



SHOPPING LIST

MENU 143 - 12TH JULY 2021

BEEF COBBLER | CORN CHIP CHICKEN SALAD | MISO RAMEN WITH DUMPLINGS

FRESH PRODUCE

- Cos or romaine lettuce (200g / 7oz)
- Fresh coriander (2 large handfuls) *optional*
- Avocado (1)
- Limes (2-3) (or bottled lime juice)
- Tomato (1 large)
- Green beans, fresh or frozen¹ (250g / 8.8oz)
- Spinach (250g / 8.8oz)
- Carrots (2)
- Button mushrooms² (250g / 8.8oz)
- Spring onions (1 bunch)
- Red onion (1 small)
- Brown onion (1)
- Garlic (3 cloves)
- Fresh ginger (small piece)

MEAT / FISH

- Chicken tenderloins³ (600g / 1lb 5oz)
- Beef rump steak (600g / 1lb 5oz)

CHILLED / FROZEN

- Lite sour cream (80ml / 2.7 fl.oz)
- Strong cheddar cheese (150g / 5.3oz)
- Colby or cheddar cheese (100g / 3.5oz) *optional*
- Fresh noodles^{4, GF} (350g / 12.3oz)

- Frozen dumplings^{5, GF} (300g / 10.6oz)
- Frozen shelled edamame beans (155g / 5.5oz)

GENERAL GROCERY

- Soda water (125ml / 4.2 fl.oz)
- Corn chips^{GF} (try salsa flavoured) (200g / 7oz)
- Chicken or vegetable stock^{5, GF} (500ml / 17 fl.oz)
- Miso paste^{GF} (4 tsp / approximately 2 sachets)
- Chilli oil (small quantity) *optional*
- Tomato paste (2 Tbsp)
- Red kidney beans (400g can / 14oz)
- Whole corn kernels (300g can / 10.6oz)
- Red wine (60ml / 2 fl.oz) *optional*

PANTRY STAPLES

- * Milk (125ml / 4.2 fl.oz)
- * Eggs (4)
- * Olive oil (3 1/2 Tbsp)
- * Rice bran oil (3 Tbsp)
- * Sesame oil (1 tsp)
- * Soy sauce^{GF} (1 Tbsp)
- * Dijon mustard (1 tsp)
- * Brown sugar (1 Tbsp)
- * Plain flour^{GF} (380g / 13.4oz)
- * Baking powder^{GF} (3 tsp)
- * Sesame seeds (1 Tbsp)
- * Beef stock cubes^{GF} (2)
- * Cayenne pepper (pinch)
- * Dried rosemary (1 1/4 tsp)
- * Dried thyme (1 tsp)
- * Ground cumin (1/2 tsp)
- * Salt and pepper

NOTES

¹ Can swap for other veggies of your choice.

² Can be omitted if you don't like mushrooms.

³ You can use boneless, skinless chicken thighs instead.

⁴ Any pre-cooked noodles are fine (I used fresh hokkien noodles).

⁵ I used pork, prawn and chive dumplings. Vegetarian option: use vegetarian dumplings and vegetable stock instead of chicken.

^{GF} **Gluten-free swaps:** Use rice noodles or gluten-free spaghetti. If you can't find gluten-free dumplings, try pork meatballs instead. Make sure chips, stock and miso paste are gluten-free. Choose gluten-free soy sauce, plain flour, baking powder and stock cubes.