



# SHOPPING LIST

MENU 145 - 23<sup>RD</sup> AUGUST 2021

PEANUT BUTTER CHICKEN CURRY | BEEF ENCHILADAS | CHEESY CORN POPPERS

## FRESH PRODUCE

- Salad greens (120g / 4.2oz)
- Coriander (4 large handfuls)  
*optional*
- Lemons (1-2)
- Lemons or limes (1-2)
- Lime (1) *optional*
- Lebanese cucumber (1) (or 1/2 telegraph cucumber) *optional*
- Avocados (2)
- Red capsicum (1)
- Broccoli (1)
- Carrot (1 large)
- Button mushrooms<sup>1</sup> (200g / 7oz)
- Spring onions (1 bunch)
- Brown onions (2)
- Garlic (3 cloves)
- Fresh ginger (small piece)

## MEAT / FISH

- Boneless, skinless chicken thighs (450g / 1lb)
- Beef mince (400g / 14oz)

## CHILLED / FROZEN

- Unsweetened Greek yoghurt (205ml / 6.9 fl.oz)
- Cream cheese (125g / 4.4oz)
- Cheddar or Colby cheese (250g / 8.8oz)

## GENERAL GROCERY

- Smooth peanut butter (85g / 3oz)
- Cornmeal flour (60g / 2.1oz)
- Brown or white rice flour<sup>2</sup> (30g / 1.1oz)
- Panko breadcrumbs<sup>GF</sup> (100g / 3.5oz)
- Flour tortillas<sup>GF</sup> (10 / approx. 400g / 14oz)
- Dried long grain brown rice (250g / 8.8oz)
- Tomato passata (700g / 1lb 9oz)
- Whole corn kernels (2 x 400g cans / 1lb 12oz)
- Coconut milk (400ml can / 13.5 fl.oz)
- Chickpeas<sup>3</sup> (400g can / 14oz)
- Chilli beans<sup>GF</sup> (400g can / 14oz)

## PANTRY STAPLES

- \* Egg (1)
- \* Olive oil (4 1/2 Tbsp)
- \* Rice bran oil (3-4 Tbsp)
- \* Peanut oil (2 tsp)
- \* Apple cider vinegar (1 tsp)
- \* Aioli<sup>GF</sup> (4 Tbsp)
- \* Wholegrain mustard (1 tsp)
- \* Soy sauce<sup>GF</sup> (3 Tbsp)
- \* Sweet chilli sauce (1 Tbsp)
- \* Fish sauce<sup>GF</sup> (1-2 tsp)
- \* Brown sugar (4 1/2 tsp)
- \* Beef stock cube<sup>GF</sup> (1)
- \* Chicken stock powder<sup>GF</sup> (1 tsp)
- \* Ground paprika (4 tsp)
- \* Ground cumin (1 Tbsp)
- \* Garlic powder (1 Tbsp)
- \* Ground coriander (1 tsp)
- \* Ground turmeric (1 tsp)
- \* Dried oregano (1/2 tsp)
- \* Cayenne pepper (pinch)  
*optional*
- \* Salt and pepper

## NOTES

<sup>1</sup> Can omit or swap for eggplant or 2 handfuls baby spinach.

<sup>2</sup> Could be swapped for plain flour.

<sup>3</sup> Can be omitted and chicken increased to 600g / 1lb 5oz.

<sup>GF</sup> **Gluten-free swaps:** Use gluten-free panko breadcrumbs and gluten-free flour or corn tortillas. Choose gluten-free chilli beans, aioli, soy sauce, fish sauce and stock cubes/powder.