



SHOPPING LIST

MENU 113 - 20TH JULY 2020

FISH PIE | OVEN BAKED CHICKEN TIKKA | PORK AND FENNEL PASTA

FRESH PRODUCE

- Baby spinach (100g / 3.5oz)
- Mediterranean or baby rocket (100g / 3.5oz)
- Lemon (1)
- Celery (3 stalks)
- Green beans (250g / 8.8oz)
- Broccoli (1)
- Carrots (2)
- Orange kumara¹ (400g / 14oz)
- Potatoes, i.e. Agria (400g / 14oz)
- Garlic (4 cloves)

MEAT / FISH

- White fish fillets² (300g / 10.6oz)
- Smoked fish² (200g / 7oz)
- Boneless, skinless chicken thighs³ (600g / 1lb 5oz)
- Pork mince⁴ (550g / 1lb 3oz)

CHILLED / FROZEN

- Milk (610ml / 20.6 fl.oz)
- Unsweetened Greek yoghurt (260ml / 8.8 fl.oz)
- Lite cream cheese (205g / 7.2oz)
- Parmesan cheese (90g / 3.2oz)

GENERAL GROCERY

- Roasted, salted cashews (75g / 2.6oz)
- Pumpkin seeds (35g / 1.2oz)
- Sunflower seeds (35g / 1.2oz)
- Fennel seeds⁵ (1 Tbsp)
- Dried spaghetti^{GF} (300g / 10.6oz)
- Microwave packets brown basmati rice (2 x 250g / 2 x 8.8oz)
- Tikka masala spice paste^{GF} (50g / 1.8oz)
- Tomato paste (1 Tbsp)
- Italian flavoured tomatoes (400g can / 14oz)

PANTRY STAPLES

- * Eggs (4)
- * Butter (5 Tbsp)
- * Olive oil (3 1/2 Tbsp)
- * Dijon mustard (1/2 Tbsp)
- * Honey (1 tsp)
- * Sugar (1 tsp)
- * Plain flour^{GF} (3 Tbsp)
- * Chicken stock powder^{GF} (1 tsp)
- * Dried oregano (2 tsp)
- * Ground cumin (1 tsp)
- * Dried dill (1/2 tsp)
- * Garam masala (1/2 tsp)
- * Salt and pepper

NOTES

¹ Can be replaced with red kumara.

² Fresh fish can be swapped for boneless, skinless chicken thighs and smoked fish for bacon. You could also add prawns.

³ Try 1.2kg / 2lb 10oz chicken drumsticks as a more budget option.

⁴ Can be swapped for chicken mince.

⁵ You could use 1 teaspoon dried sage instead.

^{GF} **Gluten-free swaps:** Use gluten-free spaghetti, gluten-free spice paste, plain gluten-free flour and gluten-free stock powder.