



SHOPPING LIST

MENU 119 - 7TH SEPTEMBER 2020

SAUSAGE RISONI RISOTTO | LOADED CHICKEN SALAD | MEXICAN STUFFED POTATOES

FRESH PRODUCE

- Salad greens (100g / 3.5oz)
- Baby kale and/or spinach (80g / 2.8oz)
- Fresh coriander (2 large handfuls) *optional*
- Fresh basil or parsley (1 handful) *optional*
- Oranges (2)
- Avocado (1)
- Celery (4 stalks)
- Red capsicum (1)
- Button mushrooms¹ (250g / 8.8oz)
- Potatoes, i.e. Agria (medium-sized, 700g / 1lb 9oz)
- Brown onions (2)
- Garlic (2 cloves)

MEAT / FISH

- Boneless, skinless chicken breasts (2 large / approx. 550g / 1lb 3oz)
- Pork sausages^{2, GF} (6 sausages / approx. 500g / 1lb 2oz)

CHILLED / FROZEN

- Lite sour cream (125ml / 4.2 fl.oz)
- Colby or cheddar cheese (75g / 2.6oz)

- Haloumi cheese³ (200g / 7oz)
- Parmesan cheese (60g / 2.1oz)
- Frozen peas (160g / 5.6oz)

GENERAL GROCERY

- Focaccia or other fresh bread^{GF} (1 loaf) *optional*
- Pitted dates⁴ (38g / 1.3oz)
- Sunflower seeds (2 Tbsp)
- Fennel seeds (2 tsp) *optional*
- Dried risoni / orzo pasta^{GF} (250g / 8.8oz)
- Chicken stock^{GF} (500ml / 16.9 fl.oz)
- Diced beetroot⁴ (225g can / 7.9oz)
- Mexican flavoured tomatoes⁵ (400g can / 14oz)
- Pesto or Italian flavoured tomatoes (400g can / 14oz)
- Chilli beans^{GF} (420g can / 14.8oz)

PANTRY STAPLES

- * Milk (250ml / 8.5 fl.oz)
- * Butter (1 1/2 Tbsp)
- * Olive oil (75ml / 2.5 fl.oz)
- * Apple cider vinegar (1 Tbsp)
- * Dijon mustard (1 tsp)
- * Maple syrup (or brown sugar) (1 1/2 Tbsp)
- * Brown sugar (4 tsp)
- * Vegetable stock powder^{1, GF} (1 tsp)
- * Dried oregano (3 tsp)
- * Ground paprika (2 tsp)
- * Garlic powder (1 1/2 tsp)
- * Ground cumin (1 1/2 tsp)
- * Salt and pepper

NOTES

¹ Can swap for 300g / 10.6oz beef mince + beef stock powder/cube.

² Chorizo sticks (150g / 5.3oz) or chicken tenderloins can be used.

³ Feta cheese (100g / 3.5oz) is a good alternative.

⁴ Use fresh or dried dates. Dates and beetroot can be omitted. Try cranberries and red onion instead.

⁵ Regular canned diced or crushed tomatoes are fine.

^{GF} **Gluten-free swaps:** Choose gluten-free sausages. Use gluten-free bread or omit it. Swap risoni for a small gluten-free pasta. Choose gluten-free chicken stock, chilli beans and stock powder.