



SHOPPING LIST

MENU 103 - 27TH APRIL 2020

SATAY KUMARA SALAD | PEARL COUSCOUS RISOTTO | SMOKED CHICKEN QUICHE

FRESH PRODUCE

- Baby spinach (120g / 4.2oz)
- Mediterranean or baby rocket (120g / 4.2oz)
- Fresh coriander (2 large handfuls) *optional*
- Lemon (1 large)
- Avocado (1)
- Telegraph cucumber (1)
- Red capsicum (1)
- Green beans (250g / 8.8oz)
- Broccoli (1)
- Portobello or Swiss brown mushrooms (250g / 8.8oz)
- Red kumara (2 large / 500g / 1lb 2oz)
- Brown onion (1)
- Shallot (1)
- Ginger (very small piece)
- Garlic (5 cloves)

MEAT / FISH

- Beef sirloin steaks¹ (550g / 1lb 3oz)
- Smoked chicken breast² (250g / 8.8oz)

CHILLED / FROZEN

- Parmesan cheese (45g / 1.6oz)
- Brie cheese³ (125g / 4.4oz)
- Frozen puff pastry^{GF} (1 sheet / 150g / 5.3oz)
- Frozen peas (80g / 2.8oz)

GENERAL GROCERY

- Sesame seeds (1 1/2 Tbsp)
- Pine nuts (1 Tbsp)
- Eggs (5)
- Jellied cranberry sauce (3 Tbsp)
- Lite coconut milk (165ml can / 5.6 fl.oz)
- Pearl couscous^{GF} (200g / 7oz)
- Chickpeas (400g can / 14oz)
- White wine⁴ (60ml / 2 fl.oz)

PANTRY STAPLES

- * Milk (125ml / 4.2 fl.oz)
- * Butter (2 Tbsp)
- * Cooking oil spray (small quantity)
- * Olive oil (55ml / 1.9 fl.oz)
- * Peanut butter⁵ (3 Tbsp)
- * Soy sauce^{GF} (1 Tbsp)
- * Wholegrain mustard (2 1/2 tsp)
- * Sugar (1 1/2 tsp)
- * Chicken stock powder^{GF} (4 tsp)
- * Curry powder (1 1/2 tsp)
- * Dried thyme (1 1/2 tsp)
- * Turmeric (1/4 tsp)
- * Salt and pepper

NOTES

¹ Beef rump steak works well too.

² You can use shredded or diced cooked chicken instead.

³ Camembert is a good alternative to brie.

⁴ If you don't want to use wine, it can be replaced with water.

⁵ Almond or cashew butter are good options.

^{GF} **Gluten-free swaps:** Use gluten-free pastry. Replace couscous with a small gluten-free pasta (i.e. macaroni or orzo). Use gluten-free soy sauce or tamari and choose gluten-free chicken stock powder.