



SHOPPING LIST

MENU 104 - 4TH MAY 2020

OVEN BAKED FISH AND CHIPS | CHICKEN TIKKA MASALA | ITALIAN SUB SALAD

FRESH PRODUCE

- Baby spinach (120g / 4.2oz)
- Salad greens (120g / 4.2oz)
- Fresh coriander (3 large handfuls) *optional*
- Fresh basil (2 handfuls) *optional*
- Lemons (2)
- Telegraph cucumber (1)
- Red capsicum (1 large)
- Broccoli (1 small)
- Potatoes, i.e. Agria (750g / 1lb 10oz)
- Spring onions (1 bunch)
- Shallot (1)
- Red onion (1 small)
- Brown onion (1)
- Fresh or jarred crushed ginger (2 Tbsp)
- Garlic (7 cloves)

MEAT / FISH

- White fish fillets¹, i.e. tarakihi (500g / 1lb 2oz)
- Boneless, skinless chicken thighs (600g / 1lb 5oz)
- Salami or a mixture of salami and chorizo^{2, GF} (150g / 5.3oz)

CHILLED / FROZEN

- Cream (125ml / 4.2 fl.oz)
- Plain, unsweetened yoghurt (170ml / 5.7 fl.oz)
- Bocconcini³ (125g / 4.4oz)
- Feta cheese (100g / 3.5oz)
- Sundried or semi-dried tomatoes (100g / 3.5oz)
- Frozen peas (80g / 2.8oz)

GENERAL GROCERY

- Pumpkin seeds (2 Tbsp)
- Panko breadcrumbs^{GF} (200g / 7oz)
- Basmati rice (165g / 5.8oz)
- Mini gherkins⁴ (12)
- Olives (70g / 2.5oz) *optional*
- Tomato passata (550g / 1lb 3oz)

PANTRY STAPLES

- * Egg white (1)
- * Bread, any type^{GF} (3 slices)
- * Butter (2 Tbsp)
- * Milk (180ml / 6.1 fl.oz)
- * Olive oil (100ml / 3.5oz)
- * Rice bran oil (2 Tbsp)
- * Cooking oil spray (small quantity)
- * White vinegar (1 tsp)
- * Aioli^{GF} (2 Tbsp)
- * Dijon mustard (1 1/2 tsp)
- * Sugar (5 tsp)
- * Plain flour^{GF} (100g / 3.5oz)
- * Garam masala (4 tsp)
- * Paprika (4 tsp)
- * Ground cumin (2 1/2 tsp)
- * Garlic powder (2 1/4 tsp)
- * Ground coriander (2 tsp)
- * Turmeric (1 1/2 tsp)
- * Italian herbs (1/2 tsp)
- * Salt and pepper

NOTES

¹ Can be swapped for chicken tenderloins.

² You can use roast chicken, thinly sliced beef or tinned tuna instead.

³ Can be swapped for the same amount of feta cheese.

⁴ If you don't like gherkins, they can be left out.

^{GF} **Gluten-free swaps:** Make sure salami is gluten-free. Use gluten-free panko breadcrumbs and bread. Choose gluten-free aioli and gluten-free plain flour.