



- 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)

Italian Week		
Meal	List	Recipe
Roasted tomato orzo with black pepper and bay	200g orzo 400ml vegetable stock 400g cherry tomatoes on the vine, halved (save the vines) ½ red onion, very finely chopped 2 bay leaves Freshly ground black pepper 2 tsp sea salt 2 tbsp extra virgin olive oil A good handful of fresh basil or flat-leaf parsley, chopped	All-in-one roasted tomato orzo with black pepper & bay from the Green Roasting Tin by Rukmini Iyer — British Tomato Growers Association (britishtomatoes.co.uk)

Baked Courgettes with Mozzarella and Parmesan	3 tablespoons extra virgin olive oil 2 large garlic cloves, peeled and halved 2 x 400g tins of chopped tomatoes 12 fresh basil leaves, roughly torn 9 large courgettes, cut lengthways into slices 5mm thick 250ml olive oil, plus extra for greasing 80g freshly grated Parmesan cheese 2 x 125g balls of mozzarella cheese, drained and cut into small cubes Salt and freshly ground black pepper	9781529352252_txt_LowRes - 29 August 2019.pdf (theloyaltyco.app)
Baked pasta with tomato and mozzarella (serves 6)	extra virgin olive oil 1 white onion, peeled and finely chopped 2 cloves of garlic, peeled and finely sliced 1 or 2 dried red chillies, crumbled 1.5kg ripe tomatoes or 3 x 400g tins of quality plum tomatoes a large handful of fresh basil leaves optional: 1 tablespoon red wine vinegar 400g dried orecchiette 4 big handfuls of freshly grated Parmesan cheese 3 x 140g balls of mozzarella	Cheesy pasta bake recipe with tomatoes Jamie Oliver recipes
Spaghetti alla puttanesca	350g spaghetti 2 tbsp olive oil 1 red onion, finely chopped 4 garlic cloves, finely sliced 400g tin cherry tomatoes 4 tbsp small black olives, such as niçoise or kalamata 4 tbsp medium capers (we used capers preserved in vinegar, such as capers surfinés), drained 1 tsp dried oregano Dried chilli flakes to taste 2 tbsp torn fresh flatleaf parsley to garnish Vegetarian Parmesan shavings to serve (optional)	Vegetarian spaghetti alla puttanesca recipe delicious. magazine (deliciousmagazine.co.uk)
Vegetable Frittata with	400g baby potatoes, scrubbed and	9781529352252_txt_LowR

Asiago	quartered 150g fine asparagus spears, woody ends removed and cut diagonally into 3cm lengths 100g broccoli, cut into small florets 100g frozen peas, defrosted 2 tablespoons olive oil 100g spring onions, trimmed and chopped 3 tablespoons chopped fresh chives 9 medium eggs, lightly beaten 100g Asiago cheese, cut into small pieces Salt and freshly ground black pepper	es - 29 August 2019.pdf (ginodacampo.com)
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orzo
 vegetable stock
 cherry tomatoes on the vine
 red onion
 bay leaves
 extra virgin olive oil
 fresh basil or flat-leaf parsley
 garlic cloves
 tins of chopped tomatoes
 fresh basil
 courgettes
 Parmesan
 mozzarella
 Onion
 dried red chillies
 Tin plum tomatoes

fresh basil
 dried orecchiette
 spaghetti
 red onion
 tin cherry tomatoes
 black olives
 medium capers
 dried oregano
 Dried chilli flakes
 fresh flatleaf parsley
 baby potatoes
 fine asparagus spears
 broccoli
 frozen peas
 spring onions
 fresh chives
 medium eggs
 Asiago cheese