



A WEEK OF COOKING IN TAIWAN SHOPPING LIST

Well-balanced meals
from **Taiwan** for a week
of dinners for a family
of four

Check your pantry items and items
you may already have, before
ordering these to save money. Feel
free to substitute items that are similar
and suitable for the selected meals.

The Menu

Meal 1

Hot Pot

Meal 2

Lu Rou Fan – Braised Pork Rice
with steamed broccolini

Meal 3

San Bei Ji – Three Cup Chicken
With stir-fried greens

Meal 4

Beef Noodle Soup

Meal 5

Taiwanese Pepper Prawns with Fried Rice

Meat

4 Chicken breasts
500g Pork mince
1.1kg Beef chuck steak (700g+400g)
200g of bacon

Fish and Seafood

900g of raw prawns (400g+500g)

Eggs / Dairy / Cold

1 x 300g packet store-bought dumplings
3 eggs
1 cup of frozen corn kernels

Vegetables

11 green onions
1 onion
Bunch of coriander
Bunch of basil (buy the day you need it)
35 cloves of garlic
20 ½ cm of ginger
½ cabbage
Packet of corn spears
3 carrots
2 bunches of bok choy or pak choy
1 Thai red chilli
1 head of broccoli
Bunch of broccolini
1 tomato
60g of baby spinach

Pantry Items

415ml of light soy sauce
125ml of dark soy sauce
155ml of sesame oil
20ml of rice wine vinegar
2 tsp of sesame seeds
2 tsp fennel seeds
5 spice powder
3 star anise
2 cloves
250g of soba noodles

Asian Supermarket

Taiwanese BBQ sauce (or other Asian BBQ
sauce)
1 lotus root (fresh or frozen)
335ml of Shaoxing
Packet of fried shallots
1 tbs Sichuan peppercorns
1 packet of tofu puffs

Items you may already have

Chicken stock powder
Beef stock powder
White sugar
Brown sugar
Corn flour
Canola oil
Salt
Ground black pepper
White pepper
Ground cinnamon
2 cups of long grain rice

Approximate cost

(excludes Items you may already have)

\$168.60