



SHOPPING LIST

MENU 57 - 6TH MAY 2019

MEXICAN CHICKEN LETTUCE WRAPS | EASY POTATO TOP PIE | SALMON & CREAM CHEESE PIZZAS

FRESH PRODUCE

- Mediterranean rocket (120g / 4.2oz)
- Large iceberg lettuce (1)
- Fresh coriander (large handful) *optional*
- Lemon (1)
- Cherry tomatoes (250g / 8.8oz)
- Lebanese cucumber (1)
- Red capsicum (1)
- Green beans (250g / 8.8oz)
- Carrots (2)
- Red onion (1)
- Brown onion (1)
- Garlic (2 cloves)

MEAT / FISH

- Boneless, skinless chicken breasts (600g / 1lb 5oz)
- Prime beef mince¹ (600g / 1lb 5oz)
- Hot smoked salmon² (200g / 7oz)

CHILLED / FROZEN

- Lite cream cheese (250g / 8.8oz)
- Lite sour cream (125g / 4.4oz)
- Cheddar cheese (250g / 8.8oz)
- Large, thin pizza bases^{3, GF} (2 bases / 300g / 10.6oz)

- Potato gems, mini hash browns or tater tots^{GF} (500g / 1lb 2oz)
- Frozen spinach (300g / 10.6oz)

GENERAL GROCERY

- Capers (3 Tbsp)
- Canned Mexican flavoured tomatoes⁴ (400g / 14oz)
- Canned diced or crushed tomatoes (try basil and oregano flavoured) (400g / 14oz)
- Pizza paste^{GF} (100g / 3.5oz)
- Tomato paste⁵ (1 Tbsp)
- Microwave pouch brown rice (250g / 8.8oz)
- Microwave pouch Mexican flavoured rice^{6, GF} (250g / 8.8oz)

PANTRY STAPLES

- * Olive oil (1 Tbsp)
- * Worcestershire sauce^{GF} (1 Tbsp)
- * Brown sugar (4 tsp)
- * Beef stock cubes^{GF} (2)
- * Dried oregano (2 tsp)
- * Smoked paprika (2 tsp)
- * Garlic powder (1 tsp)
- * Ground cumin (1 tsp)
- * Salt and pepper

NOTES

¹ Venison mince is a great alternative.

² Try cold smoked salmon, prawns, smoked chicken or thinly sliced roast beef instead.

³ I used Turkish Bread cauliflower pizza bases.

⁴ Plain crushed or diced canned tomatoes are a suitable alternative.

⁵ Can use extra pizza paste instead.

⁶ Use another pouch of brown rice if you can't find Mexican rice.

^{GF} **Gluten-free swaps:** Choose gluten-free pizza bases and potato gems (or use hash browns or kumara rostis). Ensure pizza paste, rice, Worcestershire sauce and stock cubes are gluten-free.