



# SHOPPING LIST

MENU 44 - 28<sup>TH</sup> JANUARY 2019

PROSCIUTTO, PEACH & HALOUMI SALAD | HONEY SOY CHICKEN ON RICE | PANKO CRUMBED SALMON

## FRESH PRODUCE

- Mediterranean rocket (120g / 4.2oz)
- Yellow peaches<sup>1</sup> (4)
- Lemon (1)
- Avocado (1)
- Cherry tomatoes (200g / 7oz)
- Telegraph cucumber (1)
- Corn<sup>2</sup> (2 ears)
- Green beans (250g / 8.8oz)
- Broccolini<sup>3</sup> (250g / 8.8oz)
- Orange kumara (400g / 14oz)
- Potatoes (400g / 14oz)
- Garlic (2 cloves)

## MEAT / FISH

- Salmon fillets<sup>4</sup> (4 fillets / 450g / 1lb)
- Boneless, skinless chicken breasts (500g / 1lb 2oz)
- Prosciutto slices<sup>GF</sup> (70g / 2.5oz)

## CHILLED / FROZEN

- Lite cream cheese (1/2 cup / 125ml)
- Cheddar cheese (60g / 2.1oz)
- Haloumi (200g / 7oz)
- Frozen baby peas (160g / 5.6oz)

## GENERAL GROCERY

- Ciabatta bread<sup>GF</sup> (1 loaf)
- Brown rice<sup>5</sup> (200g / 7oz)
- Panko breadcrumbs<sup>GF</sup> (75g / 2.6oz)
- Roasted almonds (40g / 1.4oz)

## PANTRY STAPLES

- \* Butter (7 tsp)
- \* Olive oil (115ml / 4 fl.oz)
- \* Cooking oil spray
- \* Red wine vinegar (3 Tbsp)
- \* Apple cider vinegar (2 Tbsp)
- \* Soy sauce<sup>GF</sup> (3 Tbsp)
- \* Wholegrain mustard (2 Tbsp)
- \* Honey (3 Tbsp)
- \* Brown sugar (2 Tbsp)
- \* Cornflour<sup>GF</sup> (30g / 1oz)
- \* Chicken stock powder<sup>GF</sup> (2 1/2 tsp)
- \* Dried oregano (2 tsp)
- \* Dried dill (3/4 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> Yellow nectarines can be used instead.

<sup>2</sup> Canned corn kernels (400g / 14oz) are a good alternative.

<sup>3</sup> Broccoli is a good budget alternative to broccolini.

<sup>4</sup> You can use white fish instead or swap for chicken breast or thighs.

<sup>5</sup> Quinoa is a good option.

<sup>GF</sup> **Gluten-free swaps:** Ensure prosciutto is gluten-free. Replace ciabatta with a gluten-free loaf. Choose gluten-free panko breadcrumbs, soy sauce, cornflour and stock powder.