 small)
- Brown onions (2 large)
- Garlic (2 cloves)

MEAT / FISH

- Chicken stir fry³ (500g / 1lb 2oz)
- Pork sausages^{GF} (8 sausages / 600g / 1lb 5oz)

CHILLED / FROZEN

- Plain, unsweetened yoghurt (80ml / 2.7 fl.oz)
- Lite sour cream (190ml / 6.4 fl.oz)

- Cheddar cheese (100g / 3.5oz)
- Frozen savoury shortcrust pastry^{GF} (2 sheets / 300g / 10.6oz)
- Frozen mixed veggies (150g / 5.3oz)

GENERAL GROCERY

- Eggs (6)
- Microwave pouches brown rice (2 x 250g / 2 x 8.8oz)
- Chicken stock^{GF} (500ml / 16.9 fl.oz)
- Canned pink or red salmon⁴ (210g / 7.4oz)
- Black beans (400g can / 14oz can)
- Tomato paste (2 Tbsp)
- Capers (2 Tbsp) *optional*

PANTRY STAPLES

- * Milk (80ml / 2.7 fl.oz)
- * Butter (1 Tbsp)
- * Olive oil (2 Tbsp)
- * Apple cider vinegar (2 Tbsp)
- * Aioli^{GF} (2 Tbsp)
- * Tomato sauce^{GF} (2 Tbsp)
- * Worcestershire sauce^{GF} (1 Tbsp)
- * Dijon mustard (1 Tbsp)
- * Brown sugar (1 Tbsp)
- * Cornflour^{GF} (2 Tbsp)
- * Chicken stock powder^{GF} (1 tsp)
- * Curry powder (1 1/2 Tbsp)
- * Garlic powder (1 tsp)
- * Ground cumin (1 tsp)
- * Dried oregano (1 tsp)
- * Smoked paprika (3/4 tsp)
- * Salt and pepper

NOTES

¹ Potatoes can be used as a cheaper alternative to kumara.

² You can replace the red onion with brown onion or spring onions.

³ Chicken tenderloins can be used instead. Beef rump steak also works well (swap chicken stock for beef stock).

⁴ Hot smoked salmon, bacon or chorizo are good alternatives.

^{GF} **Gluten-free swaps:** Ensure sausages are gluten-free. Use gluten-free pastry or leave it out. Choose gluten-free chicken stock, aioli, tomato sauce, Worcestershire sauce, cornflour and stock powder.