



SHOPPING LIST

MENU 140 - 10TH MAY 2021

PESTO SALMON | CRISPY CHICKEN SALAD | ROASTED CARROT TART

FRESH PRODUCE

- Kale¹ (120g / 4.2oz)
- Mediterranean or baby rocket (120g / 4.2oz)
- Fresh coriander (2 handfuls) *optional*
- Lime² (1)
- Red capsicum (1)
- Red chilli (1) *optional*
- Green beans (250g / 8.8oz)
- Broccoli (1 small)
- Carrots (3)
- Potatoes, i.e. Agria (500g / 1lb 2oz)
- Garlic (3 cloves)
- Crushed ginger (1 tsp)

MEAT / FISH

- Boneless, skin-on salmon fillets³ (500g / 1lb 2oz)
- Boneless, skinless chicken thighs (600g / 1lb 5oz)
- Good quality lamb sausages^{GF} (6-8)

CHILLED / FROZEN

- Unsweetened Greek yoghurt (125ml / 4.2 fl.oz)
- Feta cheese (100g / 3.5oz)
- Parmesan (30g / 1.1oz)
- Frozen puff pastry sheet^{GF} (1 sheet / 150g / 5.3oz)

GENERAL GROCERY

- Roasted, salted cashews (50g / 1.8oz)
- Pine nuts (2 Tbsp)
- White or brown rice flour (40g / 1.4oz)
- Wholegrain 2 minute noodles^{4, GF} (any flavour) (3 packets / 207g / 7.3oz)
- Oyster sauce^{GF} (2 Tbsp)

PANTRY STAPLES

- * Egg (1)
- * Milk (3 Tbsp)
- * Butter (1 1/2 Tbsp)
- * Olive oil (95ml / 3.2 fl.oz)
- * Peanut oil (83ml / 2.8 fl.oz)
- * Sesame oil (1 tsp)
- * Soy sauce^{GF} (2 Tbsp)
- * Rice vinegar (1 1/2 Tbsp)
- * Honey (2 1/2 Tbsp)
- * Chinese five spice (1 1/2 tsp)
- * Cumin seeds (1/4 tsp)
- * Dried thyme (1/4 tsp)
- * Salt and pepper

NOTES

¹ Can be swapped for baby kale.

² You can use a lemon instead.

³ Can be swapped for firm white fish fillets or chicken tenderloins.

⁴ If you can't find wholegrain, use regular 2 minute noodles.

^{GF} **Gluten-free swaps:** Make sure sausages are gluten-free. Use gluten-free pastry and gluten-free instant rice noodles. Choose gluten-free oyster sauce and soy sauce.