



# SHOPPING LIST

MENU 96 - 9<sup>TH</sup> MARCH 2020

LEMON PEPPER FISH BITES | LAMB SAAGWALA | FILO PASTRY SAUSAGE ROLLS

## FRESH PRODUCE

- Iceberg lettuce (1)
- Kale (100g / 3.5oz)
- Lemons (1-2)
- Avocado (1)
- Cherry tomatoes (200g / 7oz)
- Lebanese cucumber (1)
- Green beans<sup>1</sup> (200g / 7oz)
- Zucchini (2)
- Cauliflower<sup>2</sup> (large 1/2)
- Carrot (1)
- Potatoes (or "Lotatoes") (800g / 1lb 12oz)
- Brown onions (2)
- Shallot (1 small)
- Ginger (small piece)
- Garlic (2 cloves)

## MEAT / FISH

- Firm white fish fillets (500g / 1lb 2oz)
- Boneless lamb leg steaks (500g / 1lb 2oz)
- Pork sausages<sup>GF</sup> (6)

## CHILLED / FROZEN

- Plain, unsweetened yoghurt (265ml / 9 fl.oz)
- Cream (250ml / 8.5 fl.oz)
- Parmesan (46g / 1.6oz)
- Filo pastry<sup>3, GF</sup> (15 sheets / approximately 320g)
- Naan bread / roti<sup>GF</sup> *optional*
- Frozen spinach (300g / 10.6oz)

## GENERAL GROCERY

- Sliced almonds (38g / 1.3oz)
- Sesame seeds (1 Tbsp)
- Sweetened dried cranberries (40g / 1.4oz)
- Panko breadcrumbs<sup>GF</sup> (200g / 7oz)
- Tomato paste (2 Tbsp)

## PANTRY STAPLES

- \* Milk (60ml / 2 fl.oz)
- \* Egg (1)
- \* Butter (1 1/2 Tbsp)
- \* Olive oil (88ml / 3 fl.oz)
- \* Cooking oil spray
- \* Apple cider vinegar (1 Tbsp)
- \* Aioli<sup>GF</sup> (5 Tbsp)
- \* Soy sauce<sup>GF</sup> (1 tsp)
- \* Sugar (1/2 tsp)
- \* Plain flour<sup>GF</sup> (50g / 1.8oz)
- \* Lamb or beef stock cube<sup>GF</sup> (1)
- \* Lemon pepper seasoning (5 tsp)
- \* Ground coriander (2 tsp)
- \* Paprika (2 tsp)
- \* Curry powder (1 1/2 tsp)
- \* Ground cumin (1 1/2 tsp)
- \* Dried sage (1 tsp)
- \* Dried thyme (1 tsp)
- \* Garam masala (1 tsp)
- \* Turmeric (1 tsp)
- \* Garlic powder (1/4 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> Feel free to omit these if you don't want them in the curry.

<sup>2</sup> If you dislike cauliflower rice, replace with 4 serves basmati rice.

<sup>3</sup> Can be replaced with 3 sheets / 450g / 1lb frozen puff pastry.

<sup>GF</sup> **Gluten-free swaps:** Make sure sausages are gluten-free. Replace filo with gluten-free pastry or wraps. Try gluten-free pita bread instead of naan. Use gluten-free panko breadcrumbs, aioli and soy sauce. Choose plain gluten-free flour and gluten-free stock cube.