



# SHOPPING LIST

MENU 134 - 22<sup>ND</sup> FEBRUARY 2021

TAMARIND CHICKEN | BEEF AND LENTIL SALAD | ROASTED BEETROOT PASTA

## FRESH PRODUCE

- Baby spinach (120g / 4.2oz)
- Mediterranean or baby rocket (100g / 3.5oz)
- Fresh basil or mini leaf basil (2-3 handfuls)
- Fresh coriander (2 handfuls) *optional*
- Fresh dill<sup>1</sup> (3 sprigs)
- Lemon (1 large)
- Cherry tomatoes (250g / 8.8oz)
- Snow peas<sup>2</sup> (150g / 5.3oz)
- Eggplant (1 large)
- Fresh beetroot<sup>3</sup> (700g / 1lb 9oz)
- Red onion (1 small)
- Garlic (8 cloves)
- Ginger (small piece)

## MEAT / FISH

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

## CHILLED / FROZEN

- Feta cheese (200g / 7oz)
- Haloumi<sup>4</sup> (200g / 7oz)

## GENERAL GROCERY

- Bread, any type<sup>GF</sup> (2 slices)
- Roasted, salted peanuts (70g / 2.5oz)
- Sliced almonds (3 Tbsp)
- Dried spaghetti<sup>GF</sup> (300g / 10.6oz)
- Long grain white rice (270g / 9.5oz)
- Tamarind puree<sup>5</sup> (2 Tbsp)
- Tomato paste (1 Tbsp)
- Star anise (2)
- Brown lentils (400g can / 14oz)

## PANTRY STAPLES

- \* Olive oil (90ml / 3 fl.oz)
- \* Rice bran oil (1 Tbsp)
- \* Balsamic vinegar (2 Tbsp)
- \* Rice vinegar (1 Tbsp)
- \* Soy sauce<sup>GF</sup> (3 Tbsp)
- \* Dijon mustard (1 tsp)
- \* Brown sugar (60g / 2.1oz)
- \* Beef stock cube<sup>GF</sup> (1)
- \* Cumin seeds (2 tsp)
- \* Ground paprika (1 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> Can be replaced with a large handful fresh basil.

<sup>2</sup> Alternatives: sugar snap peas or green beans.

<sup>3</sup> If you strongly dislike, use orange kumara or pumpkin instead.

<sup>4</sup> Can be swapped for 100g / 3.5oz feta or cheddar cheese.

<sup>5</sup> Usually near the curry pastes (supermarket or Asian grocery store).

<sup>GF</sup> **Gluten-free swaps:** Use gluten-free bread and gluten-free dried spaghetti. Choose gluten-free soy sauce and stock cube.