



SHOPPING LIST

MENU 31 - 22ND OCTOBER 2018

MEXICAN-STYLE PIZZAS | PRAWN CASHEW NUT STIR FRY | PORK & BEANS

FRESH PRODUCE

- Crunchy lettuce (1 small)
- Fresh coriander (handful)
optional
- Sugar snap peas¹
(100g / 3.5oz)
- Spring onions (1 bunch)
- Avocado (1 large)
- Green capsicum² (1)
- Red capsicum² (1)
- Green beans (250g / 8.8oz)
- Broccoli (1)
- Carrots (2)
- Garlic (4 cloves)
- Brown onion (1)

MEAT / FISH

- Pork fillet, leg steaks or rump steaks
(550g / 1lb 3oz)
- Prime beef mince
(450g / 1lb)
- Raw shelled prawns, fresh or frozen (400g / 14oz)

CHILLED / FROZEN

- Lite sour cream
(150g / 5.3oz)
- Cheddar cheese
(125g / 4.4oz)

GENERAL GROCERY

- Crusty white bread^{GF} (1 loaf)
optional
- Large wraps^{GF} (4)
- Microwave pouches brown rice
(2 x 250g / 2 x 8.8oz)
- Canned whole cherry tomatoes in juice³
(400g / 14oz)
- Canned Italian tomatoes
(400g / 14oz)
- Canned chilli beans^{GF}
(420g can / 14.8oz can)
- Canned cannellini beans
(2 x 390g / 2 x 13.8oz)
- Chinese cooking wine^{GF}
(3 Tbsp)
- Oyster sauce^{GF} (2 Tbsp)
- Roasted, salted cashews
(105g / 3.7oz)

PANTRY STAPLES

- * Olive oil (4 tsp)
- * Sesame oil (3 tsp)
- * Balsamic vinegar (1 Tbsp)
- * White vinegar (1 Tbsp)
- * Soy sauce^{GF} (3 Tbsp)
- * Brown sugar (3 tsp)
- * Cornflour^{GF} (1 Tbsp)
- * Chicken stock powder^{GF}
(2 tsp)
- * Beef stock cube^{GF} (1)
- * Smoked paprika (2 tsp)
- * Dried oregano (1 tsp)
- * Dried rosemary (1 tsp)
- * Dried sage (1 tsp)
- * Ground cumin (1 tsp)
- * Salt and pepper

NOTES

¹ Substitute with snow peas or green beans.

² Any colour capsicums are fine.

³ If you can't find these, use crushed canned tomatoes instead.

^{GF} **Gluten-free swaps:** Choose gluten-free bread and wraps. Make sure chilli beans are gluten-free. Chinese cooking wine often contains wheat and can be substituted with a pale dry sherry, gin, dry white wine or apple cider vinegar. Use gluten-free oyster sauce, soy sauce, cornflour and stock powder/cubes.