



SHOPPING LIST

MENU 126 - 9TH NOVEMBER 2020

CHICKEN POKE BOWLS | SMOKED SALMON SALAD | PESTO RAVIOLI

FRESH PRODUCE

- Asian slaw with sesame dressing^{GF} (approximately 500g / 1lb 2oz)
- Mediterranean or baby rocket (120g / 4.2oz)
- Lemon (1 large)
- Avocado (1)
- Lebanese or telegraph cucumber (1 or 1/2)
- Asparagus¹ (1 bunch / 250g / 8.8oz)
- Spring onions (2)
- Portobello, Swiss brown or button mushrooms (250g / 8.8oz)
- Red onion (1)
- Garlic (2 large cloves)

MEAT / FISH

- Smoked salmon slices or pieces² (200g / 7oz)
- Boneless, skinless chicken thighs (600g / 1lb 5oz)

CHILLED / FROZEN

- Fresh ravioli^{3, GF} (300-400g / 10.6oz-14oz)
- Basil pesto (100g / 3.5oz)
- Cream cheese (125g / 4.4oz)
- Parmesan (76g / 2.7oz)

- Frozen puff pastry^{GF} (1 sheet / 150g / 5.3oz)

GENERAL GROCERY

- Honey roasted peanuts^{GF} (67g / 2.4oz)
- Dried wide lasagne pasta^{4, GF} (small frilly pieces, not sheets) (150g / 5.3oz)
- Microwave packets brown rice (2 x 250g / 2 x 8.8oz)
- Kecap manis^{5, GF} (3 Tbsp)
- Pineapple pieces in juice (225g can / 7.9oz)
- Whole corn kernels (400g can / 14oz)

PANTRY STAPLES

- * Milk (1 Tbsp)
- * Butter (1 Tbsp)
- * Olive oil (2 1/2 Tbsp)
- * Peanut oil (1 Tbsp)
- * Peanut butter, smooth or crunchy (3 Tbsp)
- * Wholegrain mustard (1 tsp)
- * Caster sugar (1 tsp)
- * Chicken or vegetable stock powder^{GF} (2 tsp)
- * Salt and pepper

NOTES

¹ Swap for beans, or omit and increase rocket to 180g / 6.3oz.

² Alternatives: hot smoked salmon, garlic prawns, chorizo, smoked chicken or hot roast chicken.

³ Choose your favourite flavour. Tortellini will work too.

⁴ If you can't find this, farfelle, penne or spirals are good options.

⁵ If unavailable, swap for 2 Tbsp soy sauce and 1 Tbsp brown sugar.

^{GF} **Gluten-free swaps:** Can swap provided dressing for your favourite gluten-free slaw dressing. Use gluten-free ravioli (if available) and dried pasta, or swap both for 300g / 10.6oz dried gluten-free pasta. Choose gluten-free pastry or bread. Use gluten-free honey roasted peanuts or regular salted peanuts. Check kecap manis is gluten-free and use gluten-free stock powder.