



SHOPPING LIST

MENU 132 - 8TH FEBRUARY 2021

PORK PINWHEELS | BLACK BEAN BEEF | SUMMERY VEGETARIAN QUESADILLAS

FRESH PRODUCE

- Mediterranean or baby rocket (100g / 3.5oz)
- Fresh basil leaves (1 large handful) *optional*
- Fresh thyme leaves (1 Tbsp), or dried thyme (1 tsp)
- Lemon (1)
- Yellow-flesh nectarines¹ (3)
- Cherry tomatoes (250g / 8.8oz)
- Green beans² (250g / 8.8oz)
- Zucchini (4)
- Broccoli² (1 head)
- Carrot (1)
- Button mushrooms² (250g / 8.8oz)
- Red onions (2)
- Brown onion (1)
- Garlic (6 cloves)
- Ginger (very small piece)

MEAT / FISH

- Pork mince or good quality pork sausages^{GF} (500g / 1lb 2oz)
- Beef sirloin or rump steak (550g / 1lb 3oz)

CHILLED / FROZEN

- Ricotta cheese (250g / 8.8oz)
- Colby cheese³ (100g / 3.5oz)
- Brie cheese⁴ (100g / 3.5oz)
- Feta cheese (100g / 3.5oz)
- Frozen puff pastry^{GF} (2 sheets / 300g / 10.6oz)
- Frozen shelled edamame beans (155g / 5.5oz)

GENERAL GROCERY

- Sunflower seeds (35g / 1.2oz)
- Sesame seeds (1 Tbsp) *optional*
- Panko breadcrumbs^{GF} (33g / 1.2oz)
- Flour tortillas^{GF} (8-10)
- Microwave packets brown rice (2 x 250g / 2 x 8.8oz)
- Black bean sauce^{GF} (5 Tbsp)
- Rice vinegar (1 1/2 Tbsp)

PANTRY STAPLES

- * Cooking oil spray (small quantity)
- * Olive oil (3 1/2 Tbsp)
- * Sesame oil (1 1/2 Tbsp)
- * Apple cider vinegar (1 Tbsp)
- * Tomato relish (4 Tbsp) *optional*
- * Wholegrain mustard (1 tsp)
- * Honey (4 Tbsp)
- * Cornflour^{GF} (1 1/2 Tbsp)
- * Chicken stock powder^{GF} (1 tsp)
- * Dried Italian herbs (1 tsp)
- * Salt and pepper

NOTES

¹ Can be replaced with pears.

² Swap for other veggies if you like. Try sugar snap peas.

³ Use mozzarella if you prefer oozy quesadillas!

⁴ Alternatives: camembert, fresh mozzarella, avocado.

^{GF} **Gluten-free swaps:** If using sausages, make sure they're gluten-free. Use gluten-free pastry and breadcrumbs. Choose gluten-free tortillas or wraps and a gluten-free black bean sauce. Use gluten-free cornflour and stock powder.