



# SHOPPING LIST

MENU 34 - 12<sup>TH</sup> NOVEMBER 2018

CHICKEN & BAKED RICOTTA SALADS | CREAMY MUSHROOM & SPINACH PIES | STEAK SUMMER ROLLS

## FRESH PRODUCE

- Mediterranean rocket (120g / 4.2oz)
- Snow pea shoots (100g / 3.5oz)
- Fresh coriander (large handful) *optional*
- Lemon (1 large)
- Green pears (2)
- Avocado (1 large)
- Telegraph cucumber (1)
- Red capsicum (1)
- Broccolini<sup>1</sup> (250g / 8.8oz)
- Carrot (1 large)
- Button mushrooms<sup>2</sup> (250g / 8.8oz)
- Portobello mushrooms<sup>2</sup> (100g / 3.5oz)
- Spring onions (2)
- Brown onion (1)
- Garlic (4 cloves)

## MEAT / FISH

- Chicken stir fry or tenderloins (600g / 1lb 5oz)
- Beef rump steak (600g / 1lb 5oz)

## CHILLED / FROZEN

- Ricotta cheese (250g / 8.8oz)

- Lite cream cheese (125ml / 4.2 fl.oz)
- Cheddar cheese (100g / 3.5oz)
- Parmesan cheese<sup>3</sup> (20g / 0.7oz)
- Frozen spinach (300g / 10.6oz)
- Frozen puff pastry sheets<sup>GF</sup> (2 sheets / 300g / 10.6oz)

## GENERAL GROCERY

- Peanut butter (75g / 2.6oz)
- Pre-cooked flat ribbon noodles<sup>GF</sup> (200g / 7oz)
- Round rice paper sheets (14 sheets / approx. 16cm each)
- Lite coconut cream (250ml / 8.5 fl.oz)
- Hoisin sauce<sup>GF</sup> (2 Tbsp)
- White miso paste<sup>4</sup> (1 tsp)
- Roasted, salted peanuts<sup>GF</sup> (100g / 3.5oz)
- Walnut pieces (1/4 cup)
- Sesame seeds (1 Tbsp)

## PANTRY STAPLES

- \* Egg (1)
- \* Milk (2 Tbsp)
- \* Olive oil (4 1/2 Tbsp)
- \* Soy sauce<sup>GF</sup> (2 Tbsp)
- \* Honey (1 Tbsp)
- \* Sweet chilli sauce (1 Tbsp)
- \* Wholegrain mustard (2 tsp)
- \* Dried thyme (1 1/4 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> Use broccoli instead as a cheaper alternative.

<sup>2</sup> Mushrooms can be replaced with 500g boneless chicken thighs.

<sup>3</sup> Cheddar cheese can be used instead.

<sup>4</sup> Miso paste can be substituted for 1 tsp chicken stock powder.

<sup>GF</sup> **Gluten-free swaps:** Use gluten-free pastry or swap for 8 small gluten-free tortillas. Replace noodles with gluten-free rice noodles. If you can't find gluten-free hoisin sauce, substitute with 1 Tbsp gluten-free soy sauce, 1/2 Tbsp brown sugar and 1/2 Tbsp white vinegar. Ensure peanuts and soy sauce are gluten-free.