



SHOPPING LIST

MENU 108 - 8TH JUNE 2020

ASIAN-SPICED ORANGE PORK | KIWIS BURGERS | EASY VEGETARIAN LASAGNE

FRESH PRODUCE

- Baby spinach (100g / 3.5oz)
- Fancy lettuce (1)
- Green apples (2)
- Oranges (2)
- Lemon (1)
- Tomato (1 large)
- Capsicum, any colour (1 large)
- Broccoli (1 large)
- Choy sum¹ (250g / 8.8oz)
- Shanghai bok choy¹ (250g / 8.8oz)
- Fresh or frozen butternut pumpkin (pre-diced is good) (500g / 1lb 2oz)
- Red onion (1 large)
- Brown onion (1 large)
- Fresh ginger (small piece)
- Garlic (5 cloves)

MEAT / FISH

- Boneless diced pork² (600g / 1lb 5oz)
- Prime beef mince (500g / 1lb 2oz)

CHILLED / FROZEN

- Cottage cheese³ (traditional or with chives) (250g / 8.8oz)
- Cheese slices, i.e. cheddar, Colby, smoked, Swiss, havarti (4 slices / 75g / 2.6oz)
- Colby cheese (200g / 7oz)

GENERAL GROCERY

- Eggs (5)
- Brioche burger buns^{GF} (4)
- Sesame seeds (1 Tbsp)
- Sliced almonds (2 Tbsp)
- Medium grain white rice, uncooked (267g / 9.4oz)
- Wholemeal or regular instant lasagne sheets^{GF} (4)
- Passata (700g / 1lb 9oz)
- Sliced beetroot (225g can / 7.9oz)

PANTRY STAPLES

- * Milk (80ml / 2.7 fl.oz)
- * Olive oil (2 1/2 Tbsp)
- * Peanut oil (2 Tbsp)
- * Sesame oil (2 tsp)
- * Cooking oil spray (small quantity)
- * Aioli^{GF} (105ml / 3.6 fl.oz)
- * Tomato sauce^{GF} (3 Tbsp)
- * Soy sauce^{GF} (2 Tbsp)
- * Worcestershire sauce^{GF} (1 Tbsp)
- * Dijon mustard (1 tsp)
- * Brown sugar (3 Tbsp)
- * Cornflour^{GF} (2 Tbsp)
- * Chicken stock powder^{GF} (1 Tbsp)
- * Vegetable stock powder^{4, GF} (1 tsp)
- * Dried oregano (2 tsp)
- * Garlic powder (1 1/2 tsp)
- * Star anise (1) *optional*
- * Salt and pepper

NOTES

¹ Feel free to swap these for other greens, i.e. broccolini.

² If pre-diced isn't available, choose pork rump or leg steaks instead.

³ Full fat cottage cheese works best on this occasion.

⁴ You can use chicken stock powder instead (used in the lasagne).

^{GF} **Gluten-free swaps:** Choose your favourite gluten-free burger buns. Use gluten-free lasagne sheets, aioli, tomato sauce, soy sauce, Worcestershire sauce, cornflour and stock powders.