



SHOPPING LIST

MENU 114 - 27TH JULY 2020

CRISPY RICE PAPER ROLLS | LAMB PITAS | MEXICAN HASH BROWN BAKE

FRESH PRODUCE

- Baby spinach (120g / 4.2oz)
- Fresh coriander (6 large handfuls) *optional*
- Limes (1-2)
- Avocado (1 large)
- Tomato (1 large)
- Carrots (2)
- Green cabbage (1/2)
- Spring onions (1 bunch)
- Small red onion (1)
- Ginger (small piece)
- Garlic (2 cloves)

MEAT / FISH

- Chicken mince¹ (500g / 1lb 2oz)
- Lamb sausages^{2, GF} (6-8 / 550g / 1lb 3oz)

CHILLED / FROZEN

- Plain, unsweetened yoghurt (125ml / 4.2 fl.oz)
- Lite sour cream (205ml / 6.9 fl.oz)
- Garlic hummus^{GF} (150g / 5.3oz)
- Tasty cheese (150g / 5.3oz) (can be pre-grated)

- Feta cheese (100g / 3.5oz)
- Sundried or semi-dried tomatoes (100g / 3.5oz)
- Hash browns^{3, GF} (500g / 1lb 2oz)

GENERAL GROCERY

- Eggs (5)
- Roasted, salted peanuts (100g / 3.5oz)
- Pita breads, medium Lebanese breads or flatbreads^{4, GF} (4-6)
- Crispy noodles^{GF} (100g / 3.5oz)
- Rice paper rounds (approximately 20 rounds, 22cm / 9in)
- Hoisin sauce^{GF} (120ml / 4.1 fl.oz)
- Chilli beans^{GF} (420g can / 14.8oz)
- Whole corn kernels (410g can / 14.5oz)

PANTRY STAPLES

- * Cooking oil spray (small quantity)
- * Peanut oil (4 1/2 Tbsp)
- * Sesame oil (1 Tbsp)
- * Soy sauce^{GF} (1 Tbsp)
- * Honey (1 tsp)
- * Ground cumin (2 tsp)
- * Chinese five spice (1 tsp)
- * Paprika (1/2 tsp)
- * Salt and pepper

NOTES

¹ Pork mince can be used instead.

² Go for chicken or beef sausages if you prefer.

³ You could try kumara rostis instead of hash browns.

⁴ Choose wholemeal pita breads or flatbreads as a healthier option.

^{GF} **Gluten-free swaps:** Choose gluten-free sausages, hummus and hash browns. Use gluten-free pitas or flatbreads. Swap noodles for roasted kumara, corn chips or extra peanuts. You can make your own hoisin sauce. Choose gluten-free chilli beans and soy sauce.