



- 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)

Jamie Oliver 5 Ingredients		
Meal	List	Recipe
So Easy Fish Curry	500g mixed colour cherry tomatoes 500g white fish filets 1 tbsp korma curry paste 1 tbsp lime pickle 1x400g light coconut milk	Jamie Oliver 5 Ingredients pg 136
Herby Chicken Traybake	800g potatoes 4 x 200g chicken legs	Jamie Oliver 5 Ingredients pg

	6 cloves garlic 2 sprigs rosemary 1 lemon	121
Pork Porcini Pasta	30g dried porcini mushrooms 300g minced pork shoulder 1 onion 300g dried wholewheat penne 50 parmesan cheese	Jamie Oliver 5 Ingredients pg 69
Sausage and Apple Bake	2 large onions 2 apples 4 parsnips 12 chipolatas 1 tbsp runny honey	Jamie Oliver 5 Ingredients pg 211
Easy Rustic Gnocchi	500g floury potatoes 700g asparagus 100g plain flour 1 bunch fresh thyme 100g parmesan cheese	Jamie Oliver 5 Ingredients pg 169



cherry tomatoes
white fish filets
korma curry paste
lime pickle
light coconut milk
potatoes
chicken legs
cloves garlic
rosemary

lemon
dried porcini mushrooms
minced pork shoulder
onion
dried wholewheat penne
parmesan cheese
apples
parsnips
chipolatas
honey

floury potatoes
asparagus
plain flour
fresh thyme
parmesan cheese