



# A WEEK OF COOKING IN MONGOLIA SHOPPING LIST

Well-balanced meals  
from **Mongolia** 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

Khuushuur (deep-fried meat pie) with salad  
and pickled cucumber

### Meal 2

Tsuivan (Noodle stir-fry)

### Meal 3

Budaatai Huurg (Mongolian Rice)

### Meal 4

Guriltai Shul (Mongolian Soup Noodles)

### Meal 5

Buuz (Mongolian Dumplings) with pickled  
cabbage and dipping sauce

## Meat

750g beef mince (divide into 3 lots of  
250g)  
500g lamb mince (divide into 2 lots of  
250g)  
500g beef steak (eye fillet, rump, sirloin,  
will be sliced thinly)

## Eggs / Dairy / Cold

4 eggs

## Fruit

1 lemon

## Vegetables

4 onions  
15 cloves garlic  
1 cm ginger  
9 green onions  
1 green cabbage  
6 carrots  
4 potatoes  
1 turnip  
1 continental cucumber  
2 tomatoes  
1 soft leaf lettuce  
100g green beans  
1 red capsicum

## Pantry Items

Ground cumin (2t)  
250ml canola oil  
Rice wine vinegar (260ml)  
Light soy sauce (250ml) + extra as a  
condiment  
Red pepper flakes (2.5t)  
Sesame oil (3t)  
Long grain rice (1.5 cups)

## Asian Supermarket

Chili oil (1t) + extra as a condiment  
Chili sauce (as a condiment)  
450g thin Hokkein noodles  
400g flat white noodles

## Items you may already have

Plain flour (500g)  
White sugar  
Salt  
Pepper  
Beef stock powder  
Vegetable stock powder  
Black peppercorns

## Approximate cost

(excludes Items you may already have)

**\$115.00**