



- 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)

Green (vegetarian)		
Meal	List	Recipe
Peanut Butter Curry	2 mugs basmati rice 2 aubergines Sesame oil 4 garlic cloves 8cm grated ginger 4 tsp curry powder 4 tbsp peanut butter 800g coconut milk	Green pg 34

	Fresh coriander Red chilli	
Green Mac and Cheese	Macaroni 4 tsp butter 4 tsp plain flour 800ml milk Grated cheddar cheese Bread (for breadcrumbs) Fresh parsley 4 cloves garlic	Green pg 56
Spring Onion Noodles	Large bunch spring onions (approx 24) 4 garlic cloves 4 red chillies 4 nests noodles ½ stock cube Soy sauce Sesame oil	Green pg36
Veggie Sausage Pasta	Pasta 8 veggie sausages 4 courgettes 4 tbsp red pesto	Green pg 158
Roasted Cherry Tomato Paella	Cherry tomatoes Dried oregano 4 garlic cloves 200g paella or risotto rice 4 chicken or vegetable stock cubes Saffron (optional) Fresh parsley (optional)	Green pg 112



basmati rice
aubergines
sesame oil
garlic cloves
grated ginger
curry powder
peanut butter
coconut milk
fresh coriander
red chilli
macaroni
butter
plain flour
milk
grated cheddar cheese
bread (for breadcrumbs)
fresh parsley
spring onions
noodles
stock cube
soy sauce
pasta
veggie sausages
courgettes
red pesto
cherry tomatoes
dried oregano
paella or risotto rice
chicken or vegetable stock cubes

saffron (optional)
fresh parsley (optional)