



SHOPPING LIST

MENU 85 - 25TH NOVEMBER 2019

MEXICAN FRIED RICE | SALISBURY STEAK | MEDITERRANEAN CRUSTLESS QUICHE

FRESH PRODUCE

- Baby spinach (240g / 8.5oz)
- Fresh coriander (large handful)
- Avocado (1 large)
- Asparagus¹ (250g / 8.8oz)
- Red capsicum (1)
- Green beans (250g / 8.8oz)
- Cauliflower² (1)
- Button mushrooms (250g / 8.8oz)
- Orange kumara (400g / 14oz)
- Red onion (1 small)
- Brown onions (2 small)
- Garlic (2 cloves)

MEAT / FISH

- Boneless, skinless chicken thighs³ (600g / 1lb 5oz)
- Prime beef mince (500g / 1lb 2oz)

CHILLED / FROZEN

- Lite sour cream (110ml / 3.7 fl.oz)
- Cheddar or Colby cheese (150g / 5.3oz)
- Parmesan (23g / 0.8oz)
- Feta cheese (100g / 3.5oz)
- Sundried tomatoes (115g / 4.1oz)
- Frozen corn kernels (150g / 5.3oz)

GENERAL GROCERY

- Lime juice (1-2 Tbsp)
- Eggs (6)
- Pinenuts (2 Tbsp)
- Panko breadcrumbs^{GF} (50g / 1.8oz)
- Beef stock^{4, GF} (500ml / 17 fl.oz)
- Microwave pouches brown rice (2 x 250g / 2 x 8.8oz)
- Black beans (400g can / 14oz)

PANTRY STAPLES

- * Milk (250ml / 8.5 fl.oz)
- * Butter (45g / 1.6oz)
- * Olive oil (3 Tbsp)
- * Cooking oil spray (small quantity)
- * Red wine vinegar (1 1/2 Tbsp)
- * Tomato sauce / ketchup^{GF} (2 Tbsp)
- * Worcestershire sauce^{GF} (2 1/2 tsp)
- * Wholegrain mustard (3 Tbsp)
- * Honey (1 tsp)
- * Plain flour^{GF} (100g / 3.5oz)
- * Baking powder^{GF} (1 tsp)
- * Chicken stock powder^{GF} (2 tsp)
- * Beef stock cube^{GF} (1)
- * Garlic powder (2 tsp)
- * Ground cumin (1 1/2 tsp)
- * Paprika (1 1/2 tsp)
- * Dried oregano (1 tsp)
- * Italian herbs (1 tsp)
- * Salt and pepper

NOTES

¹ If you don't like asparagus, use green beans instead.

² You can swap for 1/2 cauliflower and 400g / 14oz potatoes.

³ Chicken tenderloins are a good alternative.

⁴ Can be replaced with 2 beef stock cubes.

^{GF} **Gluten-free swaps:** Use gluten-free panko breadcrumbs and stock. Make sure tomato sauce and Worcestershire sauce are gluten-free. Use gluten-free flour, baking powder, stock powder and cube.