



SHOPPING LIST

MENU 55 - 15TH APRIL 2019

BUDGET BEEF WELLINGTON | EGGPLANT, BACON & HALOUMI SALAD | CREAMY PUMPKIN PASTA

FRESH PRODUCE

- Baby kale (120g / 4.2oz)
- Tomatoes (2)
- Green beans (250g / 8.8oz)
- Carrots (2)
- Eggplant (1 large or 2 small)
- Mushrooms (any type) (250g / 8.8oz)
- Pumpkin (900g / 2lb)
- Piccolo or baby potatoes (700g / 1lb 9oz)
- Garlic (4 cloves)
- Red onion (1)

MEAT / FISH

- Beef rump or sirloin steak¹ (500g / 1lb 2oz)
- Streaky bacon^{2, GF} (250g / 8.8oz)

CHILLED / FROZEN

- Plain, unsweetened yoghurt (80ml / 2.7 fl.oz)
- Lite cream cheese (250g / 8.8oz)
- Parmesan (90g / 1.6oz)
- Haloumi² (200g / 7oz)
- Fresh tricolour fettuccine^{3, GF} (400g / 14oz)

- Frozen puff pastry^{GF} (1 sheet / 150g / 5.3oz)
- Frozen baby peas⁴ (160g / 5.6oz)

GENERAL GROCERY

- Garlic bread, loaf or rolls^{GF} (approx. 400g / 14oz)
- Bread^{GF} (any type) (3 slices, approx. 100g / 3.5oz)

PANTRY STAPLES

- * Milk (3 Tbsp)
- * Eggs (2)
- * Butter (1 Tbsp)
- * Olive oil (80ml / 2.7 fl.oz)
- * Aioli^{GF} (3 Tbsp)
- * Wholegrain mustard (1 tsp)
- * Beef stock cube^{GF} (1)
- * Vegetable stock cube^{GF} (1)
- * Dried rosemary (1 1/2 tsp)
- * Dried oregano (1 tsp)
- * Dried sage (1 tsp)
- * Salt and pepper

NOTES

¹ For a fancier version, try eye fillet steak instead.

² Either of these could be swapped for chicken.

³ Replace with 300g / 10.6oz dried fettuccine if you prefer. This is a good option if you plan on reheating the meal.

⁴ You could use frozen mixed veggies instead.

^{GF} **Gluten-free swaps:** Ensure bacon is gluten-free. Replace fettuccine with your favourite gluten-free pasta. Use gluten-free pastry, leave this out or replace with 45g / 1.6oz parmesan. Choose gluten-free bread, aioli and stock cubes.