



# SHOPPING LIST

MENU 92 - 10<sup>TH</sup> FEBRUARY 2020

FIVE SPICE CHICKEN | SMOKED FISH SALAD | MOROCCAN LAMB

## FRESH PRODUCE

- Baby rocket / watercress (120g / 4.2oz)
- Baby spinach (120g / 4.2oz)
- Blueberries<sup>1</sup> (100g / 3.5oz)
- Lemon (1)
- Avocado (1)
- Lebanese cucumber (1)
- Green beans (250g / 8.8oz)
- Zucchini (4 small)
- Shanghai bok choy (250g / 8.8oz)
- Orange kumara (800g / 1lb 12oz)
- Brown onion (1)
- Red onion (1 small)
- Garlic (2 cloves)

## MEAT / FISH

- Smoked fish / smoked salmon<sup>2, GF</sup> (300g / 10.6oz)
- Chicken drumsticks<sup>3</sup> (10 / 1.3kg / 2lb 14oz)
- Lamb mince<sup>4</sup> (600g / 1lb 5oz)

## CHILLED / FROZEN

- Plain, unsweetened yoghurt (250ml / 8.5 fl.oz)
- Feta cheese (100g / 3.5oz)

## GENERAL GROCERY

- Small dinner rolls<sup>GF</sup> (8)
- Eggs (4)
- Raw almonds<sup>5</sup> (55g / 1.9oz)
- Sesame seeds (2 Tbsp)
- Coriander seeds (1 Tbsp)
- Cumin seeds (1 Tbsp)
- Chinese five spice (1 1/2 tsp)
- Bulghur wheat<sup>GF</sup> (200g / 7oz)
- Tomato paste (1 1/2 Tbsp)
- Moroccan flavoured crushed tomatoes (400g can / 14oz)

## PANTRY STAPLES

- \* Butter (6 Tbsp)
- \* Olive oil (4 tsp)
- \* Sesame oil (2 tsp)
- \* Balsamic vinegar (1 Tbsp)
- \* Aioli<sup>GF</sup> (3 Tbsp)
- \* Soy sauce<sup>GF</sup> (1 Tbsp)
- \* Brown sugar (1/2 Tbsp)
- \* Chicken stock powder<sup>GF</sup> (1 tsp)
- \* Lamb or beef stock cube<sup>GF</sup> (1)
- \* Cornflour<sup>GF</sup> (1 tsp)
- \* Moroccan seasoning (1 Tbsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> Use frozen if fresh aren't available.

<sup>2</sup> If you don't like fish, use smoked chicken or a hot roast chicken.

<sup>3</sup> Try 600g / 1lb 5oz boneless, skinless chicken thighs instead.

<sup>4</sup> Beef mince can be used instead of lamb mince.

<sup>5</sup> Almonds can be swapped for hazelnuts or pistachios.

<sup>GF</sup> **Gluten-free swaps:** Ensure fish is gluten-free. Replace rolls with gluten-free rolls (4 regular-sized if easier). Swap bulghur wheat for quinoa, brown rice or small gluten-free pasta. Use gluten-free aioli, soy sauce, stock powder, stock cube and cornflour.