



- 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)

Delia Online		
Meal	List	Recipe
Gnocchi with Spinach, Pine Nuts and Dolcelatte	500g pack fresh gnocchi 450g (2 bags) young leaf spinach 1 heaped tablespoon ready-toasted pine nuts 85g dolcelatte (or Gorgonzola), cut into small cubes olive oil 1 tub (300g or 350g) fresh cheese sauce whole nutmeg, for grating 1 heaped tablespoon dried breadcrumbs 2 heaped tablespoons fresh, ready-grated Parmesan (see	Gnocchi with Spinach, Pine Nuts and Dolcelatte recipe Delia Smith (deliaonline.com)

	introduction)	
Chicken Cacciatora	<p>1 x 3 lb (1.35 kg) Traditional Free Range chicken, jointed into 8 pieces 1 tablespoon white wine vinegar salt and freshly milled black pepper 1 tablespoon olive oil 2 large-ish onions, peeled and thickly sliced 1 lb 8 oz (700 g) ripe red tomatoes 2 large cloves garlic, peeled and crushed 1 level tablespoon tomato purée 1 level tablespoon fresh rosemary leaves, bruised and finely chopped 1 bay leaf 10 fl oz (275 ml) dry white wine</p>	https://www.deliaonline.com/recipes/international/european/italian-recipes/chicken-cacciatora
Smoked Fish Risotto	<p>16 oz (500 g) smoked haddock fillets 2 heaped tablespoons fresh chopped parsley 2 heaped tablespoons creme fraiche Salt and freshly milled black pepper 4 oz (100 g) smoked salmon 8 fl oz (220 ml) Arborio rice 2 oz (50 g) butter 2 small onions, finely chopped 2 level tablespoon2 capers 4 cornichons, chopped small 10 fl oz (300ml) dry white wine 4 heaped tablespoons parmesan</p>	Smoked Fish Risotto recipe Delia Smith (deliaonline.com)
Singapore stir fried noodles	<p>8 oz (220 g) rice noodles 1 level teaspoon salt 4 oz (100 g) cooked chicken or pork, finely shredded 4 oz (100 g) peeled prawns, chopped into thirds 8 spring onions, finely chopped, including green parts 3 tablespoons soy sauce (Japanese is best) 4 tablespoons dry sherry 12 Chinese dried mushrooms 2 heaped tablespoons Chinese dried shrimps</p>	https://www.deliaonline.com/recipes/international/asia/chinese/singapore-stir-fried-noodles

	4 tablespoons groundnut or other flavourless oil 2 medium onions, chopped small 4 rashers streaky bacon, chopped small 2 large garlic cloves, chopped 2 heaped teaspoons freshly grated ginger 2 level dessertspoons Madras curry powder	
Kitchen Garden Macaroni	5 oz (150 g) macaroni (we used Martelli maccheroni) 3 oz (75 g) strong cheddar 3 oz (75 g) mozzarella 2 oz (50 g) grated pecorino romano (or parmesan) a few sage leaves salt and freshly milled black pepper 2oz (50 g) butter 2oz (50 g) plain flour 1 pint (570 ml) milk cayenne pepper freshly grated nutmeg 8 oz (225 g) mixed green vegetables (we used broad beans, shelled peas and dwarf beans) 3 spring onions	Kitchen Garden Macaroni recipe Delia Smith (deliaonline.com)



fresh gnocchi
young leaf spinach
toasted pine nuts
dolcelatte
fresh cheese sauce
whole nutmeg
dried breadcrumbs
Parmesan
Free Range chicken, jointed into 8
pieces

white wine vinegar
tomatoes
cloves garlic
tomato purée
fresh rosemary leaves, bruised
bay leaf
dry white wine
smoked haddock fillets
fresh parsley
creme fraiche
smoked salmon
Arborio rice
butter
onion
capers

cornichons
rice noodles
cooked chicken or pork
peeled prawns
soy sauce
dry sherry
Chinese dried mushrooms
Chinese dried shrimps
groundnut oil
streaky bacon
garlic clove
fresh ginger
Madras curry powder
Macaroni
strong cheddar

mozzarella
grated pecorino romano (or
parmesan)
sage leaves
plain flour
milk
cayenne pepper
nutmeg
mixed green vegetables
spring onions