



SHOPPING LIST

MENU 133 - 15TH FEBRUARY 2021

MEDITERRANEAN SALMON SALAD | CHICKEN AND PLUM SALAD | SAMOSA POTATO SALAD

FRESH PRODUCE

- Baby spinach and/or kale (240g / 8.5oz)
- Red or black plums (4)
- Lemon (1)
- Avocado (1)
- Tomatoes - a selection of colours and sizes is good (300g / 10.6oz)
- Lebanese cucumber (1)
- Capsicum, any colour (1)
- Celery (2 stalks)
- Red or orange kumara¹
- (500g / 1lb 2oz)
- Potatoes¹ (400g / 14oz)
- Red onion (1 small)
- Brown onion (1)
- Garlic (2 cloves)

MEAT / FISH

- Boneless salmon fillets² (450g / 1lb)
- Chicken tenderloins (600g / 1lb 5oz)
- Lamb leg steaks³ (500g / 1lb 2oz)

CHILLED / FROZEN

- Plain, unsweetened yoghurt (250ml / 8.5 fl.oz)
- Fresh mozzarella, feta or ricotta cheese⁴ (100g / 3.5oz)
- Feta cheese (100g / 3.5oz)
- Frozen peas (160g / 5.6oz)

GENERAL GROCERY

- Sliced almonds (3 Tbsp)
- Raisins (53g / 1.9oz)
- Wholegrain, sourdough or rye bread^{GF} (4-5 slices)
- Chickpeas in spring water (400g can / 14oz)

PANTRY STAPLES

- * Olive oil (110ml / 3.7 fl.oz)
- * Apple cider vinegar (1 1/2 Tbsp)
- * Aioli^{GF} (3 Tbsp)
- * Honey (1 Tbsp)
- * Wholegrain mustard (1 tsp)
- * Ground paprika (4 tsp)
- * Curry powder (1 Tbsp)
- * Cumin seeds (2 tsp)
- * Garlic powder (2 tsp)
- * Dried Italian herbs (1 1/2 tsp)
- * Dried oregano (1 1/2 tsp)
- * Salt and pepper

NOTES

¹ Can swap for all kumara or all potatoes.

² Alternatives: white fish fillets or chicken tenderloins.

³ Try beef rump steak or boneless, skinless chicken thighs instead.

⁴ For a lighter option, use cottage cheese with chives.

^{GF} **Gluten-free swaps:** Super simple this week! Swap the bread for gluten-free bread and make sure the aioli is gluten-free.