SHOPPING LIST

MENU 41 - 7TH JANUARY 2019

CHICKEN & NECTARINE SUMMER SALAD | CHARGRILLED STEAK WITH KUMARA CAKES | ZUCCHINI, PEA & FETA FRITTERS

FRESH PRODUCE

- ☐ Mesclun lettuce (120g / 4.2oz)
- ☐ Mediterranean or baby rocket (120g / 4.2oz)
- ☐ Fresh mint (1 large handful)
- ☐ Nectarines[1] (2)
- ☐ Avocados (2 large)
- ☐ Tomatoes (4)
- ☐ Telegraph cucumber (1)
- ☐ Corn (4 ears)
- ☐ Zucchini (4 medium / 700g)
- ☐ Small orange kumara[2] (600g / 1lb 5oz)

MEAT / FISH

- ☐ Chicken tenderloins or breast (600g / 1lb 5oz)
- ☐ Rump steak[3] (500g / 1lb 2oz)

Optional extra: Add sliced smoked salmon or bacon to the zucchini fritters meal, if you like.

CHILLED / FROZEN

- ☐ Plain, unsweetened yoghurt (220ml / 7.4 fl.oz)
- ☐ Lite sour cream (140ml / 4.7 fl.oz)
- ☐ Feta cheese (200g / 7oz)
- ☐ Parmesan cheese (80g / 2.8oz)
- ☐ Shelled peas, fresh or frozen (150g / 5.3oz)

GENERAL GROCERY

- ☐ Baby beetroot, canned or vacuum-packed (6 baby beetroot / 1 can or packet)
- ☐ Brown rice flour[4] (120g / 4.2oz)
- ☐ Roasted, salted cashews[GF] (70g / 2.5oz)

PANTRY STAPLES

- ✳ Eggs (4)
- ✳ Butter (2 tsp)
- ✳ Olive oil (50ml / 1.7 fl.oz)
- ✳ Aioli[GF] (3 Tbsp)
- ✳ Wholegrain mustard (1 tsp)
- ✳ Honey (1 tsp)
- ✳ Baking powder[GF] (1 tsp)
- ✳ Smoked paprika (1 1/4 tsp)
- ✳ Curry powder[GF] (1 tsp)
- ✳ Ground cumin (3/4 tsp)
- ✳ Salt and pepper

NOTES

[1] You can use fresh peaches instead.

[2] Choose red kumara if you want firmer kumara cakes.

[3] Boneless chicken thighs make a good alternative.

[4] Brown rice flour can be swapped for regular plain flour.

[GF] **Gluten-free swaps**: An easy one this week - it's a very low gluten menu! Make sure cashews, aioli, baking powder and curry powder are gluten-free.