



# SHOPPING LIST

MENU 102 - 20<sup>TH</sup> APRIL 2020

CHICKEN QUESADILLAS | TUNA SALAD SUSHI BOWLS | LAMB PASTITSIO

## FRESH PRODUCE

- Mediterranean rocket (120g / 4.2oz)
- Fresh coriander (2 handfuls) *optional*
- Lime (1) *optional*
- Avocados (2)
- Tomatoes (3)
- Red capsicums (2)
- Telegraph cucumber (1)
- Brown onions (2)
- Shallots (2)
- Garlic (5 cloves)

## MEAT / FISH

- Chicken tenderloins<sup>1</sup> (550g / 1lb 3oz)
- Lamb mince<sup>2</sup> (500g / 1lb 2oz)

## CHILLED / FROZEN

- Lite sour cream (110ml / 3.7 fl.oz)
- Colby cheese (250g / 8.8oz)
- Parmesan cheese<sup>3</sup> (45g / 1.6oz)
- Frozen corn kernels (160g / 5.6oz)
- Frozen shelled edamame beans (155g / 5.5oz)

## GENERAL GROCERY

- Sesame seeds (1 Tbsp)
- Flour tortillas<sup>GF</sup> (8)
- Dried spiralli or penne pasta<sup>GF</sup> (250g / 8.8oz)
- Sushi rice (350g / 12.3oz)
- Sushi ginger (2 Tbsp)
- Rice wine vinegar<sup>4</sup> (1 1/2 Tbsp)
- Tomato paste (5 Tbsp)
- Crushed and sieved tomatoes (400g can / 14oz)
- Tuna in spring water<sup>5</sup> (425g can / 15oz)

## PANTRY STAPLES

- \* Eggs (2)
- \* Milk (500ml / 16.9 fl.oz)
- \* Butter (30g / 1.1oz)
- \* Olive oil (2 Tbsp)
- \* Cooking oil spray
- \* Mayonnaise or aioli<sup>GF</sup> (3 Tbsp)
- \* Wholegrain mustard (1/2 Tbsp)
- \* Soy sauce<sup>GF</sup> (3-4 tsp)
- \* Sugar (2 1/2 tsp)
- \* Caster sugar (1/2 Tbsp)
- \* Plain flour<sup>GF</sup> (3 Tbsp)
- \* Beef or lamb stock cubes<sup>GF</sup> (2)
- \* Ground cumin (2 1/2 tsp)
- \* Dried oregano (1 1/2 tsp)
- \* Paprika (1 1/2 tsp)
- \* Ground coriander (1 tsp)
- \* Cinnamon (1/4 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> Boneless, skinless chicken breasts or thighs can be used instead.

<sup>2</sup> Use beef mince if you prefer.

<sup>3</sup> Parmesan can be replaced with Colby cheese to reduce costs.

<sup>4</sup> White vinegar is a suitable option.

<sup>5</sup> Cooked prawns, shrimp or shredded chicken are good alternatives.

<sup>GF</sup> **Gluten-free swaps:** Use gluten-free tortillas or wraps and gluten-free pasta. Choose gluten-free mayonnaise or aioli and soy sauce. Swap flour for plain gluten-free flour and use gluten-free stock cubes.