



SHOPPING LIST

MENU 59 - 20TH MAY 2019

FISH TIKKA MASALA ON TURMERIC RICE | SAUSAGE & ROAST VEGGIE SALADS | CHICKEN NOODLE STIR FRY

FRESH PRODUCE

- Baby rocket (120g / 4.2oz)
- Baby spinach (120g / 4.2oz)
- Lemon (1)
- Cherry tomatoes (125g / 4.4oz)
optional
- Broccoli (1)
- Carrots (3)
- Orange kumara
(2 large / 500g / 1lb 2oz)
- Potatoes, i.e. Agria
(2 medium / 250g / 8.8oz)
- Red onion (1 small)
- Brown onions (2 small)
- Ginger (small piece)
- Garlic (3 cloves)

MEAT / FISH

- White fish fillets¹ (450g / 1lb)
- Boneless, skinless chicken thighs² (500g / 1lb 2oz)
- Beef/pork kranisky or breakfast sausages^{3, GF} (600g / 1lb 5oz)

CHILLED / FROZEN

- Plain, unsweetened yoghurt
(60ml / 2 fl.oz)
- Gouda, Swiss or edam cheese
(80g / 2.8oz)
- Frozen baby beans⁴
(250g / 8.8oz)

GENERAL GROCERY

- Sliced almonds (3 Tbsp)
- Pumpkin seeds (2 Tbsp)
- Sesame seeds (1 Tbsp)
- Brown or white basmati rice
(300g / 10.6oz)
- Hokkien noodles^{GF}
(400g / 14oz)
- Chicken or vegetable stock^{GF}
(500ml / 1pt)
- Tikka masala simmer sauce^{5, GF}
(450g / 1lb)
- Whole corn kernels
(400g can / 14oz)

PANTRY STAPLES

- * Butter (1 Tbsp)
- * Olive oil (75ml / 2.5 fl.oz)
- * Peanut oil (1 Tbsp)
- * Sesame oil (1 Tbsp)
- * Balsamic vinegar (3 Tbsp)
- * White vinegar (1 1/2 tsp)
- * Soy sauce^{GF} (60ml / 2 fl.oz)
- * Honey (3 Tbsp)
- * Dijon mustard (1 tsp)
- * Brown sugar (1 Tbsp)
- * Cornflour^{GF} (1 Tbsp)
- * Chicken stock powder^{GF}
(1/2 tsp)
- * Garlic powder (1 tsp)
- * Turmeric (1 tsp)
- * Chinese five spice (3/4 tsp)
- * Salt and pepper

NOTES

¹ Any white fish fillets will be fine - choose your favourite.

² Diced pork, beef or prawns are all great options.

³ Fresh sausages from the butchery, not the more processed deli options. If unable to find, use other sausages instead.

⁴ Fresh beans are a great alternative, if available.

⁵ I used Patak's Tikka Masala Sauce (medium spice).

^{GF} **Gluten-free swaps:** Choose gluten-free sausages. Replace hokkien noodles with thick rice noodles. Ensure stock, tikka masala sauce, soy sauce, cornflour and stock powder are gluten-free.