



SHOPPING LIST

MENU 90 - 27TH JANUARY 2020

SUMMERY CHICKEN KEBABS | COCONUT FISH CURRY | TACO SALAD BOWLS

FRESH PRODUCE

- Baby cos lettuce (120g / 4.2oz)
- Salad greens (100g / 3.5oz)
- Fresh coriander (3 large handfuls)
- Avocados (2 large)
- Tomatoes (2)
- Corn (3 ears)
- Green capsicum (1)
- Red capsicum (1)
- Green beans (250g / 8.8oz)
- Zucchini (2)
- Red onion (1 small)
- Shallot (1)
- Fresh ginger (very small piece)
- Garlic (3 cloves)

MEAT / FISH

- White fish fillets¹ (500g / 1lb 2oz)
- Boneless, skinless chicken thighs² (600g / 1lb 5oz)
- Prime beef mince (500g / 1lb 2oz)

CHILLED / FROZEN

- Lite sour cream (125ml / 4.2 fl.oz)
- Colby cheese (150g / 5.3oz)

GENERAL GROCERY

- Pineapple juice (110ml / 3.7 fl.oz)
- Lime juice³ (3 Tbsp)
- Coconut milk (400ml / 13.5 fl.oz)
- Jumbo tortillas^{GF} (4)
- Brown rice (250g / 8.8oz)
- Crispy noodles^{GF} (100g / 3.5oz)
- Tomato paste (1 Tbsp)
- Mexican flavoured tomatoes⁴ (400g can / 14oz)
- Black beans in spring water (400g can / 14oz)

PANTRY STAPLES

- * Olive oil (5 Tbsp)
- * Malt vinegar^{GF} (2 Tbsp)
- * Tomato sauce / ketchup^{GF} (3 Tbsp)
- * Sweet chilli sauce^{GF} (1 Tbsp)
- * Soy sauce^{GF} (3 Tbsp)
- * Dijon mustard (1 tsp)
- * Brown sugar (2 Tbsp)
- * Sugar (1 tsp)
- * Beef stock cube^{GF} (1)
- * Chicken or vegetable stock powder^{GF} (2 tsp)
- * Curry powder^{GF} (1 Tbsp)
- * Ground cumin (2 1/4 tsp)
- * Garlic powder (1 1/4 tsp)
- * Paprika (1 tsp)
- * Turmeric (1/2 tsp)
- * Salt and pepper

NOTES

¹ If you don't like fish, you can use chicken tenderloins instead.

² Diced pork would be a good alternative to chicken.

³ You can use lemon juice instead.

⁴ If not available, regular diced or crushed tomatoes are fine.

^{GF} **Gluten-free swaps:** Use gluten-free tortillas. Replace noodles with roasted, salted cashews. Swap malt vinegar for red wine vinegar or apple cider vinegar. Make sure tomato sauce and sweet chilli sauce are gluten-free. Choose gluten-free stock cube, stock powder and curry powder.