



SHOPPING LIST

MENU 35 - 19TH NOVEMBER 2018

FISH ON CREAMY RISOTTO | BACON CHEESEBURGER SALADS | CHICKEN ENCHILADAS

FRESH PRODUCE

- Baby spinach (120g / 4.2oz)
- Iceberg lettuce (1 large)
- Fresh coriander (handful)
optional
- Avocado (1 large)
- Tomatoes (2 large)
- Orange capsicum (1)
- Asparagus¹ (250g / 8.8oz)

MEAT / FISH

- White fish fillets²
(600g / 1lb 5oz)
- Chicken breasts³
(600g / 1lb 5oz)
- Prime beef mince (1lb 2oz)
- Bacon^{GF} (200g / 7oz)

CHILLED / FROZEN

- Plain, unsweetened yoghurt
(80ml / 2.7 fl.oz)
- Lite sour cream (200g / 7oz)
- Colby cheese (250g / 8.8oz)
- Parmesan cheese
(53g / 1.9oz)

GENERAL GROCERY

- Arborio rice (220g / 7.8oz)
- Tortillas^{GF} (10)
- Chicken stock^{GF}
(1L / 34 fl.oz)
- Canned crushed and sieved
tomatoes (400g / 14oz)
- Canned black beans
(390g / 14oz)
- Gherkins (200g / 7oz)
- White wine (80ml / 2.7 fl.oz)
optional

PANTRY STAPLES

- * Butter (80g / 2.8oz)
- * Olive oil (40ml / 1.4 fl.oz)
- * Tomato sauce^{GF} (2 Tbsp)
- * Tomato paste (1 Tbsp)
- * Worcestershire sauce^{GF}
(2 tsp)
- * Liquid from gherkin jar or
white vinegar (2 tsp)
- * White vinegar (1 tsp)
- * American mustard (1 tsp)
- * Plain flour^{GF} (75g / 2.6oz)
- * Sugar (1 1/4 tsp)
- * Garlic powder (2 tsp)
- * Ground cumin (1 1/2 tsp)
- * Smoked paprika (1 1/4 tsp)
- * Dried oregano (1 tsp)
- * Salt and pepper

NOTES

¹ Beans are a good alternative (or addition) to asparagus.

² Choose your favourite white fish. I used lemon fish.

³ Beef rump steak could be used instead.

^{GF} **Gluten-free swaps:** Ensure bacon is gluten-free. Use gluten-free corn tortillas and gluten-free chicken stock. Check tomato sauce and Worcestershire sauce are gluten-free. Use plain gluten-free flour.