



SHOPPING LIST

MENU 32 - 29TH OCTOBER 2018

ROAST VEGGIE STACKS | CHICKEN & SPINACH CREPES | LAMB STUFFED EGGPLANT

FRESH PRODUCE

- Baby spinach (120g / 4.2oz)
- Lemon (1)
- Avocado (1 large)
- Cherry tomatoes (180g / 6.3oz)
- Lebanese cucumber (1)
- Asparagus¹ (250g / 8.8oz)
- Eggplants² (2)
- Cauliflower (1)
- Carrot (1 large)
- Red or orange kumara (1 large / 500g / 1lb 2oz)
- Brown onions (2 large)
- Red onion (1 small)
- Garlic (3 cloves)

MEAT / FISH

- Chicken tenderloins or breasts (500g / 1lb 2oz)
- Lamb mince³ (500g / 1lb 2oz)

CHILLED / FROZEN

- Milk (375ml / 12.7 fl.oz)
- Labneh or Greek yoghurt (185ml / 6.3 fl.oz)
- Lite cottage cheese (250g / 8.8oz)
- Parmesan cheese (100g / 3.5oz)
- Haloumi (200g / 7oz)

GENERAL GROCERY

- Tomato paste (3 Tbsp)
- Pitted olives (1/3 cup)
optional
- Walnut pieces (1/4 cup)
- Pinenuts (1 Tbsp)

PANTRY STAPLES

- * Eggs (2)
- * Butter (1 Tbsp)
- * Olive oil (60ml / 2 fl.oz)
- * Mayonnaise^{GF} (2 Tbsp)
- * Wholegrain mustard (1/2 Tbsp)
- * Plain flour^{GF} (75g / 2.6oz)
- * Wholemeal flour^{GF} (75g / 2.6oz)
- * Brown sugar (1 Tbsp)
- * Beef or lamb stock cube^{GF} (1)
- * Vegetable stock powder^{GF} (1 tsp)
- * Garlic powder (2 tsp)
- * Moroccan seasoning^{GF} (2 tsp)
- * Dried rosemary (1 1/2 tsp)
- * Turmeric (1 tsp)
- * Dried thyme (1/2 tsp)
- * Paprika (1/2 tsp)
- * Salt and pepper

NOTES

¹ Asparagus can be substituted for capsicum or cucumber.

² If you can't get eggplants, capsicums are a good alternative.

³ Beef mince is a good substitute for lamb mince.

^{GF} **Gluten-free swaps:** Ensure mayonnaise is gluten-free. Replace flours with plain gluten-free flour or buckwheat flour. Use gluten-free stock cubes, stock powder and Moroccan seasoning.

Optional extras: Steak (veggie stacks) and oven fries (crepes).