



# SHOPPING LIST

MENU 151 - 28<sup>TH</sup> FEBRUARY 2022

SUMMER SALAD | TERIYAKI BEEF ROLL UPS | VEGETARIAN ROTI WRAPS

## FRESH PRODUCE

- Baby rocket or baby spinach (120g / 4.2oz)
- Cherry tomatoes (200g / 7oz)
- Tomatoes (2 large)
- Green capsicum (1)
- Red capsicums (2)
- Broccoli (1)
- Courgettes (2)
- Eggplant (1 large)
- Carrot (1 large)
- Kumara<sup>1</sup> (mix of red and orange) (1kg / 2lb 3oz)
- Red onion (1 small)

## MEAT / FISH

- Chicken drumsticks<sup>2</sup> (1.2kg / 2lb 10oz)
- Beef schnitzel (500g / 1lb 2oz)

## CHILLED / FROZEN

- Garlic butter (2 Tbsp)
- Unsweetened Greek yoghurt (160g / 5.6oz)
- Haloumi<sup>3</sup> (200g / 7oz)
- Fresh mozzarella (150g / 5.3oz)
- Frozen corn kernels (110g / 3.9oz)
- Frozen shelled edamame beans (100g / 3.5oz)
- Frozen roti or paratha<sup>GF</sup> (4)

## GENERAL GROCERY

- Sesame seeds (2 1/2 Tbsp)
- Sunflower seeds (2 Tbsp)
- Pine nuts (1 1/2 Tbsp)
- Cumin seeds (1 Tbsp)
- Fennel seeds (1 1/2 tsp)
- Microwave pouches brown rice (2 x 250g / 2 x 8.8oz)
- Tomato paste (1 Tbsp)
- Brown lentils (400g can / 14oz)
- Cooking sake<sup>4, GF</sup> (3 Tbsp)
- Mirin<sup>GF</sup> (3 Tbsp)
- Sushi ginger (2-3 Tbsp) *optional*

## PANTRY STAPLES

- \* Olive oil (83ml / 2.8 fl.oz)
- \* Peanut oil (4 tsp)
- \* Sesame oil (2 tsp)
- \* Red wine vinegar (4 tsp)
- \* Soy sauce<sup>GF</sup> (60ml / 2 fl.oz)
- \* Aioli<sup>GF</sup> *optional*
- \* Brown sugar (1 1/2 Tbsp)
- \* Cornflour<sup>GF</sup> (1 1/2 tsp)
- \* Vegetable stock powder<sup>GF</sup> (1/2 tsp)
- \* Garlic powder (2 tsp)
- \* Ground cumin (1 tsp)
- \* Ground paprika (1 tsp)
- \* Dried oregano (1/2 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> Can use potatoes instead, or a combination of both.

<sup>2</sup> Can swap for boneless, skinless chicken thighs (600g / 1lb 5oz).

<sup>3</sup> Feta cheese is a good alternative (100g / 3.5oz).

<sup>4</sup> You can use dry sherry or Chinese cooking wine instead.

<sup>GF</sup> **Gluten-free swaps:** Swap roti for gluten-free wraps. Make sure sake and mirin are gluten-free. Choose gluten-free soy sauce, aioli, cornflour and stock powder.