



# SHOPPING LIST

MENU 136 - 15<sup>TH</sup> MARCH 2021

STEAK AND POTATO STACKS | ASIAN DUCK SALAD | VEGETARIAN FILO PARCELS

## FRESH PRODUCE

- Baby spinach / kale (120g / 4.2oz)
- Baby rocket (80g / 2.8oz)
- Basil leaves (1 large handful)
- Snow pea shoots (100g / 3.5oz)
- Limes (1-2) (or 2 1/2 Tbsp lime juice)
- Avocado (1)
- Cherry tomatoes (200g / 7oz)
- Eggplant<sup>1</sup> (1)
- Zucchini (1)
- Red capsicum (1)
- Red chilli (1) *optional*
- Carrot (1 large)
- Spring onions (1 bunch)
- Portobello mushrooms<sup>2</sup> (250g / 8.8oz)
- Potatoes (i.e. Agria) (700g)
- Brown onion (1)
- Ginger (very small piece)
- Garlic (5 cloves)

## MEAT / FISH

- Beef sirloin or rump steak (500g / 1lb 2oz)
- Pre-cooked duck breasts<sup>3</sup> (2 large / 280g / 10oz)

## CHILLED / FROZEN

- Filo pastry<sup>GF</sup> (12 sheets / about 280g / 10oz)
- Unsweetened Greek yoghurt (250ml / 4.2 fl.oz)
- Colby or cheddar cheese (100g / 8.5oz)

## GENERAL GROCERY

- Roasted, salted cashews (75g / 2.6oz)
- Brown or white rice flour (2 Tbsp)
- Rice paper wrappers<sup>4</sup> (8)
- Fish sauce<sup>GF</sup> (2 tsp)
- Tomato paste (1 1/2 Tbsp)
- Brown lentils<sup>1</sup> (400g can / 14oz)
- Cannellini beans (400g can / 14oz)

## PANTRY STAPLES

- \* Butter (50g / 1.8oz) (or 3 Tbsp olive oil)
- \* Olive oil (55ml / 1.9 fl.oz)
- \* Peanut or rice bran oil (90ml / 3 fl.oz)
- \* Sesame oil (2 tsp)
- \* Balsamic glaze or dressing (small quantity)
- \* Aioli<sup>GF</sup> (3 Tbsp)
- \* Soy sauce<sup>GF</sup> (1 Tbsp)
- \* Brown sugar (5 tsp)
- \* Vegetable stock powder<sup>GF</sup> (1 tsp)
- \* Cumin seeds (1 Tbsp)
- \* Ground paprika (2 tsp)
- \* Ground coriander (1 tsp)
- \* Ground cumin (1 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> You can swap eggplant or lentils for 300g/10.6oz prime beef mince.

<sup>2</sup> Can be swapped for broccoli (1) or cauliflower (1/2).

<sup>3</sup> Boneless chicken thighs can be used instead (450g/1lb)

<sup>4</sup> Alternative: 150g/5.3oz rice vermicelli noodles.

<sup>GF</sup> **Gluten-free swaps:** Swap filo for gluten-free wraps or pastry. Ensure fish sauce and aioli are gluten-free. Choose gluten-free soy sauce and stock powder.