



SHOPPING LIST

MENU 135 - 1ST MARCH 2021

SWISS CHICKEN | THAI PORK NOODLES | FISH FINGER WRAPS

FRESH PRODUCE

- Salad greens (120g / 4.2oz)
- Broccoslaw with dressing^{1, GF} (450g / 1lb)
- Fresh coriander (2 handfuls)
optional
- Lemon (1)
- Lime (1) *optional*
- Avocado (1 large)
- Shanghai bok choy or pak choy (250g / 8.8oz)
- Green beans (250g / 8.8oz)
- Capsicum, any colour (1)
- Carrots (2)
- Corn (2 ears)
- Swiss brown or button mushrooms (200g / 7oz)
- Red or orange kumara (600g / 1lb 5oz)
- Red onion (1 small)
- Garlic (5 cloves)

MEAT / FISH

- Chicken schnitzel² (600g / 1lb 5oz)
- Pork mince³ (500g / 1lb 2oz)
- Shaved leg ham^{GF} (100g / 3.5oz)
- Crumbed fish fingers^{4, GF} (16-20)

CHILLED / FROZEN

- Swiss cheese (4-8 slices)
- Sundried tomatoes⁵ (75g / 2.6oz)

GENERAL GROCERY

- Dry roasted peanuts^{GF} (70g / 2.5oz)
- Peanut butter, smooth or crunchy (5 Tbsp)
- Wraps^{GF} (4-6 large)
- Instant noodle cakes^{GF} (3 / 200-250g / 7-8oz)
- Light coconut milk (400ml can / 13.5 fl.oz)
- Massaman curry paste^{GF} (2 1/2 Tbsp)

PANTRY STAPLES

- * Butter (5 tsp)
- * Olive oil (8 tsp)
- * Peanut oil (1 Tbsp)
- * Rice vinegar (2 Tbsp)
- * Apple cider vinegar (1 1/2 Tbsp)
- * Regular or kewpie mayonnaise^{GF} (3 Tbsp)
- * Aioli or mayonnaise^{GF} (2 Tbsp)
- * Soy sauce^{GF} (2 Tbsp)
- * Dijon mustard (4 tsp)
- * Honey (1 Tbsp)
- * Caster sugar (1/2 Tbsp)
- * Plain flour or rice flour^{GF} (35g / 1.2oz)
- * Chicken stock powder^{GF} (2 tsp)
- * Curry powder (2 tsp)
- * Salt and pepper

NOTES

¹ You can use any slaw with creamy dressing.

² Boneless, skinless chicken breasts can be used instead.

³ Chicken mince is a good alternative.

⁴ Alternatives: crumbed fish, or fresh white fish fillets (500g / 1lb 2oz).

⁵ Can be swapped for 150g / 5.3oz cherry tomatoes.

^{GF} **Gluten-free swaps:** Make sure slaw dressing is gluten-free.

Choose gluten-free ham. Any gluten-free crumbed fish will work, or use fresh white fish fillets. Use regular roasted, salted peanuts. Use 3 pots instant rice noodles. Ensure curry paste, mayonnaise/aioli, soy sauce, flour and stock powder are gluten-free.