



A WEEK OF COOKING IN CHINA SHOPPING LIST

Well-balanced meals
from **China** for a week
of weeknight
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

Mapo Tofu with Green Beans, ginger, garlic
and black bean sauce

Meal 2

Bang Bang Chicken with Kung Pao
Cauliflower

Meal 3

Stir-fry Beef with Chinese Broccoli and
Yang Chow Fried Rice

Meal 4

Sweet and Sour Pork Hong Kong Style with
Steamed Rice

Meal 5

Macau Chicken with Steamed Rice

Meat

500g beef mince
6 chicken breasts (2+4)
500g stir-fry beef
500g pork scotch steak

Fish and Seafood

12 raw prawns

Eggs / Dairy / Cold

2 x 300g blocks of silken tofu
2 eggs

Vegetables

2 heads garlic
16 cm ginger
7 green onions
1 red chili
Continental cucumber
1 red capsicum
1 green capsicum
Bunch Chinese Broccoli
3 onions
2 carrots
2 potatoes
Bunch of coriander

Pantry Items

Peanut oil
Chili oil
Oyster sauce (155ml)
Long grain rice (5 cups)
Light soy sauce (300ml)
Dark soy sauce (20ml)
Sesame oil (40ml)
Sesame seeds (2 tablespoons)
Canola or vegetable oil (3 cups)
Roasted peanuts (1/4 cup)
Apple cider vinegar (1/3 cup)
400g tin pineapple pieces in juice
250g jar of pitted olives
Curry powder (2 tablespoons)
Turmeric (3 tablespoons)
400ml tin coconut milk
375ml tin evaporated milk

Asian Supermarket

Chili bean paste
Black bean sauce
Salted black beans (3T)
Shaoxing (7T)
Ground Sichuan peppercorns (1/2T +2t)
Black Vinegar (4t)
Dried chilis (3)
100g Lup Cheong
Vermicelli Noodles (160g)

Items you may already have

Caster sugar
White sugar
Brown sugar
Chicken stock powder
Cornflour (14 tablespoons + 1/2 cup)
Salt
White pepper
Baking soda
Tomato sauce
Worcestershire sauce
Olive oil (2T)
White vinegar

Approximate cost

(excludes Items you may already have)

\$145.67