



SHOPPING LIST

MENU 33 - 5TH NOVEMBER 2018

SMOKED SALMON SPAGHETTI | BUTTER CHICKEN | BACON WRAPPED SAUSAGES

FRESH PRODUCE

- Baby rocket (120g / 4.2oz)
- Fresh basil (1 plant)
- Parsley (large handful)
optional
- Lemons (2)
- Avocado (1 large)
- Tomatoes (2 large)
- Telegraph cucumber (1)
- Red capsicum (1)
- Courgettes (2 large)
- Broccoli (1)
- Red kumara (400g / 14oz)
- Potatoes (600g / 1lb 5oz)
- Garlic (7 cloves)
- Red onion (1 small)
- Brown onion (1)

MEAT / FISH

- 600g boneless, skinless chicken thighs¹ (1lb 5oz)
- 600g pork sausages^{GF, 2} (8-10 sausages / 1lb 5oz)
- Streaky bacon^{GF} (200g / 7oz)
- Cold smoked salmon³ (200g / 7oz)

CHILLED / FROZEN

- Plain, unsweetened yoghurt (125ml / 4.2 fl.oz)
- Parmesan cheese (90g / 3.2oz)
- Cream (185ml / 6.3 fl.oz)

GENERAL GROCERY

- Microwave pouches basmati rice⁴ (2 x 250g / 2 x 8.8oz)
- Dried spaghetti^{GF} (200g / 7oz)
- Tomato passata (400g / 14oz)
- Sliced almonds (1/4 cup)
- Eggs (6)
- Naan bread^{GF} *optional*

PANTRY STAPLES

- * Butter (3 Tbsp)
- * Olive oil (80ml / 2.7 fl.oz)
- * Aioli or mayonnaise^{GF} (60ml / 2oz)
- * Wholegrain mustard (1 Tbsp)
- * Sugar (5 tsp)
- * Garam masala (2 tsp)
- * Paprika (1 1/2 tsp)
- * Dried oregano (1 tsp)
- * Ground coriander (1 tsp)
- * Ground cumin (1 tsp)
- * Ground ginger (1/2 tsp)
- * Salt and pepper

NOTES

- ¹ Diced lamb or raw prawns are good alternatives.
 - ² You can substitute with chicken breast, thighs or tenderloins.
 - ³ For a cheaper option, use tinned salmon (smoked flavour is good).
 - ⁴ Alternatively, use 1 cup dried basmati rice or riced cauliflower.
- ^{GF} **Gluten-free swaps:** Ensure sausages and bacon are gluten-free. Used gluten-free spaghetti. If you can't find gluten-free naan bread, try gluten-free pita breads spread with a little garlic butter. Use gluten-free aioli/mayonnaise.