



SHOPPING LIST

MENU 148 - 4TH OCTOBER 2021

FRENCH ONION POTATO BAKE | HOISIN CHICKEN | AUBERGINE PIZZA

FRESH PRODUCE

- Baby or Mediterranean rocket (120g / 4.2oz)
- Avocado¹ (1)
- Cherry tomatoes¹ (150g / 5.3oz)
- Lebanese cucumber¹ (1)
- Capsicum, any colour¹ (1)
- Aubergine / eggplant² (1)
- Broccoli (1 head)
- Potatoes, i.e. Agria (800g / 1lb 12oz)
- Spring onions (1 bunch)
- Brown onion (1 small), or red onion (1/2)
- Red onion (1/2)
- Garlic (7 cloves)
- Fresh ginger (small piece)

MEAT / FISH

- Boneless, skinless chicken thighs (600g / 1lb 5oz)
- Beef sirloin or rump steak³ (500g / 1lb 2 oz)

CHILLED / FROZEN

- Pizza bases^{GF} (2 large, or use homemade)
- Crème fraiche (400g / 14oz)
- Basil pesto (3 Tbsp)
- Swiss, Emmental or Colby cheese (100g / 3.5oz)
- Mozzarella or Colby cheese (100g / 3.5oz)
- Parmesan cheese (25g / 0.9oz)
- Frozen mixed veggies (300g / 10.6oz)

GENERAL GROCERY

- Pine nuts (3 Tbsp)
- Sesame seeds (4 tsp)
- Hoisin sauce^{GF} (3 Tbsp)
- Microwave pouches brown rice (2 x 250g / 2 x 8.8oz)
- French onion soup mix^{GF} (1 sachet / 29g / 1oz)

PANTRY STAPLES

- * Milk (125ml / 4.2 fl.oz)
- * Eggs (3)
- * Cooking oil spray
- * Olive oil (4 Tbsp)
- * Peanut oil (4 tsp)
- * Sesame oil (2 tsp)
- * Balsamic vinegar (2 Tbsp)
- * Rice vinegar (1 Tbsp)
- * Soy sauce^{GF} (63ml / 2.1 fl.oz)
- * Aioli^{GF} (1 1/2 Tbsp)
- * Wholegrain mustard (1 tsp)
- * Brown sugar (1 1/2 Tbsp)
- * Cornflour^{GF} (2 tsp)
- * Dried oregano (1 1/2 tsp)
- * Salt and pepper

NOTES

¹ These salad ingredients can be changed to suit your preferences.

² Can be swapped for 2 courgettes. Pepperoni or prosciutto are good meaty alternatives / additions.

³ Sausages can be used instead (any type).

^{GF} **Gluten-free swaps:** Use gluten-free pizza bases. Swap hoisin sauce for gluten-free oyster sauce. Choose a gluten-free soup mix (i.e. Continental brand) or swap for 1 tsp gluten-free chicken stock powder + 2 tsp onion flakes. Use gluten-free soy sauce, aioli and cornflour.