



SHOPPING LIST

MENU 52 - 25TH MARCH 2019

PORK STUFFED MUSHROOMS | TOMATO AND BASIL CHICKEN | PRAWN FILO PIES

FRESH PRODUCE

- Baby rocket (120g / 4.2oz)
- Fresh basil (1 plant)
- Celery (4 stalks / half bunch)
- Tomatoes (3)
- Lebanese cucumber (1)
- Corn (1 ear)
- Green capsicum (1)
- Broccoli (1)
- Portobello mushrooms¹ (300g / 10.6oz / 4-6 large)
- Small red onion (1)
- Brown onion (1)
- Garlic (8 cloves)

MEAT / FISH

- Chicken tenderloins² (600g / 1lb 5oz)
- Pork mince³ (300g / 10.6oz)
- Salami, any type^{GF} (100g / 3.5oz)
- Raw prawn cutlets⁴, fresh or frozen (250g / 8.8oz)

CHILLED / FROZEN

- Lite or regular cream cheese (250g / 8.8oz)
- Cheddar cheese (75g / 2.6oz)
- Parmesan cheese (68g / 2.4oz)

- Filo pastry^{GF} (150g / 5.3oz / 6 sheets)

GENERAL GROCERY

- Pinenuts (2 Tbsp)
- Panko breadcrumbs^{GF} (50g / 1.8oz)
- Wholemeal couscous^{5, GF} (190g / 6.7oz)
- Sliced sundried tomatoes (40g / 1.4oz)
- Tomato paste (2 Tbsp)
- Canned crushed or diced tomatoes (basil and oregano flavoured) (400g / 14oz)
- Canned tuna in springwater⁴ (185g / 6.5oz)

PANTRY STAPLES

- * Milk (250ml / 8.5 fl.oz)
- * Butter (55g / 1.9oz)
- * Olive oil (2 1/2 Tbsp)
- * Apple cider vinegar (2 Tbsp)
- * Sugar (2 1/2 tsp)
- * Plain flour^{GF} (2 1/2 Tbsp)
- * Chicken stock powder^{GF} (3 tsp)
- * Dried oregano (1 1/2 tsp)
- * Dried sage (1 tsp)
- * Dried dill (1/2 tsp)
- * Salt and pepper

NOTES

¹ Try to choose ones with a bit of a lip on the side.

² Chicken breast or boneless skinless chicken thighs are fine.

³ Chicken, turkey or beef mince are all good options.

⁴ Replace seafood with bacon and chicken or smoked chicken. Try smoked fish, hot smoked salmon or tinned salmon instead of tuna.

⁵ If you don't like couscous, use spaghetti instead.

^{GF} **Gluten-free swaps:** Ensure salami is gluten-free. Replace filo pastry with gluten-free wraps or pastry. Choose gluten-free panko breadcrumbs. Use gluten-free pasta, rice or quinoa instead of couscous. Use plain gluten-free flour and gluten-free stock powder.