



# SHOPPING LIST

MENU 128 - 7<sup>TH</sup> DECEMBER 2020

HAWAIIAN CHICKEN SKEWERS | MEXICAN STUFFED POTATO CAKES | BEETROOT BLISS BOWLS

## FRESH PRODUCE

- Salad greens (120g / 4.2oz)
- Fresh coriander (2 large handfuls)
- Lime juice (fresh or bottled) (2 1/2 Tbsp)
- Fresh pineapple<sup>1</sup> (1/2)
- Avocado (1 large)
- Cherry tomatoes (150g / 5.3oz)
- Green capsicum (1)
- Broccoli (1)
- Vacuum-packed cooked beetroot (or canned baby beets)<sup>2</sup> (250g / 8.8oz)
- Potatoes, i.e. Agria (850g / 1lb 14oz)
- Brown onion (1)
- Red onions (2)
- Garlic (2 cloves)

## MEAT / FISH

- Boneless, skinless chicken thighs (600g / 1lb 5oz)
- Prime beef mince (400g / 14oz)

## CHILLED / FROZEN

- Unsweetened Greek yoghurt (250ml / 8.5 fl.oz)
- Tasty cheddar cheese (150g / 5.3oz)
- Haloumi<sup>3</sup> (200g / 7oz)

## GENERAL GROCERY

- Pumpkin seeds (2 Tbsp)
- Black or white sesame seeds (1 Tbsp)
- Long grain brown rice<sup>4</sup> (300g / 10.6oz)
- Bulghur wheat<sup>GF</sup> (150g / 5.3oz)
- Tomato passata (125g / 4.4oz)
- Coconut milk (400ml / 13.5 fl.oz)
- Whole corn kernels (400g can / 14oz)

## PANTRY STAPLES

- \* Eggs (5)
- \* Milk (2 Tbsp)
- \* Butter (20g / 0.7oz)
- \* Olive oil (3 Tbsp)
- \* Apple cider vinegar (3 Tbsp)
- \* Soy sauce<sup>GF</sup> (2 Tbsp)
- \* Sweet chilli sauce (1 Tbsp)
- \* Peanut butter (smooth or crunchy) (3 Tbsp)
- \* Brown sugar (1 1/2 Tbsp)
- \* Caster sugar (2 1/4 tsp)
- \* Plain flour<sup>GF</sup> (75g / 2.6oz)
- \* Beef stock cube<sup>GF</sup> (1)
- \* Vegetable stock powder<sup>GF</sup> (1 tsp)
- \* Garlic powder (2 1/2 tsp)
- \* Ground cumin (2 tsp)
- \* Smoked paprika (1 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> You can use a 225g / 7.9oz tin of pineapple pieces instead.

<sup>2</sup> If you don't like beetroot, replace with 1 large avocado.

<sup>3</sup> Feta is a good alternative (120g / 4.2oz).

<sup>4</sup> Can be swapped for long grain white rice.

<sup>GF</sup> **Gluten-free swaps:** Swap bulghur wheat and vegetable stock powder for 2 x 250g microwave pouches brown rice and quinoa. Use gluten-free soy sauce, plain gluten-free flour and gluten-free stock cube.