



# SHOPPING LIST

MENU 79 - 7<sup>TH</sup> OCTOBER 2019

ROASTED CHICKEN THIGHS | GNOCCHI BOLOGNESE | SPINACH & FETA GOZLEME

## FRESH PRODUCE

- Baby spinach (200g / 7oz)
- Mediterranean rocket (120g / 4.2oz)
- Seedless red grapes (500g / 1lb 2oz)
- Lemon (1)
- Avocados (2)
- Sugar snap or snow peas (100g / 3.5oz)
- Cherry tomatoes (150g / 5.3oz)
- Lebanese cucumber (1)
- Capsicum (any colour) (1)
- Butternut pumpkin (1 small / 500g / 1lb 2oz)
- Potatoes (500g / 1lb 2oz)
- Shallots (4)
- Garlic (3 cloves)

## MEAT / FISH

- Chicken thighs<sup>1</sup> (6 / 1.4kg / 3lb 1oz)
- Prime beef mince (550g / 1lb 3oz)

## CHILLED / FROZEN

- Cheddar or Colby cheese (150g / 5.3oz)
- Feta cheese (200g / 7oz)
- Parmesan cheese (46g / 1.6oz)

## GENERAL GROCERY

- Pinenuts (2 Tbsp)
- Brown rice flour<sup>2</sup> (120g / 4.2oz)
- Shelf stable gnocchi<sup>3</sup>, GF (1kg / 2lb 4oz)
- Sliced sundried tomatoes (50g / 1.8oz)
- Tomato paste (1 Tbsp)
- Italian flavoured crushed tomatoes (400g can / 14oz)
- Whole corn kernels (400g can / 14oz)

## PANTRY STAPLES

- \* Milk (1 1/2 Tbsp)
- \* Egg (1)
- \* Butter (1 Tbsp)
- \* Olive oil (143ml / 4.8 fl.oz)
- \* Apple cider vinegar (103ml / 3.5 fl.oz)
- \* Worcestershire sauce<sup>GF</sup> (2 tsp)
- \* Wholegrain mustard (1 tsp)
- \* Brown sugar (3 Tbsp)
- \* Plain flour<sup>GF</sup> (225g / 7.9oz)
- \* Beef stock cube<sup>GF</sup> (1)
- \* Chicken stock powder<sup>GF</sup> (2 tsp)
- \* Dried oregano (3 tsp)
- \* Garlic powder (1 1/2 tsp)
- \* Dried rosemary (1 tsp)
- \* Dried thyme (1 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> Can use chicken drumsticks instead. For a healthier option, use 600g / 1lb 5oz boneless, skinless chicken thighs.

<sup>2</sup> Plain flour can be used instead.

<sup>3</sup> Fresh gnocchi is also good (800g / 1lb 12oz is fine).

<sup>GF</sup> **Gluten-free swaps:** Use gluten-free gnocchi or swap for dried gluten-free spaghetti (roughly 250g / 8.8oz). Choose gluten-free Worcestershire sauce. Use gluten-free plain flour, stock cube and stock powder.