



# SHOPPING LIST

MENU 130 - 25<sup>TH</sup> JANUARY 2021

HONEY MUSTARD CHICKEN SALAD | VIETNAMESE BEEF SALAD | LOADED CAPRESE SALAD

## FRESH PRODUCE

- Broccoslaw (or Asian-style slaw) (450g packet / 16oz)
- Salad greens (120g / 4.2oz)
- Baby spinach (60g / 2.1oz)
- Fresh basil (1 plant)
- Fresh coriander (1 handful) *optional*
- Fresh mint (1 handful) *optional*
- Fresh limes (2) **or** bottled lime juice (3 Tbsp)
- Avocado (1)
- Tomatoes (ideally a mixture of colours and sizes) (400g / 14oz)
- Lebanese cucumber (1)
- Corn<sup>1</sup> (2 ears)
- Eggplant<sup>2</sup> (1 large)
- Red or orange kumara (600g / 1lb 5oz)
- Red onion (1/2)

## MEAT / FISH

- Boneless, skinless chicken thighs<sup>3</sup> (600g / 1lb 5oz)
- Beef sirloin or rump steak (550g / 1lb 3oz)

## CHILLED / FROZEN

- Cherry bocconcini<sup>4</sup> (125g / 4.4oz)
- Parmesan cheese (30g / 1.1oz)

## GENERAL GROCERY

- Ciabatta or sourdough bread<sup>GF</sup> (1/2 loaf)
- Roasted, salted cashews (salt and pepper flavoured ones are nice) (100g / 3.5oz)
- Sunflower seeds (2 Tbsp)
- Pre-cooked flat ribbon noodles<sup>GF</sup> (400g / 14oz)
- Fish sauce<sup>GF</sup> (3 Tbsp)

## PANTRY STAPLES

- \* Olive oil (140ml / 4.7 fl.oz)
- \* Peanut oil (1 Tbsp)
- \* Sesame oil (1 Tbsp)
- \* White balsamic vinegar or apple cider vinegar (3 1/2 Tbsp)
- \* Soy sauce<sup>GF</sup> (1 Tbsp)
- \* Wholegrain mustard (1 Tbsp)
- \* Honey (1 1/2 Tbsp)
- \* Brown sugar (3 Tbsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> Can be swapped for 300g / 10.6oz can whole corn kernels.

<sup>2</sup> 250g / 8.8oz portobello mushrooms are a good alternative.

<sup>3</sup> You could use chicken tenderloins instead.

<sup>4</sup> Can be substituted for the same quantity of feta cheese.

<sup>GF</sup> **Gluten-free swaps:** Use gluten-free bread. Choose gluten-free rice noodles (weight will be less as they aren't pre-cooked). Make sure fish sauce is gluten-free and choose gluten-free soy sauce.