



SHOPPING LIST

MENU 48 - 25TH FEBRUARY 2019

FISH & CHIP SALADS | CHICKEN & SUMMER VEGGIE STACKS | CHEESY STUFFED MEATBALLS

FRESH PRODUCE

- Mediterranean rocket (120g / 4.2oz)
- Baby spinach (60g / 2.1oz)
- Fresh basil (1 plant)
- Lemon (1 small)
- Cherry tomatoes (180g / 6.8oz)
- Tomatoes (2 large)
- Lebanese cucumber (1)
- Green beans (250g / 8.8oz)
- Eggplant (1)
- Potatoes (i.e. Agria) (600g / 1lb 5oz)
- Red onion (1)
- Brown onions (2 large)
- Garlic (4 cloves)

MEAT / FISH

- White fish fillets¹ (i.e. lemon fish, tarakihi, snapper) (550g / 1lb 3oz)
- Boneless, skinless chicken thighs (4 / 600g / 1lb 5oz)
- Prime beef mince² (600g / 1lb 5oz)

CHILLED / FROZEN

- Plain, unsweetened yoghurt (60ml / 2 fl.oz)
- Cottage cheese with chives (250g / 8.8oz)
- Fresh mozzarella (125g / 4.4oz)
- Parmesan (90g / 3.2oz)
- Frozen peas (100g / 3.5oz)

GENERAL GROCERY

- Cornichons (mini gherkins) (6)
- Canned pesto flavoured tomatoes³ (400g / 14oz)
- Dried orzo pasta^{4, GF} (250g / 8.8oz)
- Panko breadcrumbs^{GF} (35g / 1.2oz)

PANTRY STAPLES

- * Egg (1)
- * Milk (140ml / 4.7 fl.oz)
- * Butter (1 Tbsp)
- * Olive oil (3 Tbsp)
- * Balsamic vinegar (2 Tbsp)
- * Aioli^{GF} (105ml / 3.6 fl.oz)
- * Tomato paste (2 Tbsp)
- * Brown sugar (2 1/2 Tbsp)
- * Plain flour^{GF} (25g / 1 Tbsp)
- * Beef stock cubes^{GF} (2)
- * Dried oregano (2 1/2 tsp)
- * Dried rosemary (1 tsp)
- * Salt and pepper

NOTES

¹ If you don't like fish, use chicken tenderloins instead. For an easy option, use crumbed or battered frozen fish or chicken portions.

² Lamb mince is a great alternative.

³ If you can't find pesto flavoured tomatoes, use regular crushed tomatoes or a different flavour.

⁴ Any pasta can be used in place of the orzo.

^{GF} **Gluten-free swaps:** Replace orzo with any gluten-free pasta or 2 x 250g microwave pouches brown rice. Use gluten-free breadcrumbs and aioli. Plain gluten-free flour or cornflour can be used instead of plain flour. Use gluten-free stock cubes.