



SHOPPING LIST

MENU 45 - 4TH FEBRUARY 2019

HAWAIIAN CHICKEN PASTA SALAD | CHINESE CUMIN LAMB STIR FRY | TOMATO TARTE TATIN

FRESH PRODUCE

- Mediterranean rocket (120g / 4.2oz)
- Baby spinach (60g / 2.1oz)
- Fresh basil (large handful)
- Fresh thyme (handful)
- Fresh pineapple¹ (1/2)
- Avocado (1 large)
- Spring onions (small bunch)
- Red chilli (1) *optional*
- Corn² (2 ears)
- Cherry tomatoes (360g / 12.7oz)
- Red capsicum (2)
- Yellow capsicum (1)
- Green beans (250g / 8.8oz)
- Carrots (2)
- Red onion (2 small)
- Garlic (4 cloves)

MEAT / FISH

- Boneless, skinless chicken thighs (500g / 1lb 2oz)
- Lamb leg steaks³ (500g / 1lb 2oz)
- Bacon^{GF} (any type) (200g / 7oz)

CHILLED / FROZEN

- Plain, unsweetened yoghurt (60ml / 2 fl.oz)
- Cheddar cheese (50g / 1.8oz)
- Parmesan cheese (90g / 3.2oz)
- Frozen puff pastry^{GF} (1 sheet / 150g / 5.3oz)

GENERAL GROCERY

- Eggs (4)
- Penne pasta^{GF} (250g / 8.8oz)
- Quinoa⁴ (200g / 7oz)

PANTRY STAPLES

- * Olive oil (70ml / 2.4 fl.oz)
- * Cooking oil spray
- * Aioli or mayonnaise^{GF} (60ml / 2 fl.oz)
- * Apple cider vinegar (2 1/2 Tbsp)
- * Balsamic vinegar (2 1/2 Tbsp)
- * Soy sauce^{GF} (2 Tbsp)
- * Honey (2 tsp)
- * Brown sugar (2 Tbsp)
- * Cornflour^{GF} (1 Tbsp)
- * Chicken stock powder^{GF} (2 tsp)
- * Cumin seeds (1 Tbsp)
- * Ground cumin (2 tsp)
- * Ground coriander (1 1/2 tsp)
- * Salt and pepper

NOTES

¹ Tinned pineapple rings can be used instead.

² A 400g (14oz) can whole corn kernels is a good alternative.

³ Beef rump steak or stir fry can be used instead of lamb.

⁴ Brown rice is a good alternative to quinoa. Use the microwave pouches for an easy option.

^{GF} **Gluten-free swaps:** Ensure bacon is gluten-free. Choose gluten-free pastry and gluten-free pasta. Make sure aioli/mayo is gluten-free. Use gluten-free soy sauce, cornflour and stock powder.