



- 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		
Meal	List	Recipe
Chicken Drumstick Cassoulet	8 chicken drumsticks 2 red onions 800g cannellini beans Dried oregano 800g chopped tomatoes 2 vegetable stock cubes	Green Pg 78
One Pot Feta and	400g feta cheese	Green pg 88

Cherry Tomato Orzo	Cherry tomatoes Orzo Dried oregano Fresh basil	
Chorizo and Roasted Red Pepper Orecchiette	Orecchiette Jar roasted red peppers Cooking chorizo	Green pg 52
Chicken Shawarma and Butter Rice	8 chicken thighs(deboned, skin removed) 1 tbsp ground cumin 1 tbsp paprika 1 tbsp dried oregano 1 mug rice red/orange/yellow peppers Almond flakes butter	Green pg 108
Ground Beef Noodles	4 nests noodles 400g minced beef Dried chilli flakes 12 spring onions Soy sauce	Green pg 186



chicken drumsticks
red onions
cannellini beans
dried oregano
chopped tomatoes
vegetable stock cubes

feta cheese
cherry tomatoes
orzo
dried oregano
fresh basil
orecchiette
jar roasted red peppers
chorizo
chicken thighs
ground cumin

paprika
rice
red/orange/yellow peppers
almond flakes
butter
nests noodles
minced beef
dried chilli flakes
spring onions
soy sauce

