



SHOPPING LIST

MENU 58 - 13TH MAY 2019

TEMPEH FUSION BOWLS | CREAMY CHICKEN SPAGHETTI | KOREAN STEAK TACOS

FRESH PRODUCE

- Baby spinach (120g / 4.2oz)
- Fresh coriander (large handful)
- Lemon (1)
- Limes (2 large)
- Lebanese cucumber¹ (1)
- Carrot (1 large)
- Small green cabbage (1/2)
- Cauliflower (1/2)
- Leek (1)
- Red onion (1 small)
- Fresh ginger (very small piece)
- Garlic (3 cloves)

MEAT / FISH

- Boneless, skinless chicken breasts² (600g / 1lb 5oz)
- Sirloin steak³ (550g / 1lb 3oz)

CHILLED / FROZEN

- Plain, unsweetened yoghurt (170ml / 5.7 fl.oz)
- Tempeh^{4, GF} (250g / 8.8oz)
- Feta cheese (200g / 7oz)
- Parmesan cheese (83g / 2.9oz)

GENERAL GROCERY

- Wholegrain or regular tortillas^{5, GF} (6-8)
- Microwave pouches brown rice (2 x 250g / 2 x 8.8oz)
- Dried spaghetti^{GF} (300g / 10.6oz)
- Chicken stock^{GF} (1L / 1qt)
- Tandoori paste^{GF} (2 Tbsp)
- Canned chickpeas⁴ (400g / 14oz)

PANTRY STAPLES

- * Milk (125ml / 4.2 fl.oz)
- * Butter (1 Tbsp)
- * Olive oil (2 tsp)
- * Sesame oil (2 1/2 Tbsp)
- * Mayonnaise^{GF} (105ml / 3.6 fl.oz)
- * Wholegrain mustard (2 tsp)
- * Soy sauce^{GF} (70ml / 2.4 fl.oz)
- * Brown sugar (3 Tbsp)
- * Black or white sesame seeds (2 tsp)
- * Garlic powder (2 3/4 tsp)
- * Ground coriander (1 tsp)
- * Rubbed tarragon (1 tsp)
- * Salt and pepper

NOTES

¹ Half a telegraph cucumber can be used instead.

² Boneless, skinless chicken thighs or tenderloins are great options. Bacon or chorizo are delicious add-ons too!

³ You can use rump steak instead.

⁴ If tempeh and chickpeas aren't your thing, make it meaty with 600g / 1lb 5oz boneless, skinless chicken thighs instead.

⁵ Try 10-12 soft tacos as an alternative.

^{GF} **Gluten-free swaps:** Ensure Tempeh is gluten-free. Use gluten-free tortillas and your favourite gluten-free spaghetti. Make sure stock, tandoori paste, mayonnaise and soy sauce are gluten-free.