



# SHOPPING LIST

MENU 64 - 24<sup>TH</sup> JUNE 2019

OVEN FRIED CHICKEN | SAUCY TOFU STIR FRY | CHEESEBURGER PIZZA

## FRESH PRODUCE

- Baby spinach and kale<sup>1</sup>  
(100g / 3.5oz)
- Lemon (1)
- Tomatoes (2)
- Sugar snap peas<sup>2</sup> (100g / 3.5oz)
- Spring onions (2) *optional*
- Green capsicum<sup>2</sup> (1)
- Green cabbage or wombok (1/4)
- Carrots (2)
- Button mushrooms (200g / 7oz)
- Potatoes (800g / 1lb 12oz)
- Red onion (1 small)
- Brown onions (2 small)
- Ginger (very small piece)
- Garlic (3 cloves)

## MEAT / FISH

- Chicken drumsticks  
(10 / 1.3kg / 2lb 14oz)
- Prime beef mince (400g / 14oz)

## CHILLED / FROZEN

- Plain, unsweetened yoghurt  
(140ml / 4.7 fl.oz)
- Firm tofu<sup>3</sup> (300g / 10.6oz)
- Pizza bases<sup>GF</sup> (2-3 large)
- Cheddar cheese (125g / 4.4oz)

## GENERAL GROCERY

- Sugar free cola<sup>4</sup>  
(330ml / 11 fl.oz)
- Sesame seeds (1 Tbsp)  
*optional*
- Pre-cooked wholegrain or  
Singapore noodles<sup>GF</sup>  
(350g / 12.3oz)
- Brown rice flour<sup>5</sup> (70g / 2.5oz)
- Instant light brown gravy  
mix<sup>GF</sup> (1 packet / 28g / 1oz)
- Vegetable stock pot<sup>GF</sup>  
(1 / 28g / 1oz)
- Cornichons (45g / 1.6oz)
- Pizza paste<sup>GF</sup> (4 Tbsp)
- Tomato paste (1 1/2 Tbsp)
- Whole corn kernels  
(400g / 14oz can)

## PANTRY STAPLES

- \* Milk (2 Tbsp)
- \* Butter (4 Tbsp)
- \* Olive oil (1 tsp)
- \* Peanut oil (4 tsp)
- \* Apple cider vinegar (1 Tbsp)
- \* Mayonnaise<sup>GF</sup> (5 Tbsp)
- \* Tomato sauce<sup>GF</sup> (2 Tbsp)
- \* Soy sauce<sup>GF</sup> (2 Tbsp)
- \* Worcestershire sauce<sup>GF</sup>  
(1 1/2 Tbsp)
- \* Sugar (1 1/4 tsp)
- \* Beef stock cube<sup>GF</sup> (1)
- \* Garlic powder (3 1/2 tsp)
- \* Mustard powder (2 1/2 tsp)
- \* Chinese five spice (1 tsp)
- \* Dried oregano (1 1/2 tsp)
- \* Paprika (3 1/4 tsp)
- \* Dried thyme (1 1/2 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> Can be replaced with iceberg or cos lettuce, or wombok.

<sup>2</sup> Beans and/or broccoli are good alternatives to these veggies.

<sup>3</sup> For a meaty meal, use 400g / 14oz chicken thighs or tenders.

<sup>4</sup> Full sugar also works. Ginger beer may work if you dislike cola.

<sup>5</sup> Can be swapped for cornflour.

<sup>GF</sup> **Gluten-free swaps:** Choose gluten-free pizza bases. Use rice noodles (the thicker ones) and a gluten-free gravy mix. Replace stock pot with two gluten-free vegetable stock cubes. Ensure pizza paste, mayonnaise, tomato sauce, soy sauce, Worcestershire sauce and stock cube are gluten-free.