



SHOPPING LIST

MENU 117 - 24TH AUGUST 2020

ROAST VEGGIE STEAK SALAD | TERIYAKI CHICKEN NOODLES | SUPER GREEN SOUP

FRESH PRODUCE

- Baby spinach (150g / 5.3oz)
- Salad sprouts (50g / 1.8oz)
optional
- Parsley (2 Tbsp) *optional*
- Lemon (1 large)
- Carrots (4)
- Broccoli (1)
- Cauliflower¹ (1 small)
- Red or green cabbage (1/4 small)
- Potatoes (2 small / 200g / 7oz)
- Red kumara² (500g / 1lb 2oz)
- Spring onions (1 bunch)
- Brown onion (1)
- Red onion (1/2 small)
- Ginger (small piece)
- Garlic (5 cloves)

MEAT / FISH

- Boneless, skinless chicken thighs³ (600g / 1lb 5oz)
- Beef rump steaks³ (550g / 1lb 3oz)

CHILLED / FROZEN

- Unsweetened Greek yoghurt (215ml / 7.3 fl.oz)
- Cheddar cheese (175g / 6.2oz)
- Feta cheese (100g / 3.5oz)
optional
- Frozen peas (160g / 5.6oz)

GENERAL GROCERY

- Roasted, salted peanuts (67g / 2.4oz) *optional*
- Whole almonds (53g / 1.9oz)
- Sesame seeds (2 Tbsp)
- Almond or cashew butter, or tahini (3 Tbsp)
- Cornmeal flour (120g / 4.2oz)
- Dried soba noodles⁴, ^{GF} (160g / 5.6oz)
- Vegetable stock^{GF} (1L / 34 fl.oz)
- Cannellini beans (400g can / 14oz)
- Creamed corn (300g can / 10.6oz)

PANTRY STAPLES

- * Eggs (2)
- * Olive oil (70ml / 2.4 fl.oz)
- * Rice bran oil (60ml / 2 fl.oz)
- * Peanut oil (2 tsp) (or use rice bran oil)
- * Sesame oil (1 Tbsp)
- * Rice vinegar (2 Tbsp)
- * Soy sauce^{GF} (105ml / 3.6 fl.oz)
- * Honey⁵ (3 1/2 Tbsp)
- * Baking powder^{GF} (2 tsp)
- * Cornflour^{GF} (2 tsp)
- * Garlic powder (3 tsp)
- * Onion powder (2 tsp)
- * Ground paprika (1 1/2 tsp)
- * Dried basil (1 tsp)
- * Ground cumin (1 tsp)
- * Salt and pepper

NOTES

¹ Can be swapped for broccoli.

² You could use potatoes (i.e. Agria) instead.

³ Chicken tenderloins are a good alternative in both cases.

⁴ Pre-cooked Singapore noodles can be used instead.

⁵ Brown sugar can be used in place of honey.

^{GF} **Gluten-free swaps:** Use gluten-free soba noodles or replace with rice vermicelli noodles. Choose gluten-free stock. Use gluten-free soy sauce, baking powder and cornflour.