



# SHOPPING LIST

MENU 112 - 13<sup>TH</sup> JULY 2020

FRENCH ONION CHICKEN | GINGER BEEF STIR FRY | KUMARA SOUP

## FRESH PRODUCE

- Baby spinach (80g / 2.8oz)
- Green beans<sup>1</sup> (250g / 8.8oz)
- Broccoli (1)
- Cauliflower (1 whole)
- Orange kumara (750g / 1lb 10oz)
- Potatoes (i.e. Agria) (400g / 14oz)
- Brown onions (4)
- Ginger (small piece)
- Garlic (8 cloves)

## MEAT / FISH

- Boneless, skinless chicken thighs (1lb 5oz)
- Beef rump steak<sup>2</sup> (500g / 1lb 2oz)
- Streaky bacon<sup>GF</sup> (200g / 7oz) *optional*

## CHILLED / FROZEN

- Gruyere or Swiss cheese<sup>3</sup> (4 slices / 80g / 2.8oz)

## GENERAL GROCERY

- Sesame seeds (4 tsp)
- Microwave packets brown rice (2 x 250g / 2 x 8.8oz)
- Chicken or vegetable stock<sup>GF</sup> (1L / 34 fl.oz)
- Chinese cooking wine<sup>GF</sup> (2 Tbsp)

## PANTRY STAPLES

- \* Milk (2 Tbsp)
- \* Regular milk or coconut milk (160ml / 5.4 fl.oz)
- \* Butter (5 Tbsp)
- \* Olive oil (2 Tbsp)
- \* Rice bran oil (100ml / 3.4 fl.oz)
- \* Balsamic vinegar (1 Tbsp)
- \* Soy sauce<sup>GF</sup> (60ml / 2 fl.oz)
- \* Brown sugar (3 1/2 Tbsp)
- \* Plain flour<sup>4, GF</sup> (300g / 10.6oz)
- \* Cornflour<sup>GF</sup> (4 Tbsp)
- \* Baking powder<sup>4, GF</sup> (1 Tbsp)
- \* Beef stock cube<sup>GF</sup> (1)
- \* Curry powder (1 Tbsp)
- \* Ground cumin (2 tsp)
- \* Dried thyme (1 1/2 tsp)
- \* Dried oregano (1 tsp)
- \* Garlic powder (1 tsp)
- \* Turmeric (1 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> You can use frozen green beans instead of fresh.

<sup>2</sup> Try pork rump steak or boneless, skinless chicken thighs instead.

<sup>3</sup> If you don't like Swiss cheese, use Edam or Colby.

<sup>4</sup> Can be swapped for ready-made dinner rolls or a seeded loaf.

<sup>GF</sup> **Gluten-free swaps:** Make sure bacon is gluten-free. Use gluten-free stock and cooking wine (can be replaced with rice vinegar). Choose gluten-free soy sauce. Use plain gluten-free flour, cornflour, baking powder and stock cube.