



# SHOPPING LIST

MENU 122 - 28<sup>TH</sup> SEPTEMBER 2020

PRAWN SAGANAKI | HOISIN PORK NOODLES | CHICKEN FRITTATA

## FRESH PRODUCE

- Mediterranean or baby rocket (120g / 4.2oz)
- Fresh coriander (2 handfuls) *optional*
- Lemon (1)
- Avocado<sup>1</sup> (1)
- Lebanese cucumber (1)
- Capsicum, any colour (1)
- Shanghai pak choy or bok choy (250g / 8.8oz)
- Leek (1 small)
- Zucchini (1)
- Eggplant<sup>2</sup> (1)
- Carrot (1 large)
- New or baby potatoes (400g / 14oz)
- Red onion (1)
- Garlic (8 cloves)
- Ginger (small piece)

## MEAT / FISH

- Pork schnitzel<sup>3</sup> (500g / 1lb 2oz)
- Cooked, sliced roast chicken<sup>4</sup> (250 - 300g / 10oz)
- Raw shelled prawns<sup>5</sup> (400g / 14oz)

## CHILLED / FROZEN

- Feta cheese (150g / 5.3oz)
- Tasty cheddar cheese (125g / 4.4oz)

- Frozen shelled edamame beans (155g / 5.5oz)

## GENERAL GROCERY

- Roasted, salted peanuts (100g / 3.5oz)
- Pine nuts (2 Tbsp)
- Hoisin sauce<sup>GF</sup> (60ml / 2 fl.oz)
- Rice vinegar (2 tsp)
- Dried ribbon cut egg noodles<sup>GF</sup> (280g / 9.9oz)
- Microwave pouches brown rice (2 x 250g / 2 x 8.8oz)
- Tomato purée (200g / 7oz)
- Italian flavoured tomatoes (400g can / 14oz)
- Creamed corn (410g can / 14.5oz)

## PANTRY STAPLES

- \* Milk (80ml / 2.7 fl.oz)
- \* Butter (1 Tbsp)
- \* Eggs (5)
- \* Cooking oil spray (small quantity)
- \* Olive oil (3 1/2 Tbsp)
- \* Peanut oil (2 tsp)
- \* Sesame oil (2 tsp)
- \* Balsamic vinegar (1 Tbsp)
- \* Soy sauce<sup>GF</sup> (3 Tbsp)
- \* Fish sauce<sup>GF</sup> (1/2 tsp) *optional*
- \* Aioli<sup>GF</sup> (2 Tbsp)
- \* Wholegrain mustard (1 tsp)
- \* Peanut butter (3 Tbsp)
- \* Brown sugar (2 1/2 Tbsp)
- \* Plain flour<sup>GF</sup> (2 Tbsp)
- \* Vegetable stock powder<sup>GF</sup> (4 tsp)
- \* Dried oregano (1 tsp)
- \* Dried thyme (1 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> Can be replaced with chutney, relish or extra aioli.

<sup>2</sup> Can use a few handfuls baby spinach instead.

<sup>3</sup> Beef and chicken schnitzel are both good alternatives.

<sup>4</sup> Swap for 250g / 8.8oz bacon or chorizo.

<sup>5</sup> White fish fillets or boneless, skinless chicken thighs will work too.

<sup>GF</sup> **Gluten-free swaps:** Swap hoisin for 1 Tbsp peanut butter, 2 Tbsp gluten-free soy sauce and 1/2 tsp Chinese five spice. Choose your favourite rice noodles. Use gluten-free soy sauce, fish sauce and aioli. Use plain gluten-free flour and gluten-free stock powder.