



# SHOPPING LIST

MENU 81 - 21<sup>ST</sup> OCTOBER 2019

STICKY CHICKEN WINGS | BEEF NACHOS | VEGETARIAN PASTA SALAD

## FRESH PRODUCE

- Baby spinach (120g / 4.2oz)
- Iceberg lettuce (1 small)
- Lemons (1 large, or 4 Tbsp lemon juice)
- Avocado (1 large)
- Tomatoes (2)
- Red capsicum (1)
- Capsicum, any colour (1)
- Asparagus (250g / 8.8oz)
- Green beans (250g / 8.8oz)
- Shanghai bok choy (250g / 8.8oz)
- Spring onions (2)
- Button or Swiss brown mushrooms (200g / 7oz)
- Red onion (1)
- Garlic (3 cloves)

## MEAT / FISH

- Chicken wings or nibbles<sup>1</sup> (1.2kg / 2lb 10oz)
- Prime beef mince (500g / 1lb 2oz)

## CHILLED / FROZEN

- Lite sour cream (125ml / 4.2 fl.oz)
- Colby or cheddar cheese (100g / 3.5oz)
- Feta cheese<sup>2</sup> (100g / 3.5oz)

## GENERAL GROCERY

- Corn chips, any flavour<sup>GF</sup> (250g / 8.8oz)
- Medium grain brown rice or jasmine rice (300g / 10.6oz)
- Dried pasta spirals<sup>GF</sup> (300g / 10.6oz)
- Chinese cooking wine<sup>3, GF</sup> (3 Tbsp)
- Oyster sauce<sup>GF</sup> (3 Tbsp)
- Canned Mexican flavoured tomatoes or plain crushed tomatoes (400g / 14oz)
- Canned chilli beans<sup>GF</sup> (mild, medium or hot) (400g / 14oz)

## PANTRY STAPLES

- \* Olive oil (85ml / 2.9 fl.oz)
- \* Sesame oil (1 Tbsp)
- \* Soy sauce<sup>GF</sup> (4 Tbsp)
- \* Tomato sauce / ketchup<sup>GF</sup> (3 Tbsp)
- \* Brown sugar (2 Tbsp)
- \* Sugar (2 tsp)
- \* Sesame seeds (1 Tbsp)
- \* Beef stock cube<sup>GF</sup> (1)
- \* Chicken stock powder<sup>GF</sup> (2 tsp)
- \* Garlic powder (2 1/2 tsp)
- \* Ground cumin (1 1/2 tsp)
- \* Dried oregano (1 tsp)
- \* Italian herbs (1 tsp)
- \* Smoked paprika (1 tsp)
- \* Chinese five spice (1/2 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> Can use chicken drumsticks instead. Boneless, skinless chicken thighs will also work (reduce quantity to 600g / 1lb 5oz).

<sup>2</sup> I chose sundried tomato flavoured feta.

<sup>3</sup> Alternatives: mirin or dry sherry.

<sup>GF</sup> **Gluten-free swaps:** Choose gluten-free corn chips and pasta. Make sure cooking wine is gluten-free. Use gluten-free oyster sauce, chilli beans, soy sauce, tomato sauce and stock cube / powder.