



- These recipes are for 4 people.
- Quantities are included in the meal plan but not the shopping list. The reason for this is that Ocado won't search for a quantity. Instead cut and paste the list into the search and select the quantity you need. (You only need to do this once, then you can save your list for future)

Batch Cooking		
Meal	List	Recipe
Healthy Ragu	1 tbsp rapeseed oil 2 large onions (320g), halved or quartered, then sliced 3 large garlic cloves, finely grated 500g 5% fat steak mince 500g carton passata 3 carrots (320g), finely chopped 1 tbsp thyme leaves 1 tbsp vegetable bouillon powder ½ tsp ground white pepper	Healthy ragu recipe Good Food (bbcgoodfood.com)

	200g frozen peas 4 jacket potatoes, to serve	
Easy Spanish Chicken	2 tbsp extra virgin olive oil 1 onion, thinly sliced 150g chorizo, cut into rings 1 red pepper, deseeded and sliced into strips 1 yellow pepper, deseeded and sliced into strips 1 tsp sweet smoked paprika 4 garlic cloves, finely chopped 400g can chopped tomatoes 150g pitted green olives 400g can butter beans, drained and rinsed 8 bone-in, skin-on chicken thighs small handful of flat-leaf parsley, chopped	Easy Spanish chicken recipe Good Food (bbcgoodfood.com)
Pesto Salmon and bean gratins	100g baby spinach 3 x 400g cans cannellini beans, drained 300g cherry tomatoes, halved 2 tbsp olive oil 1 lemon, zested and juiced 6 tbsp soft cheese 4 tbsp pesto 150g breadcrumbs 40g parmesan, grated 3 tbsp pine nuts 6 salmon fillets, skin removed crusty bread, to serve (optional)	Pesto salmon & bean gratins recipe Good Food (bbcgoodfood.com)
Sausage Hot Pot	8 large sausages (course-cut ones like Toulouse or Cumberland are ideal) ¼ quantity tomato sauce (see 'Goes well with') 3 x 400g/14oz cans butter beans 1 tbsp black treacle or muscovado sugar 1 tsp English mustard	Sausage hotpot recipe Good Food (bbcgoodfood.com)
Chicken, squash and	2 tbsp olive oil	Chicken, squash

pesto lasagne	2 onions, chopped 2 garlic cloves, crushed 4 skinless chicken breasts 1 tbsp plain flour 600ml chicken stock 500g tub mascarpone 190g jar pesto bunch basil, leaves picked and chopped, save a few small whole leaves to serve 1 butternut squash, peeled, deseeded and cut into chunks good grating of nutmeg 12 lasagne sheets 85g parmesan, grated splash of milk 50g pine nut	& pesto lasagne recipe Good Food (bbcgoodfood.com)
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rapeseed oil
onions
garlic cloves
5% fat steak mince
passata
carrots
thyme leaves
vegetable bouillon powder
ground white pepper
frozen peas
jacket potatoes
extra virgin olive oil
Chorizo
red pepper

yellow pepper
sweet smoked paprika
chopped tomatoes
green olives
butter beans
chicken thighs
flat-leaf parsley
baby spinach
cannellini beans
cherry tomatoes
lemon
soft cheese
pesto
breadcrumbs
parmesan

pine nuts
salmon fillets
crusty bread
large sausages
tomato sauce
muscovado sugar
English mustard
chicken breasts
plain flour
chicken stock
mascarpone
basil
butternut squash
nutmeg
lasagne sheets
milk

