



SHOPPING LIST

MENU 139 - 26TH APRIL 2021

TERIYAKI CHICKEN BENTO BOXES | BURGER WRAPS | MACARONI CHEESE

FRESH PRODUCE

- Herb coleslaw (without dressing) (400g / 14oz)
- Salad greens (120g / 4.2oz)
- Avocado (1)
- Lebanese cucumber (1)
- Tomatoes (2 large)
- Cauliflower (1/2)
- Brown onion (1)
- Red onion (1 small)
- Garlic (2 cloves)

MEAT / FISH

- Boneless, skinless chicken thighs¹ (600g / 1lb 5oz)
- Beef burger patties^{GF} (4)

CHILLED / FROZEN

- Milk (625ml / 21.1 fl.oz)
- Cheddar cheese (300g / 10.6oz)
- Parmesan cheese (23g / 0.8oz)
- Frozen pork dumplings^{GF} (250g / 8.8oz)
- Triangle hash browns^{2, GF} (8)
- Frozen whole edamame beans (1 cup / 125g)

GENERAL GROCERY

- Soft wraps^{GF} (4 large)
- Tamari almonds (2 Tbsp)
- Panko breadcrumbs^{3, GF} (50g / 1.8oz)
- Dried macaroni pasta^{GF} (300g / 10.6oz)
- Microwave pouches brown rice (500g / 8.8oz)
- Cooking sake^{4, GF} (3 Tbsp)
- Mirin^{GF} (3 Tbsp)
- Roasted sesame dressing^{GF} (3 Tbsp)
- Sliced pickled ginger (3-4 Tbsp)
- Gherkins (4 large)

PANTRY STAPLES

- * Butter (3 Tbsp)
- * Olive oil (5 tsp)
- * Peanut oil (2 tsp)
- * Balsamic glaze (2 tsp)
- * Aioli^{GF} (5 Tbsp)
- * Tomato sauce / ketchup^{GF} (3 Tbsp)
- * Soy sauce^{GF} (6 Tbsp)
- * Worcestershire sauce^{GF} (1 tsp)
- * Brown sugar (1 1/2 Tbsp)
- * Plain flour^{GF} (3 Tbsp)
- * Cornflour^{GF} (1 1/2 Tbsp)
- * Sesame seeds (2 tsp)
- * Vegetable stock powder^{GF} (2 tsp)
- * Mustard powder (1 tsp)
- * Dried thyme (1/2 tsp)
- * Salt and pepper

NOTES

¹ Chicken can be swapped for tofu or salmon.

² Can be replaced with oven fries.

³ You can use 1 cup fresh breadcrumbs instead.

⁴ Sake can be swapped for dry sherry or Chinese cooking wine.

^{GF} **Gluten-free swaps:** Make sure burger patties are gluten-free. Use gluten-free dumplings or omit them. Choose gluten-free hash browns, wraps, panko breadcrumbs and macaroni. Make sure sake, and mirin are gluten-free. Use gluten-free dressing, aioli, tomato sauce, soy sauce and Worcestershire sauce. Use plain gluten-free flour, and gluten-free cornflour and stock powder.