



SHOPPING LIST

MENU 53 - 1ST APRIL 2019

CHICKEN, CRUMBED CAMEMBERT & GRAPE SALAD | MEXICAN BOLOGNESE | THAI YELLOW CURRY

FRESH PRODUCE

- Baby leaf lettuce (120g / 4.2oz)
- Iceberg lettuce (1/2)
- Fresh coriander (handful) *optional*
- Seedless red grapes¹ (150g / 5.3oz)
- Lime (1) *optional*
- Tomatoes (2)
- Lebanese cucumber (1)
- Red capsicum (1)
- Carrots (2)
- Courgettes (2)
- Spring onions (1 bunch)
- Brown onion (1)
- Garlic (2 cloves)
- Potatoes (2 large / 500g / 1lb 2oz)

MEAT / FISH

- Chicken breast (650g / 1lb 9oz)
- Prime beef mince (500g / 1lb 2oz)

CHILLED / FROZEN

- Lite sour cream (125ml / 4.2 fl.oz)
- Cheddar cheese (100g / 3.5oz)

- Camembert or brie² (200g / 7oz)
- Paneer³ (300g / 10.6oz)
- Frozen peas (160g / 5.6oz)

GENERAL GROCERY

- Pumpkin seeds (2 Tbsp)
- Panko breadcrumbs^{GF} (67g / 2.4oz)
- Rigatoni pasta^{4, GF} (300g / 10.6oz)
- Microwave pouches basmati or jasmine rice (2 x 250g / 2 x 8.8oz)
- Plum sauce^{GF} (4 Tbsp)
- Yellow curry paste^{GF} (1/4 cup)
- Tomato paste (2 Tbsp)
- Canned Mexican flavoured crushed tomatoes⁵ (400g / 14oz)
- Canned black beans (400g / 14oz)
- Lite coconut cream (400ml / 13.5 fl.oz)

PANTRY STAPLES

- * Egg (1)
- * Olive oil (100ml / 3.4 fl.oz)
- * Apple cider vinegar (1 Tbsp)
- * Plain flour^{GF} (38g / 1.3oz)
- * Brown sugar (1 1/2 Tbsp)
- * Beef stock cube^{GF} (1)
- * Vegetable stock powder or cube^{GF} (1 tsp / cube)
- * Dried oregano (1 tsp)
- * Ground cumin (1 tsp)
- * Smoked paprika (1 tsp)
- * Salt and pepper

NOTES

¹ Seedless green grapes are fine. Use a green pear as an alternative.

² For a healthier, budget-friendly option use a smaller 125g size.

³ Haloumi and firm tofu are both good alternatives.

⁴ If you can't find rigatoni, use another pasta (penne is good).

⁵ Other flavours can be used (either crushed or diced).

^{GF} **Gluten-free swaps:** Use gluten-free breadcrumbs and pasta (or rice instead). Ensure plum sauce and curry paste are gluten-free. Use gluten-free plain flour, stock cubes and stock powder.