



# SHOPPING LIST

MENU 60 - 27<sup>TH</sup> MAY 2019

LAMB & HALOUMI BURGERS | CHICKEN, ROASTED BEET & FETA SALAD | VEGETARIAN STUFFED BUTTERNUT

## FRESH PRODUCE

- Baby spinach (120g / 4.2oz)
- Mediterranean rocket (120g / 4.2oz)
- Fresh mint (large handful)
- Fresh parsley (handful) *optional*
- Tomato (1 large)
- Telegraph cucumber (1)
- Carrot (1)
- Beetroot (3 medium / 500g)
- Butternut pumpkin (1 whole / 800g / 1lb 12oz)
- Red kumara (750g / 1lb 10oz)
- Red onion (1)
- Brown onion (1)
- Garlic (5 cloves)

## MEAT / FISH

- Boneless, skinless chicken thighs<sup>1</sup> (600g / 1lb 5oz)
- Lamb mince<sup>2</sup> (500g / 1lb 2oz)

## CHILLED / FROZEN

- Plain, unsweetened yoghurt (125ml / 4.2 fl.oz)
- Feta cheese (200g / 7oz)
- Haloumi<sup>3</sup> (200g / 7oz)

## GENERAL GROCERY

- Ciabatta, wholemeal or regular bread rolls<sup>4</sup>, <sup>GF</sup> (4)
- Pinenuts (3 Tbsp)
- Pearl couscous<sup>GF</sup> (150g / 5.3oz)
- Tomato relish<sup>GF</sup> (4 Tbsp)
- Tomato paste (2 Tbsp)
- Canned pesto flavoured tomatoes (400g / 14oz)
- Canned brown lentils<sup>5</sup> (400g / 14oz)

## PANTRY STAPLES

- \* Bread<sup>GF</sup> (1 slice, or 1/3 cup panko breadcrumbs)
- \* Milk (2 1/2 Tbsp)
- \* Olive oil (110ml / 3.7 fl.oz)
- \* Balsamic vinegar (2 Tbsp)
- \* Red wine vinegar (2 Tbsp)
- \* Mayonnaise<sup>GF</sup> (3 Tbsp)
- \* Dijon mustard (1 tsp)
- \* Honey (2 tsp)
- \* Brown sugar (1 tsp)
- \* Chicken stock powder<sup>GF</sup> (2 tsp)
- \* Lamb/beef stock cube<sup>GF</sup> (1)
- \* Vegetable stock cube<sup>GF</sup> (1)
- \* Moroccan seasoning (1 1/2 tsp)
- \* Dried oregano (2 tsp)
- \* Paprika (1 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> You can use chicken tenderloins instead.

<sup>2</sup> Use prime beef mince if you can't find lamb mince.

<sup>3</sup> Feta or cheddar will also work.

<sup>4</sup> I used walnut ciabatta rolls and they were delicious!

<sup>5</sup> If you really don't like lentils, replace with 400g prime beef mince.

<sup>GF</sup> **Gluten-free swaps:** Choose gluten-free rolls or omit altogether. Replace couscous with quinoa. Ensure relish is gluten-free and use gluten-free bread/breadcrumbs, mayo, stock powder and cubes.