



# SHOPPING LIST

MENU 123 - 19<sup>TH</sup> OCTOBER 2020

APRICOT CHICKEN FILO PARCELS | STICKY PORK FILLET | PUMPKIN FRITTERS

## FRESH PRODUCE

- Asian slaw (dressing not needed) (250g / 8.8oz)
- Baby spinach (80g / 2.8oz)
- Mediterranean or baby rocket (80g / 2.8oz)
- Lemon (1)
- Asparagus<sup>1</sup> (1 bunch / 250g / 8.8oz)
- Shanghai bok choy or pak choy (250g / 8.8oz)
- Zucchini (1 large)
- Pumpkin (500g / 1lb 2oz)
- Red onion (1)
- Garlic (4 cloves)

## MEAT / FISH

- Chicken tenderloins<sup>2</sup> (500g / 1lb 2oz)
- Pork fillet / tenderloin<sup>3</sup> (550g / 1lb 3oz)

## CHILLED / FROZEN

- Sour cream (205ml / 7oz)
- Cream cheese<sup>4</sup> (200g / 7oz)
- Feta cheese (150g / 5.3oz)
- Parmesan cheese (100g / 3.5oz)
- Filo pastry<sup>GF</sup> (12 sheets / approximately 280g / 9.9oz)

## GENERAL GROCERY

- Pine nuts (2 Tbsp)
- Pumpkin seeds (2 Tbsp)
- Sunflower seeds (2 Tbsp)
- Sesame seeds (1 Tbsp)
- White or brown rice flour<sup>5</sup> (90g / 3.2oz)
- Apricot sauce or chutney<sup>GF</sup> (8 tsp)
- Apricots in syrup (410g can / 14.5oz)
- Microwave pouches brown or white rice (2 x 250g / 2 x 8.8oz)

## PANTRY STAPLES

- \* Eggs (2)
- \* Olive oil (150ml / 5.1 fl.oz)
- \* Peanut oil (2 Tbsp)
- \* Sesame oil (1 Tbsp)
- \* Apple cider vinegar (3 1/2 Tbsp)
- \* Balsamic vinegar (1 1/2 Tbsp)
- \* Soy sauce<sup>GF</sup> (4 1/2 Tbsp)
- \* Sweet chilli sauce (2 Tbsp)
- \* Honey (2 Tbsp)
- \* Brown sugar (3 Tbsp)
- \* Cornflour<sup>GF</sup> (1 Tbsp)
- \* Baking powder<sup>GF</sup> (1 tsp)
- \* Chicken or vegetable stock powder<sup>GF</sup> (1 tsp)
- \* Dried sage (1 tsp)
- \* Dried thyme (1 tsp)
- \* Dried rosemary (1/2 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> Can be replaced with green beans.

<sup>2</sup> Boneless, skinless chicken thighs are a good alternative.

<sup>3</sup> Can swap for pork leg or rump steaks. Chicken tenderloins or firm fish fillets are good options too.

<sup>4</sup> Choose lite cream cheese if you prefer.

<sup>5</sup> Can swap for plain flour (rice flour gives a better texture though).

<sup>GF</sup> **Gluten-free swaps:** Swap filo for gluten-free wraps or pastry. Make sure chutney is gluten-free. Use gluten-free soy sauce, cornflour, baking powder and stock powder.