



- 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 wont 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 8 Large tomatoes 2 Onions 1 Red chili 1 tbsp red wine vinegar 1 tbsp grated plant based parmesan Fresh basil	Speedy Bosh pg 83
Sticky sichuan tofu	2 x 280g blocks firm tofu 1 tbsp soy sauce 2 tbsp vegetable oil 8 tbsp cornflour Spring onions 2 x 250g pre cooked packets jasmine rice 2 limes 2 tbsp sesame seeds 1 ½ tsp sichuan peppercorns 1 ½ tsp chili flakes 1 tbsp vegetable oil 1 garlic clove 2cm piece fresh ginger 4 tbsp soy sauce 3 tbsp maple syrup Lime juice	Speedy Bosh pg 130



Speedy Bosh

Meal	List	Recipe
Super meaty spag bol	1 celery stick 1 carrot 4 quorn sausage 1 tbsp tomato puree ½ clove garlic 1 tsp fennel seeds 2 tbsp balsamic vinegar 1 tsp soy sauce 1 tsp nutritional yeast 400g chopped tomatoes 1 tbsp ketchup 1 bay leaf 1 cinnamon stick ½ orange 400g spaghetti	Speedy Bosh pg 84
Quick tandoori kebabs	500g plant based chicken 2 limes 1 garlic clove 350g coconut yogurt 1 tbsp tomato puree 1 tbsp garam masala 1 tsp ground cumin 1 tsp ground turmeric ½ cucumber Fresh mint 4 dairy free naans Spring onions Fresh coriander	Speedy Bosh pg 110
Potato chaat with crispy	2 baking potatoes	Speedy Bosh pg 133



Speedy Bosh

Meal	List	Recipe
chickpeas	2 tbsp vegetable oil 2 tbsp curry powder 400g chickpeas Fresh ginger 1 tsp cumin seeds 1 tsp garam masala 4 dairy free naan 120g coconut yogurt 2 tbsp mango chutney 2 spring onions Fresh coriander Lime 30 g bombay mix 60g pomegranate seeds	



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

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cumin seeds
garam masala
dairy free naan

mango chutney
fresh coriander
lime

bombay mix
pomegranate seeds