



# SHOPPING LIST

MENU 105 - 18<sup>TH</sup> MAY 2020

SWEET CHILLI CHICKEN BOWLS | CREAMY SPINACH ARTICHOKE SALMON | PAN FRIED DUMPLING SALAD

## FRESH PRODUCE

- Baby spinach (120g / 4.2oz)
- Fresh coriander (2 handfuls)
- Limes (3)
- Lemon (1)
- Sugar snap peas (100g / 3.5oz)
- Spring onions (1 bunch)
- Capsicums, any colour (2)
- Green cabbage (1/2)
- Carrots (2 large)
- New / baby potatoes<sup>1</sup> (700g / 1lb 9oz)
- Brown onion (1 small)
- Ginger (small piece)
- Garlic (5 cloves)

## MEAT / FISH

- Salmon fillets<sup>2</sup> (4 small / approximately 450g / 1lb)
- Boneless, skinless chicken thighs (600g / 1lb 5oz)

## CHILLED / FROZEN

- Lite cream cheese (125g / 4.4oz)
- Parmesan cheese (23g / 0.8oz)
- Frozen pork dumplings<sup>3, GF</sup> (600g / 1lb 5oz)
- Frozen whole edamame beans<sup>4</sup> (125g / 4.4oz)

## GENERAL GROCERY

- Sesame seeds (1 1/2 Tbsp)
- Dry roasted (or roasted salted) peanuts (65g / 2.3oz)
- Microwave pouches brown rice (2 x 250g / 2 x 8.8oz)
- Marinated artichoke hearts<sup>5</sup> (340g jar / 12oz)
- Sweet chilli sauce (3 1/2 Tbsp)
- Rice vinegar<sup>6</sup> (1 1/2 Tbsp)

## PANTRY STAPLES

- \* Olive oil (4 tsp)
- \* Peanut oil (2 1/2 Tbsp)
- \* Sesame oil (1 Tbsp)
- \* Peanut butter (65g / 2.3oz)
- \* Mayonnaise<sup>GF</sup> (2 Tbsp)
- \* Soy sauce<sup>GF</sup> (90ml / 3 Tbsp)
- \* Honey (2 Tbsp)
- \* Sugar (1/2 tsp)
- \* Vegetable stock powder<sup>GF</sup> (1 tsp)
- \* Dried oregano (1 tsp)
- \* Paprika (1 tsp)
- \* Curry powder (1/2 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> You could use fresh crusty bread instead (or in addition to).

<sup>2</sup> Chicken tenderloins are a good alternative.

<sup>3</sup> Most flavours will work; try vegetarian for a vegetarian meal.

<sup>4</sup> Shelled edamame beans can be used instead.

<sup>5</sup> Can be replaced with 125g / 4.4oz semi-dried/sundried tomatoes.

<sup>6</sup> Apple cider vinegar is a good option.

<sup>GF</sup> **Gluten-free swaps:** Use gluten-free dumplings or swap for gluten-free pork meatballs or sausages + rice noodles. Choose gluten-free mayonnaise, soy sauce and stock powder.