



# SHOPPING LIST

MENU 150 - 7<sup>TH</sup> FEBRUARY 2022

GNOCCHI TRAY BAKE | STICKY PORK MEATBALLS | EASY PRAWN NACHOS

## FRESH PRODUCE

- Mediterranean or baby rocket (100g / 3.5oz)
- Pre-packaged slaw with dressing sachet<sup>1, GF</sup> (approx. 400g / 14oz)
- Fresh basil leaves (1 large handful) *optional*
- Fresh coriander<sup>2</sup> (2 large handfuls)
- Lemon (1) *optional*
- Lime (1) *optional*
- Avocado (1 large)
- Cherry tomatoes (250g / 8.8oz)
- Tomatoes (2 large)
- Capsicum, any colour (1 large)
- Eggplant<sup>3</sup> (1)
- Red onion (2 small)
- Garlic (6 cloves)

## MEAT / FISH

- 400-500g pork meatballs or good quality pork sausages<sup>GF</sup> (1lb)
- Raw prawn cutlets<sup>4</sup> (400g / 14oz)

## CHILLED / FROZEN

- Chilled or shelf-stable gnocchi<sup>GF</sup> (500g / 1lb 2oz)
- Basil pesto (100g / 3.5oz)

- Light sour cream (125g / 4.4oz)
- Colby cheese (150g / 5.3oz)
- Feta cheese (100g / 3.5oz)

## GENERAL GROCERY

- Sunflower seeds (3 Tbsp)
- Pumpkin seeds (2 Tbsp)
- Orange juice (190ml / 6.4 fl.oz)
- Hoisin sauce<sup>GF</sup> (3 Tbsp)
- Microwave pouches brown rice (2 x 250g / 2 x 8.8oz)
- Black beans (400g can / 14oz)
- Whole corn kernels (400g can / 14oz)
- Corn/tortilla chips<sup>GF</sup> (plain, cheese or salsa flavoured) (approx. 250g / 8.8oz)

## PANTRY STAPLES

- \* Olive oil (65ml / 2.2 fl.oz)
- \* Balsamic vinegar (1 Tbsp)
- \* Aioli<sup>GF</sup> (2 Tbsp)
- \* Honey or maple syrup (2 Tbsp)
- \* Cornflour<sup>GF</sup> (2 tsp)
- \* Garlic powder (1 1/2 tsp)
- \* Ground cumin (1 1/2 tsp)
- \* Ground paprika (1 tsp)
- \* Dried oregano (1 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> I used a colourful kale slaw. Choose one with a sesame, maple or miso-style dressing if you can.

<sup>2</sup> Can omit or swap for rocket, baby spinach or iceberg lettuce.

<sup>3</sup> Can be swapped for 2 x zucchini or 1/2 cauliflower.

<sup>4</sup> Not a fan of seafood? Use smoked chicken instead.

<sup>GF</sup> **Gluten-free swaps:** Choose a slaw with gluten-free dressing or add your own. Choose gluten-free meatballs/sausages and gnocchi. Replace hoisin sauce with gluten-free teriyaki or oyster sauce. Ensure corn chips, aioli and cornflour are gluten-free.