



- 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's 30 Minute Meals		
Meal	List	Recipe
Pork Chops and Crispy Crackling Crushed Potatoes Minty Cabbage Peaches 'n' Custard	4 pork chops 8 cloves garlic 1 tsp fennel seeds Fresh sage Runny honey 700g marais piper potatoes ½ lemon 1 tsp wholegrain mustard	Jamie's 30 Minute Meals pg 240

	Fresh flat leaf parsley Small savoy cabbage 2 tsp mint sauce 2 x 415g tins of peach halves in juice 1 cinnamon stick 1x 425g tin custard 4 shortbread biscuits Fresh mint	
Chicken Pie French Style Peas Sweet Carrot Smash Berries, shortbread and Chantilly Cream	4 chicken breasts Spring onions 150g button mushrooms 1 tbsp plain flour 2 tsp English mustard 1 tbsp creme fraiche 600ml organic chicken stock Fresh thyme 1/3 nutmeg 1 sheet pre-rolled puff pastry 1 egg 600g carrots 2 little gem lettuces Fresh mint 480g frozen peas 1/2 lemon 400g mixed berries Elderflower cordial 1/2 lemon Fresh mint Shortbread biscuits 150ml double cream 1 tbsp icing sugar 1 tbsp vanilla extract.	Jamie's 30 Minute Meals pg 92
Steak Sarnie Crispy New Potatoes	500g baby new potatoes 8 cloves garlic	Jamie's 30 Minute Meals pg 202

Cheesy Mushrooms Beetroot Salad	Fresh rosemary 1 lemon 4 large flat Portobello mushrooms ½ fresh red chilli Fresh flat-leaf parsley 70g mature cheddar cheese 250g cooked beetroots Balsamic vinegar 50g feta cheese 2 x 300g rump steak Fresh thyme 1 ciabatta loaf Jarred peppers Horseradish sauce rocket	
Spaghetti alla Puttanesca Crunchy Salad Garlic Bread Silky Chocolate Ganache	1 ciabatta loaf Flat leaf parsley 6 cloves garlic 2 bulbs fennel Bunch radishes 1 lemon 500g dried spaghetti 225g tuna in olive oil 1 tbsp capers 30 anchovies filets 2 fresh red chillies 8 stoned black olives Ground cinnamon 700g jar passata 1 lemon 200g dark chocolate 300ml single cream 3 clementines 12 palmiers	Jamie's 30 Minute Meals pg 56



pork chops
cloves garlic
fennel seeds
Fresh sage
honey
marais piper potatoes
lemons
wholegrain mustard
Small savoy cabbage
mint sauce
tins of peach halves in juice
cinnamon stick
tin custard
shortbread biscuits
Fresh mint
chicken breasts
Spring onions
button mushrooms
plain flour
English mustard
creme fraiche
organic chicken stock
pre-rolled puff pastry

egg
carrots
little gem lettuces
Fresh mint
frozen peas
mixed berries
Elderflower cordial
Fresh mint
Shortbread biscuits
double cream
icing sugar
vanilla extract.
baby new potatoes
Fresh rosemary
large flat Portobello mushrooms
fresh red chilli
mature cheddar cheese
cooked beetroots
Balsamic vinegar
feta cheese
rump steaks
ciabatta loaves
Jarred peppers

Horseradish sauce
rocket

1 ciabatta loaf
Flat leaf parsley
6 cloves garlic
2 bulbs fennel
Bunch radishes
dried spaghetti
tuna in olive oil
capers
anchovies filets
fresh red chillies
stoned black olives
Ground cinnamon
jar passata
dark chocolate
single cream
clementines
palmiers

