



SHOPPING LIST

MENU 87 - 9TH DECEMBER 2019

CHICKEN & CHORIZO SALAD | TERIYAKI TOFU | GREEK LAMB CHOPS

FRESH PRODUCE

- Baby rocket (120g / 4.2oz)
- Salad greens (120g / 4.2oz)
- Lemon (1)
- Avocado (1 large)
- Cherry tomatoes (200g / 7oz)
- Broccoli (1)
- Eggplant¹ (1)
- Pumpkin (600g / 1lb 5oz)
- Red kumara / sweet potato (600g / 1lb 5oz)
- Spring onions (1 bunch)
- Brown onion (1)
- Garlic (4 cloves)

MEAT / FISH

- Boneless, skinless chicken breasts (500g / 1lb 2oz)
- Lamb shoulder chops² (850g / 1lb 14oz)
- Chorizo^{3, GF} (150g / 5.3oz)

CHILLED / FROZEN

- Firm tofu⁴ (600g / 1lb 5oz)
- Feta cheese (100g / 3.5oz)
- Frozen, shelled edamame beans (155g / 5.5oz)

GENERAL GROCERY

- Roasted almonds (40g / 1.4oz)
- Sesame seeds (1 Tbsp)
- Microwave pouches brown rice (2 x 250g / 2 x 8.8oz)
- Risoni / orzo pasta^{GF} (250g / 8.8oz)
- Pitted black olives (70g / 2.5oz) *optional*
- Cooking sake^{5, GF} (3 Tbsp)
- Mirin^{GF} (3 Tbsp)

PANTRY STAPLES

- * Olive oil (80ml / 2.7 fl.oz)
- * Peanut oil (1 1/2 Tbsp)
- * Red wine vinegar (4 Tbsp)
- * Soy sauce^{GF} (4 1/2 Tbsp)
- * Wholegrain mustard (1/2 Tbsp)
- * Honey (1 Tbsp)
- * Brown sugar (2 1/2 Tbsp)
- * Cornflour^{GF} (1 Tbsp)
- * Chicken stock powder^{GF} (1 tsp)
- * Dried oregano (1 1/2 tsp)
- * Salt and pepper

NOTES

¹ If you don't like eggplant, replace with 2 large zucchini.

² Can be swapped for 600g / 1lb 5oz lamb sausages.

³ Try bacon or a salami stick instead.

⁴ Tofu can be replaced with boneless, skinless chicken thighs.

⁵ Alternatives: dry sherry or Chinese cooking wine.

^{GF} **Gluten-free swaps:** Make sure chorizo is gluten-free. Use a small gluten-free pasta or replace with 2 x 250g / 2 x 8.8oz microwave pouches brown rice and quinoa. Ensure cooking sake and mirin are gluten-free. Use gluten-free soy sauce, cornflour and stock powder.