



SHOPPING LIST

MENU 94 - 24TH FEBRUARY 2020

STEAK WITH BALSAMIC TOMATOES | MEXICAN CHICKEN SALAD | BACON AND PRAWN SPAGHETTI

FRESH PRODUCE

- Baby rocket (120g / 4.2oz)
- Salad greens (100g / 3.5oz)
- Fresh coriander (2 large handfuls) *optional*
- Parsley (2 Tbsp)
- Lemon (1)
- Avocados (2 large)
- Red chilli (1) *optional*
- Cherry tomatoes (250g / 8.8oz)
- Corn (1 ear)
- Green beans (250g / 8.8oz)
- Potatoes, i.e. Agria (800g / 1lb 12oz)
- Red onion (1)
- Garlic (4 cloves)

MEAT / FISH

- Boneless, skinless chicken breasts¹ (600g / 1lb 5oz)
- Beef sirloin steak² (550g / 1lb 3oz)
- Streaky bacon^{GF} (200g / 7oz)
- Raw prawn cutlets³ (400g / 14oz)

CHILLED / FROZEN

- Colby cheese (75g / 2.6oz)
- Parmesan cheese (60g / 2.1oz)

GENERAL GROCERY

- Lime juice (2 Tbsp)
- Pumpkin seeds (3 Tbsp)
- Dried spaghetti^{GF} (300g / 10.6oz)
- Microwave pouch brown rice (250g / 8.8oz)
- Sundried tomato strips⁴ (75g / 2.6oz)
- Black beans in spring water (400g can / 14oz)

PANTRY STAPLES

- * Milk (3-4 Tbsp)
- * Butter (3 1/2 Tbsp)
- * Olive oil (105ml / 3.6 fl.oz)
- * Balsamic vinegar (2 Tbsp)
- * Soy sauce^{GF} (1 tsp)
- * Honey (1 Tbsp)
- * Brown sugar (1/2 Tbsp)
- * Beef stock cube^{GF} (1)
- * Dried oregano (1 1/2 tsp)
- * Garlic powder (2 1/2 tsp)
- * Ground cumin (2 1/2 tsp)
- * Paprika (2 tsp)
- * Salt and pepper

NOTES

¹ You can use chicken tenderloins instead of chicken breast.

² Beef rump steak or eye fillet are good alternatives.

³ Prawns can be omitted - add a little extra bacon instead or use 300g / 10.6oz smoked chicken.

⁴ I used oil-free sundried tomato strips. Can be swapped for 150g / 5.3oz fresh cherry tomatoes.

^{GF} **Gluten-free swaps:** Make sure bacon is gluten-free. Choose gluten-free spaghetti. Use gluten-free soy sauce and stock cube.