



# SHOPPING LIST

MENU 124 - 26<sup>TH</sup> OCTOBER 2020

FISH ON ISRAELI COUSCOUS SALAD | ROAST BEEF FLATBREADS | TANDOORI CHICKEN SALAD

## FRESH PRODUCE

- Mesclun lettuce (200g / 7oz)
- Baby kale or spinach (80g / 2.8oz)
- Fresh coriander (2 handfuls) *optional*
- Fresh dill (1 handful) *optional*
- Lemon (1)
- Avocado (1)
- Telegraph cucumber (1)
- Cherry tomatoes (200g / 7oz)
- Green beans (250g / 8.8oz)
- Carrot (1 large)
- Swiss brown or button mushrooms (250g / 8.8oz)
- Baby / new potatoes (700g / 1lb 9oz)
- Red onion (1 small)
- Brown onions (2)
- Garlic (6 cloves)

## MEAT / FISH

- White fish fillets<sup>1</sup> (500g / 1lb 2oz)
- Boneless, skinless chicken thighs (600g / 1lb 5oz)
- Beef bolar roast (1kg / 2lb 3oz)

## CHILLED / FROZEN

- Plain, unsweetened yoghurt (310ml / 10.5 fl.oz)
- Feta cheese (100g / 3.5oz)

## GENERAL GROCERY

- Roasted salted cashews (50g / 1.8oz)
- Pumpkin seeds (2 Tbsp)
- Wraps or flatbreads<sup>2, GF</sup> (4 large)
- Israeli (pearl) couscous<sup>GF</sup> (150g / 5.3oz)
- Tandoori paste<sup>3</sup> (60g / 2.1oz)
- Smoky barbecue sauce<sup>GF</sup> (3 Tbsp) *optional*

## PANTRY STAPLES

- \* Butter (60g / 2.1oz)
- \* Olive oil (105ml / 3.6 fl.oz)
- \* Balsamic vinegar (1 Tbsp)
- \* Wholegrain mustard (3 tsp)
- \* Brown sugar (1/2 Tbsp)
- \* Caster sugar (1 3/4 tsp)
- \* Plain flour<sup>GF</sup> (38g / 1.3oz)
- \* Chicken or vegetable stock powder<sup>GF</sup> (2 tsp)
- \* Dried thyme (2 tsp)
- \* Curry powder (1 1/2 tsp)
- \* Garlic powder (1 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> If you don't like fish, use chicken tenderloins instead.

<sup>2</sup> You can make your own, using butter, milk, plain flour and salt.

<sup>3</sup> Tikka masala curry paste could be used instead.

<sup>GF</sup> **Gluten-free swaps:** Use gluten-free wraps. Swap couscous for 200g / 7oz dried medium grain white rice. Make sure barbecue sauce is gluten-free, if using. Use plain gluten-free flour and gluten-free stock powder.