



- 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)

| Speedy Bosh   |                                                                                                                                             |                   |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| Meal          | List                                                                                                                                        | Recipe            |
| Salsa gnocchi | 1 kg Gnocchi<br>8 Large tomatoes<br>2 Onions<br>1 Red chili<br>1 tbsp red wine vinegar<br>1 tbsp grated plant based parmesan<br>Fresh basil | Speedy Bosh pg 83 |

## Speedy Bosh

| Meal                 | List                                                                                                                                                                                                                                                                                                                                                                        | Recipe             |
|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| Sticky sichuan tofu  | 2 x 280g blocks firm tofu<br>1 tbsp soy sauce<br>2 tbsp vegetable oil<br>8 tbsp cornflour<br>Spring onions<br>2 x 250g pre cooked packets jasmine rice<br>2 limes<br>2 tbsp sesame seeds<br>1 ½ tsp sichuan peppercorns<br>1 ½ tsp chili flakes<br>1 tbsp vegetable oil<br>1 garlic clove<br>2cm piece fresh ginger<br>4 tbsp soy sauce<br>3 tbsp maple syrup<br>Lime juice | Speedy Bosh pg 130 |
| Super meaty spag bol | 1 celery stick<br>1 carrot<br>4 quorn sausage<br>1 tbsp tomato puree<br>½ clove garlic<br>1 tsp fennel seeds<br>2 tbsp balsamic vinegar<br>1 tsp soy sauce<br>1 tsp nutritional yeast<br>400g chopped tomatoes<br>1 tbsp ketchup<br>1 bay leaf<br>1 cinnamon stick<br>½ orange                                                                                              | Speedy Bosh pg 84  |

## Speedy Bosh

| Meal                               | List                                                                                                                                                                                                                                                                                                        | Recipe             |
|------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
|                                    | 400g spaghetti                                                                                                                                                                                                                                                                                              |                    |
| Quick tandoori kebabs              | 500g plant based chicken<br>2 limes<br>1 garlic clove<br>350g coconut yogurt<br>1 tbsp tomato puree<br>1 tbsp garam masala<br>1 tsp ground cumin<br>1 tsp ground turmeric<br>½ cucumber<br>Fresh mint<br>4 dairy free naans<br>Spring onions<br>Fresh coriander                                             | Speedy Bosh pg 110 |
| Potato chaat with crispy chickpeas | 2 baking potatoes<br>2 tbsp vegetable oil<br>2 tbsp curry powder<br>400g chickpeas<br>Fresh ginger<br>1 tsp cumin seeds<br>1 tsp garam masala<br>4 dairy free naan<br>120g coconut yogurt<br>2 tbsp mango chutney<br>2 spring onions<br>Fresh coriander<br>Lime<br>30 g bombay mix<br>60g pomegranate seeds | Speedy Bosh pg 133 |



celery stick  
carrot  
quorn sausage  
tomato puree  
garlic  
fennel seeds  
balsamic vinegar  
soy sauce  
nutritional yeast  
chopped tomatoes  
ketchup  
bay leaf  
cinnamon stick

orange  
spaghetti  
plant based chicken  
limes  
garlic clove  
coconut yogurt  
tomato puree  
ground cumin  
ground turmeric  
cucumber  
fresh mint  
Spring onions  
baking potatoes

vegetable oil  
curry powder  
chickpeas  
fresh ginger  
cumin seeds  
garam masala  
dairy free naan  
mango chutney  
fresh coriander  
lime  
bombay mix  
pomegranate seeds